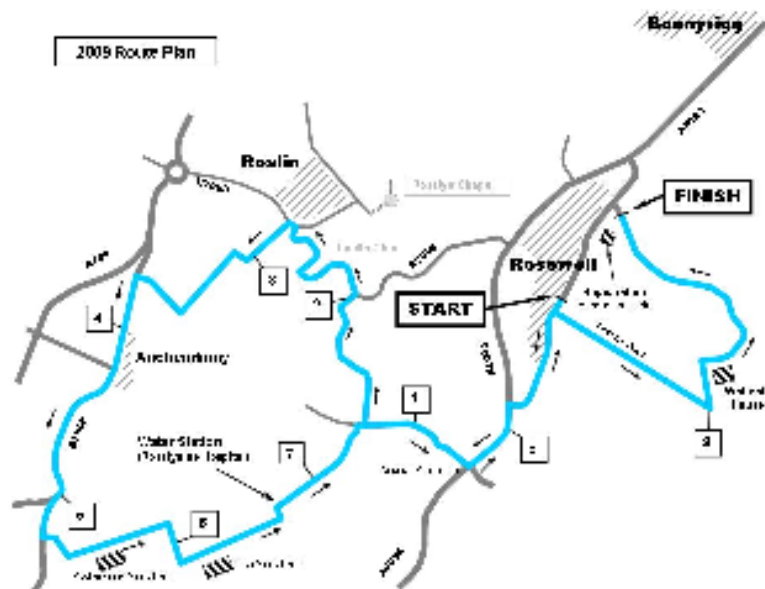


COURSE DETAILS



Our annual road race is held over a testing course and attracts all standards of runner. It is also an ideal training run for those contemplating spring/early summer marathons, especially London and Edinburgh.

Registration is from 09.45am to 11.15am and will take place at Ferguson Park, Rosewell, the home of Whitehill Welfare FC. The race will commence at 12.00 noon and the start, east of Rosewell Road end on the A6094, is approximately five minutes walk from Registration.

The course lies to the west of the town of Rosewell which is located seven miles south of Edinburgh and approximately three miles west of the junction of the A7, A68 and A720 Edinburgh City Bypass at the Sheriffhall Junction.

The race comprises a ten mile loop set in a scenic, rural location, run mainly on 'B' and 'C' class roads and unclassified routes. Starting at the west of Rosewell village, the route follows a gentle incline to Gourlaw Farm before dropping down to the bottom of Roslin Glen at two miles followed by a steep rise for 400 metres, after which it is nice and easy before dropping to the four mile mark in the village of Auchendinny. There is a climb between the five and six miles, thereafter, apart from a small hump at around seven miles, the route is generally downhill into Rosewell. Not far after the eight mile mark approaching Rosewell, the route veers left up Thornton Road before turning into the grounds of Whitehill House Golf Course, past the majestic Whitehill House and up the tree lined private road to the finish at the east of the village. Ferguson Park is a short walk from the finishing area where changing, showering and toilet facilities will be available.

Water (cups) will be provided at six miles and at the finish (bottles) and free refreshments will be served to all finishers at the finish. Individual, team and spot prizes will be presented during the finishers buffet.

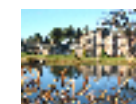
There will be a time limit of 2½ hours for the race, after which, route signs will be removed and course marshals will disperse.

LASSWADE 10 MILE ROAD RACE

MEDAL FOR ALL FINISHERS
INDIVIDUAL & TEAM PRIZES • PRIZE DRAW
FREE FOOD & REFRESHMENTS FOR EVERY ENTRANT
CHANGING, TOILET & SHOWERING FACILITIES

Further information from Barbara Howie 0131 663 4697 or Colin Sheal 01968 673 540
Website: www.lasswade-ac.org.uk

Lasswade Athletics Club gratefully acknowledges the continued support from Midlothian Council and Run and Become. We are particularly grateful to Whitehill welfare FC for the use of their facilities at Ferguson Park and also to Whitehill House Golf Course for permission to stage the finish of this event through their grounds.



Whitehill House Golf Course

CONDITIONS OF ENTRY

Please read the notes below before completing your entry form

General

By entering the race, you agree to abide by these conditions of entry and any instructions given you by the organisers or officials of the Lasswade 10. Under the conditions of the permission to stage the event, we regret that we are unable to accept entries from walkers, wheelchair athletes or runners with baby joggers.

Medical Condition

This race is over ten miles which is an extreme test of an individual's physical and mental strength and has with it the potential for serious injury. All participants are strongly advised to consult their doctor prior to undertaking any exercise programme or running event. Weather in March can be very changeable and entrants could be exposed to risks from dehydration or hypothermia. It is the responsibility of all participants to ensure that they are medically fit to participate in the race.

Entry

The race has an entry limit of 450 and there will be no entries on the day. Entry fees are non-refundable and the event will only be cancelled or postponed due to unforeseen or unavoidable circumstances. Should the race be postponed for any reason, race fees will be held over for a place on the due date, however, if entrants are unable to participate on the revised date, they may apply for a refund of their entry fee. The organisers' liabilities in respect of costs and expenses incurred by entrants as a result of cancellation or delay will solely be the entry fee paid to take part in the event.

Race Numbers & Registration

Confirmation of entry will be sent beforehand and race numbers will be available for collection from Registration on the Sunday. Registration is from 09:45 - 11:15 am at Ferguson Park, Rosewell, Midlothian which is the home of Whitehill Welfare FC.

Use of Image

By entering the race you give free use of your picture for promotional purposes.