



ATHLETE GUIDE

RACE 2 – BALGONE ESTATE

SATURDAY 13TH DECEMBER



WELCOME

Thank you for your entry to the Foxtrail Winter Series.

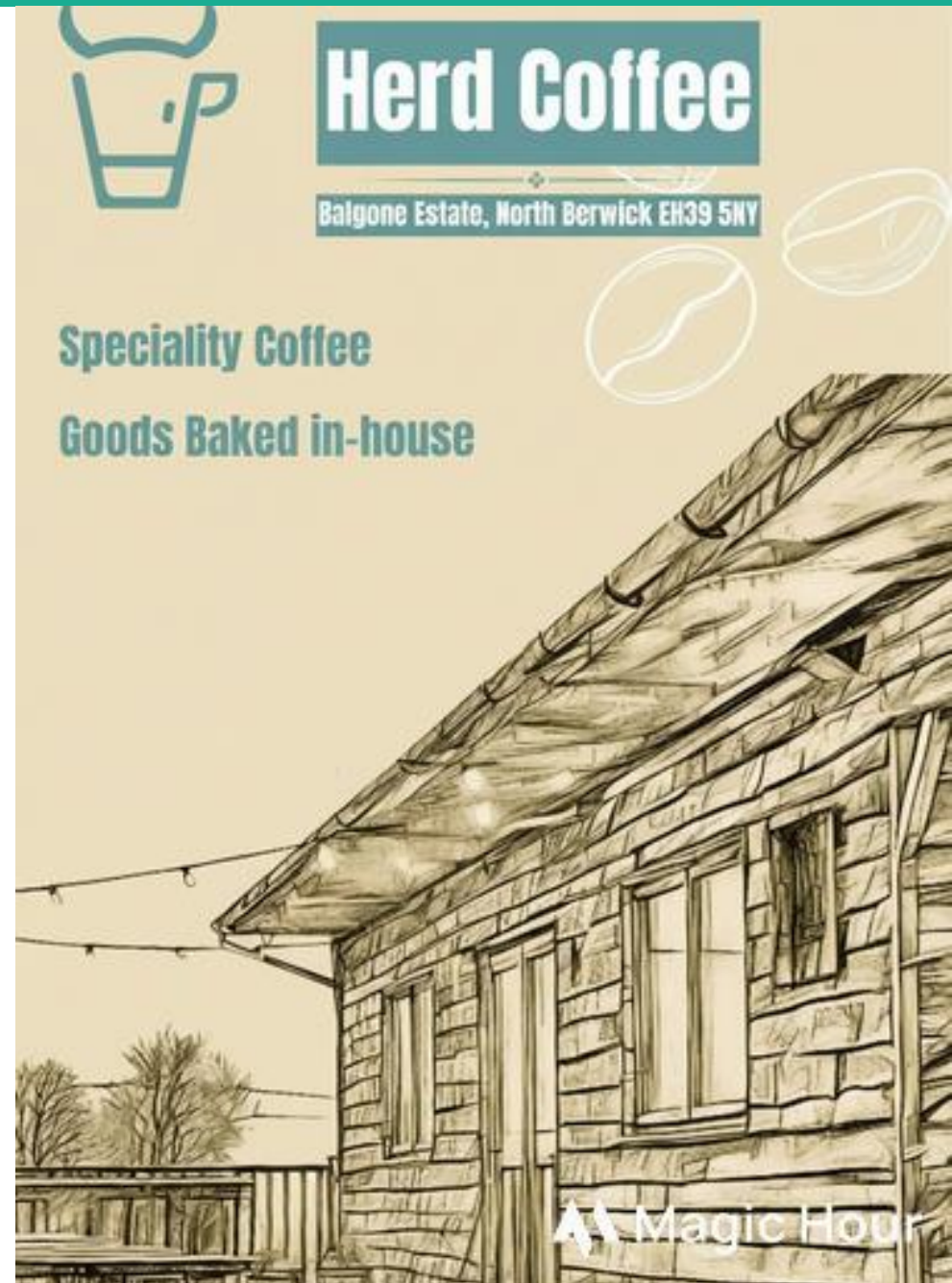
Our second event of the series takes place on a brand new course starting and finishing at the Balgone Estate. This document is full of useful information, please read it as it will answer all if not most of your questions

This document includes information on the following:

- [Race Timings](#)
- [Race Logistics \(inc. Starts and Bag Drop\)](#)
- [Transport](#)
- [Registration and Race Timing](#)
- [Course Description](#)
- [On Course Nutrition](#)
- [Race Rules](#)
- [Accommodation](#)

We look forward to welcoming you to the race on 13th December.

