



Saturday 30<sup>th</sup> April 2011

Isle of Tiree  
Scottish Hebrides

Scottishathletics Permit Event  
Promoted under UK Athletics rules

Thank you for entering the Tiree 10k; I hope you enjoy the day. This event is locally funded by Tiree Fitness, Tiree Medical Practice, Concise Aerospace, Active Schools, the Co-op and Chocolates & Charms.

### Race Day Information

Registration will be at An Talla from 11am. All the events will start and finish within walking distance from An Talla.

### 10Km Run and 10km Walk - Start time 1pm on the beach

The course will start on Sorobaidh Beach and make its way to Hynish. The road is twisty and undulating with spectacular scenery out to sea and over towards Mull. The course goes right up to and around the Morton Boyd building at Hynish before returning back along the road past Island House to return to the beach to the finish line. So it's an "out and back" course and obviously it does involve a beach run again!

### Power Push - Start time 1pm at An Talla

For mums (or dads) and toddlers. The Power Push will go from An Talla along the road past Island House and around to Balinoe. It returns on the same route back to the finish line at An Talla. Pram Pushers have the option of going further along the road to Hynish if they like.

### Under 16s Run - Start time 1pm on the beach

Starts on the beach and does a loop around Balinoe past Island House and Pattersons to finish back on the beach.

### Family Fun Run - Start time 1pm on the beach

Is the length of Sorobaidh Beach and back.

### Watch out for:

**Cattle grids, soft sand, uneven ground:** Take your time crossing these to avoid injury

**Single track roads:** The roads are open so be considerate of other users, use the verges and pockets to let vehicles pass. As the course follows an out-and-back layout you will be passing people coming the opposite way.

Please ensure you keep to the LEFT HAND SIDE of the road.

**Big steep hills:** No chance, Tiree is flat so you should have no bother with these! The new course is undulating but there are certainly no big climbs.

**The sun:** There are several water stations along the 10k route. If it is a hot day please be prepared to carry extra water and wear sun cream

Above all, enjoy the event. There will be **goodie bags** at the finish and the **prize giving** will be at An Talla at about 3:30pm.

In the evening there will be a **Fun Run Family Dance** at An Talla with live music and a fully licensed bar. This will raise money for local funds such as the Windsurf Club so please come along to support this event. All ages are welcome. Doors open at 8pm, bar opens at 9pm.

## FAQ

### **What time do I need to be at the hall?**

All events start at 1pm so you will need to be registered in time to get to the start line on the beach. Registration opens at 11am.

### **How do I get from the hall to the start line?**

It's a few minutes walk down the road and along a track. There will be marshals directing you the right way.

### **Can I do the event to raise funds for charity?**

You're welcome to do whatever fundraising you like leading up to the event. On the day the Tiree Pipe Band will be marching and playing around the course and will be collecting money for their funds. The evening dance will also raise money for community groups. Other than that the event is non-profit making.

### **How can I find out the results?**

Results will be emailed and also displayed on [www.tireefitness.co.uk](http://www.tireefitness.co.uk). Provisional results will hopefully be up at the hall for the evening dance.

### **How do I get to Tiree?**

For all Tiree information go to [www.isleoftiree.com](http://www.isleoftiree.com)

### **Can children go to the dance in the evening?**

Yes, it is a Family dance and all ages are welcome. To comply with licensing laws we must make sure there are no under 18's in the bar area, so if you are bringing children please don't take them into the bar area (this will be screened off from the main hall).

Any other Questions? Just give me a call or drop me an email. Happy training!

Contact me at: [will@tireefitness.co.uk](mailto:will@tireefitness.co.uk)

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The event website is [www.tireefitness.co.uk](http://www.tireefitness.co.uk)