

BELLAHOUSTON
HARRIERS
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BRIAN GOODWIN MEMORIAL 10k

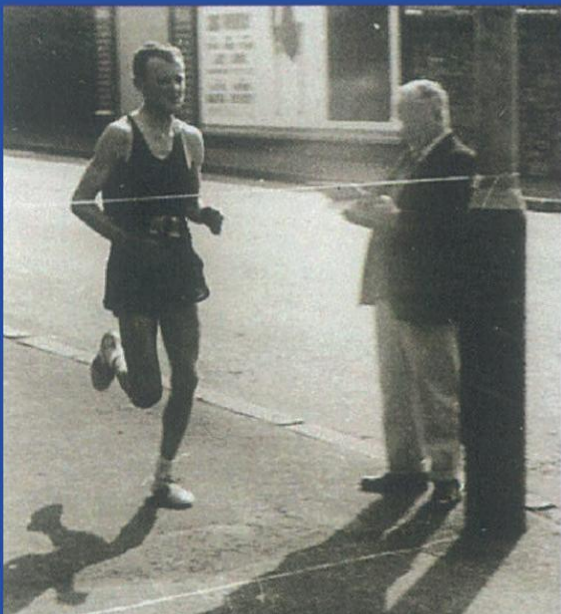
Incorporating the West District 10k Championships




Friday 17th June 2016, 7:30 p.m.

- Fast, Flat, 2 Lap Course • Chip Timed • Scottish Athletics Permit Event
- Extensive Prize List • Free Burger and Beer for All Runners
- Online Entries at www.stuweb.co.uk

Cartha Queen's Park RFC, 92 Dumbreck Road, Glasgow, G41 4SN

Sponsored by achilles heel Running Shop - Running Made Better

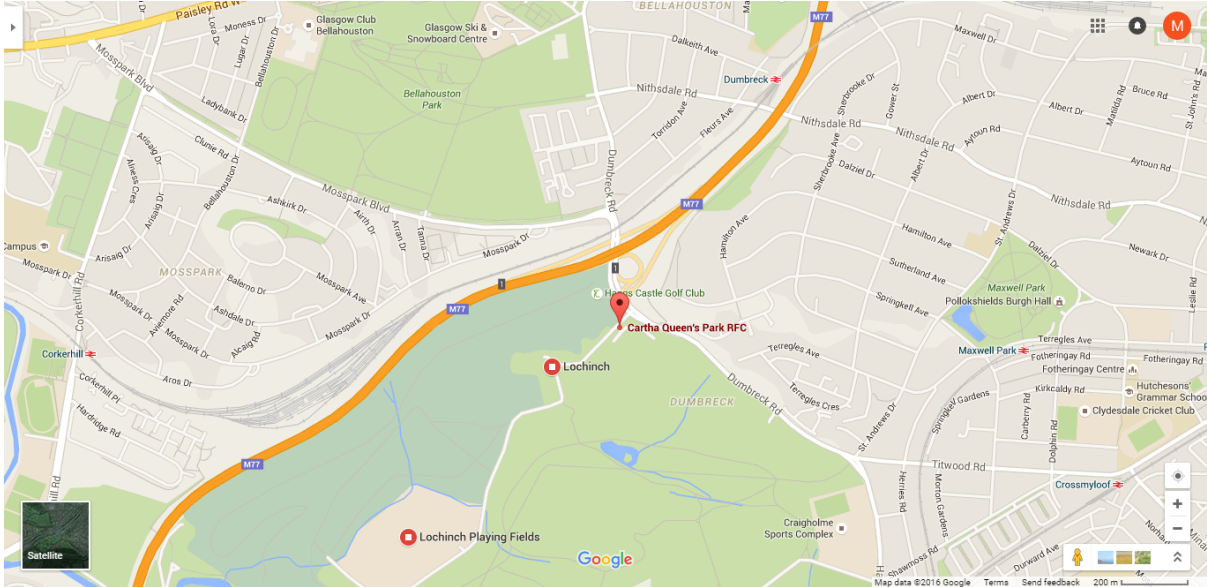


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Race Day Information

Getting to the Race



The race headquarters are located at Cartha Queen's Park RFC, 92 Dumbreck Road, Glasgow, G41 4SN.

By Car: Exit the M77 at Junction 1 and turn south onto Dumbreck Road before taking a right hand turn into Pollok Park. Cartha is then the first turn on the left.

There will be limited car parking space in the grounds of Cartha with room for approximately 100 cars. Alternative parking is available in Pollok Country Park at both the Burrell Collection and Pollok House.

By Train: The nearest train stations are Dumbreck on the Paisley Canal line and Maxwell Park on the Cathcart Circle / Newton line. Both stations are approximately 15 minutes walk away from Cartha.

By Bus: First Bus number 34 stops on Dumbreck Road, round the corner from Cartha.

Race Registration

Runners will collect their race numbers and timing chips from race registration which will open in the clubhouse from 5:30 p.m. and will stay open until 7 p.m. - thirty minutes before the race starts.

There will be a limited number of entries available on the day for runners still wishing to enter the race. Runners should arrive early if taking up these places. These will be priced at £18 for non-SAL members and £16 for SAL members.

Changing Facilities

Runners have access to the changing facilities and showers at Cartha before and after the race. A tent will also be erected near the start/finish area where belongings/valuables can be left; all belongings/valuables are left at the owner's risk.

Course

The course for the Brian Goodwin 10k consists of two laps; a course map can be viewed at www.bellahoustonharriers.com/index.php/events/10k.

The race will have marshals at regular intervals and kilometre markers will be in place. There will be a water station at halfway.

Medical cover will also be in place for the event, supplied by St. Andrew's Ambulance.

Goody Bag and Post-Race Beer and Burger

A race goody bag will be handed out just after crossing the finish line while vouchers for the post-race beer and burger will be handed out at registration.

The bar in Cartha Rugby Club will be open after the race for runners and spectators to use.

Prizegiving

The prizegiving ceremony will take place in the clubhouse after the race once results and prize winners have been finalised. A list of prizes can be found at www.bellahoustonharriers.com/index.php/7-news/208-2016-06-04-brian-goodwin-10k-prize-fund.

Race Results

Race results will appear online at www.stuweb.co.uk shortly after the race and on www.bellahoustonharriers.com.

Race Sponsors

Thanks must go to race sponsors [Achilles Heel](#) for their support of the race.

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