If you are a series entrant remember to bring your paper race number with you



IMPORTANT POINTS

- Registration is 8.30am-9.40am please arrive in plenty of time to park, register and get ready
- Toilets are provided on site please use them, we do not want to lose the use of the venue
- There are no cups at our feed stations you will need to bring your own
- Your dibber is your timing chip the information is stored on the chip so you must return this at the end
- If you withdraw from the race at any point you must report to the finish line and hand in your dibber
- If you have entered the series you will only receive 1 race number and you must bring it to each event
- Bring a suitable cup to hold your after run hot drink



RACE TIMINGS AND LOGISTICS

Location

The race venue will be Balgone Estate, Balgone Barns, North Berwick EH39 5NY (aka Balgone Pumpkins on some sat Navs) (Race Registration & Finish Line).

Parking

There is plenty of parking at the Balgone Estate. However, think of the planet and car share/take public transport if you can. Please follow signage and marshals instructions on arrival. The car park will be operating a one way system so please approach from the B1347.

Schedule

Critical race day times are below:

Saturday 13th December

0830	Car Parking Open for all Events
0830	Registration for all Events Opens
0940	Registration Closes
0945	Race Briefing for all races
1000	Full Distance Race Start
1010	5k Race Start
1130	Prize Giving 18k and 5k (Approximate Time)



Please pay particular attention to registration timings. If you're not registered on time you can't race! 😊

NB. If you have entered the full series, you will keep the same number for use at each event but you will still need to come to registration to collect your timing chip.

Bag Drop

There will be an unmanned bag drop facility on site. Bags will be left at owners risk.

Facilities at the Start & Finish Line

Race HQ at Balgone has areas for shelter and portable toilets. This will be the start and finish area for this event.

Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.

Follow us for updates
@foxtrailscotland



REGISTRATION, TIMING AND FINISH

Registration

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number at registration. The race number goes on you, **please pin the number on your front**, please **do not fold this number or pin it to your leg** it makes it very difficult for marshals to read. The timing chip goes on your wrist you will need to use it on the finish line.

If you have a series entry remember to **keep your number** as you will need to bring it along to each event.

Please make sure you **return your dibber** at the finish line or you will not be given a result and will incur a replacement charge of £35. Not returning your chip may also result in us sending out a search party for you, please don't make us come looking!

Finish + Prize-Giving

Prize-Giving will be held near the Finish line as soon as possible after the event. Relax, have a cuppa on us and claim your prize (or cheer on those that did win a prize!).

Prizes will be awarded to 1st, 2nd and 3rd male and female on both the full event and the 5k event.



Race results will be available at www.durtyevents.com/results.

Race Photographs will be published on our social media channels as soon as possible after the event.

Follow us for updates
[@foxtrailsotland](#)



ROUTE INFORMATION

Course Description:

The course will be fully way-marked and marshalled.

The course is entirely off-road and may be muddy in places. You may encounter other users and members of the public, please be courteous – they have the same rights as you to be there. ‘Race Head’ will not be an acceptable excuse for being nasty!

Surfaces vary from rough rooted paths, to muddy trails and a tiny bit of tarmac. There are some rougher sections of footpath alongside some of the field area – please take extreme care. A bit of everything, just what you’d expect from a trail race!

The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We’re not interested in what your Garmin says 😊.

Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

Aid Stations

There will be an aid station on the 18k course at around 10k.

