



The Active Root Drummond Hill 10k Trail Run 2019 **ATHLETE GUIDE**

Race HQ

We will be using The Sports Pavilion in the Grounds of Taymouth Castle. It will house sign-on, car parking and the finish line.

Venue

Kenmore Sports Pavilion
Kenmore
Perthshire
PH15 2NU

Race Weekend Timeline

The critical bits of the schedule for the Trail Run are below;

Friday 16th August	4pm	Athlete Village & Car Parking Opens
	5.30pm – 6.15pm	Registration for Hill Run Open
	6.15pm	Race Briefing
	6.30pm	RACE START

Course Description: Grab your trainers and join us for a trail run experience you will never forget. Swap pounding the pavements for the chance to run wild on a 10Km trail run starting from the picturesque Kenmore Recreation ground and heading onto the stunning hills and trails around Drummond Hill and on the banks of the mighty River Tay.

The course will be fully way-marked. Full medical cover and a race sweeper will be on the course.

Course Map:

The Course Maps can be viewed and downloaded [here](#)

Aid Stations: There will be an aid station on the course stocked with Active Route and Water to keep you hydrated this will be located at c. 7km.

No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!.

Finish + Prize-Giving

We intend to hold prize-giving at the Finish Line at around 7:30pm.

Social & Practical Stuff

Food & Drink

There will be a small catering offering on Friday with the Cake Box from Taymouth Marina offering Hot and Cold Drinks and snacks at the Event hub. The Courtyard <https://www.taymouth.co.uk/restaurant/> is available for bar meals into the evening

Runderwear Athlete Offer:

As an extra thank you for your sign up our friends at Runderwear would like to offer you a special 15% discount on their products. As winners of the 'Best Underwear & Socks Brand' at the 2018 Running Awards, Runderwear are committed to providing chafe-free comfort for every runner. The underwear range includes various different styles of performance underwear, running bras, socks, baselayers and triathlon suits. To take advantage of this offer just browse the range at www.runderwear.co.uk and enter the Code **RW-15AMSF19** at the checkout.

Accommodation

Camping: If you have pre-booked our campsite is nearby (5 minute walk from Race HQ) for tents/campervans (please note there is no electrical hook ups for campervans). Further information on the campsite location and facilities can be found our [website](#). Please bring a printed copy of your camping confirmation email to check in to the campsite.

From Aberfeldy take the A827 to Kenmore. Head through the village and go over Kenmore Bridge. Take the first road over the Bridge on your right signposted Kinloch Rannoch The Campsite is situated 850m along this Road"

From Killin take the A827 towards Kenmore, just before (150m) Kenmore take the left turn signposted for Kinloch Rannoch. The Campsite is situated 850m along this Road"

Please remember this is one step up from wild camping and we cannot accommodate electrical hook ups for vans. Temporary Toilets and drinking water will be available"

Generally, you should try to make as little noise as possible and be particularly quiet early in the morning and late at night. This means talking quietly and keeping the volume low if playing music or games or using equipment that makes a noise such as radios or Don't forget that actions such as closing and opening car doors and boots are also loud and will bother sleeping campers. Most of you have early starts and are racing so please respect that.

There are several accommodation options in Aberfeldy and Kenmore, please see our Accommodation partners page for more information www.aberfeldytriathlon.com/accommodation-partners/

Activities

There's loads of things to do in Kenmore and the surrounding area and we have partnered up with some local activity group to bring you some special offers for the weekend, for more information see out activities page www.aberfeldytriathlon.com/weekend-activities/

Car Parking/Public Transport

Directions

Getting there by car:- From the North A9 Southbound: Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the South M90 to Perth, A9 North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From the West Glasgow M80 towards Stirling M9 to Stirling, A9 Northbound to Perth North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore. From Aberdeen and the East, A90 to Dundee and Perth, A9 Northbound Ballinluig Junction A822 to Aberfeldy, B827 Kenmore

Getting there by railway:- The closest rail stations are at Pitlochry and Birnam (Dunkeld). Bus link or car hire from there to Aberfeldy/Kenmore. www.trainline.com and [Bus Information and Times](#)

Getting there by aeroplane:- From Glasgow or Edinburgh airports head north to the city of Perth. Follow the A9 trunk road to Ballinluig and then take the A827 west to Kenmore.

Car Parking

We are anticipating around 400 competitors registered for this year's event. The event car park is located adjacent to the Kenmore Sports Ground through the grounds of Taymouth castle.

Please use this Car park throughout Race weekend.

Sponsors and Supporters

Race sponsor Active Root, uses natural ingredients and root ginger, to help fuel, hydrate and keep your stomach settled throughout your event! If you haven't tried Active Root before, make sure you get your free sample here: www.activeroot.co.uk/free-sachet-ginger-sports-drink

Phew, we think that's it. See you at the race.

Cheers

Richard & Diane

Race Organisers