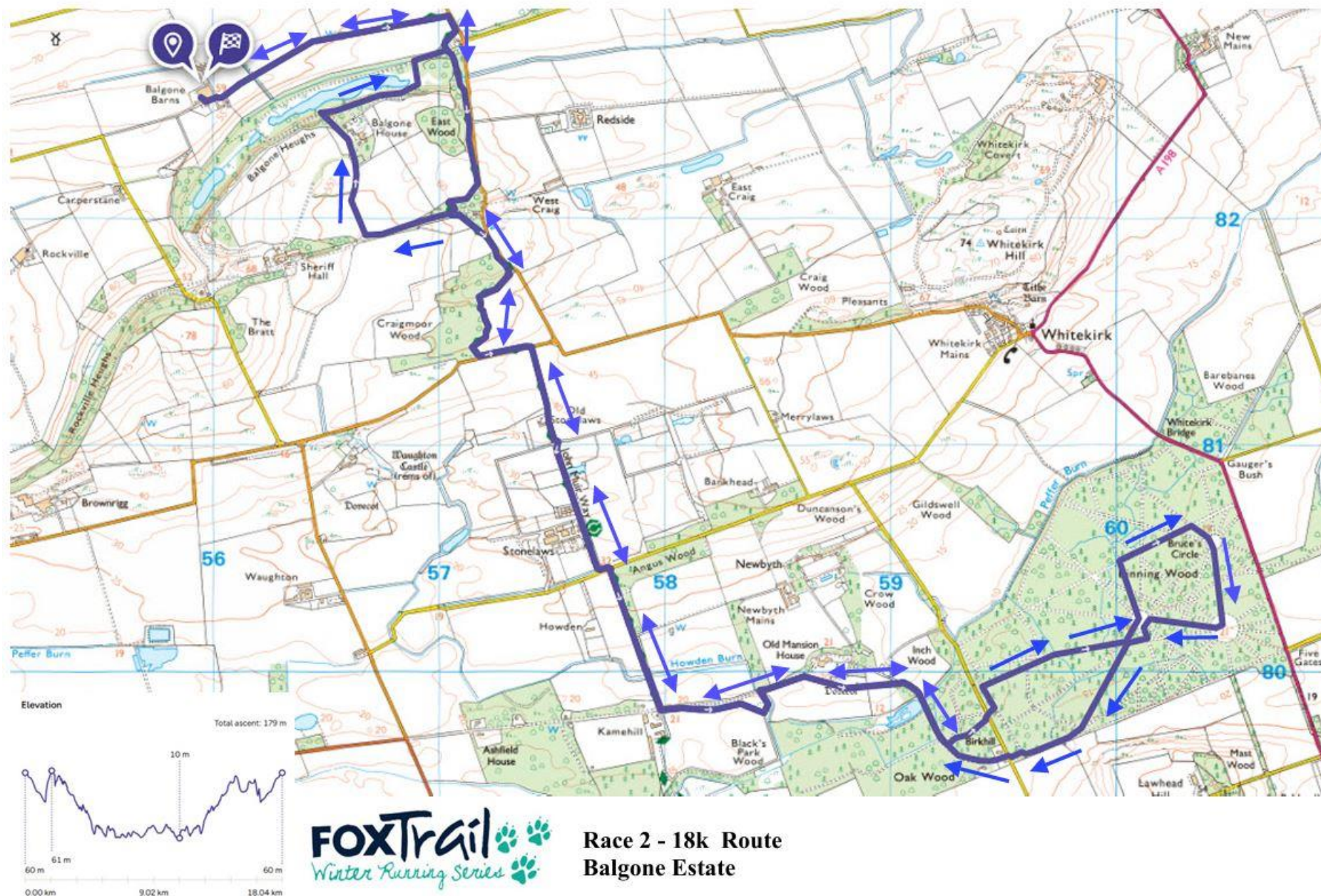
A Greener Foxtrails!

Feed station cups are our biggest source of waste. So, we’re stopping using them. **Completely.** There will be no cups at feed stations, **you need to bring your own.** You will need to carry this with you and use it on the course if you wish to use feed stations.



Golden Rules

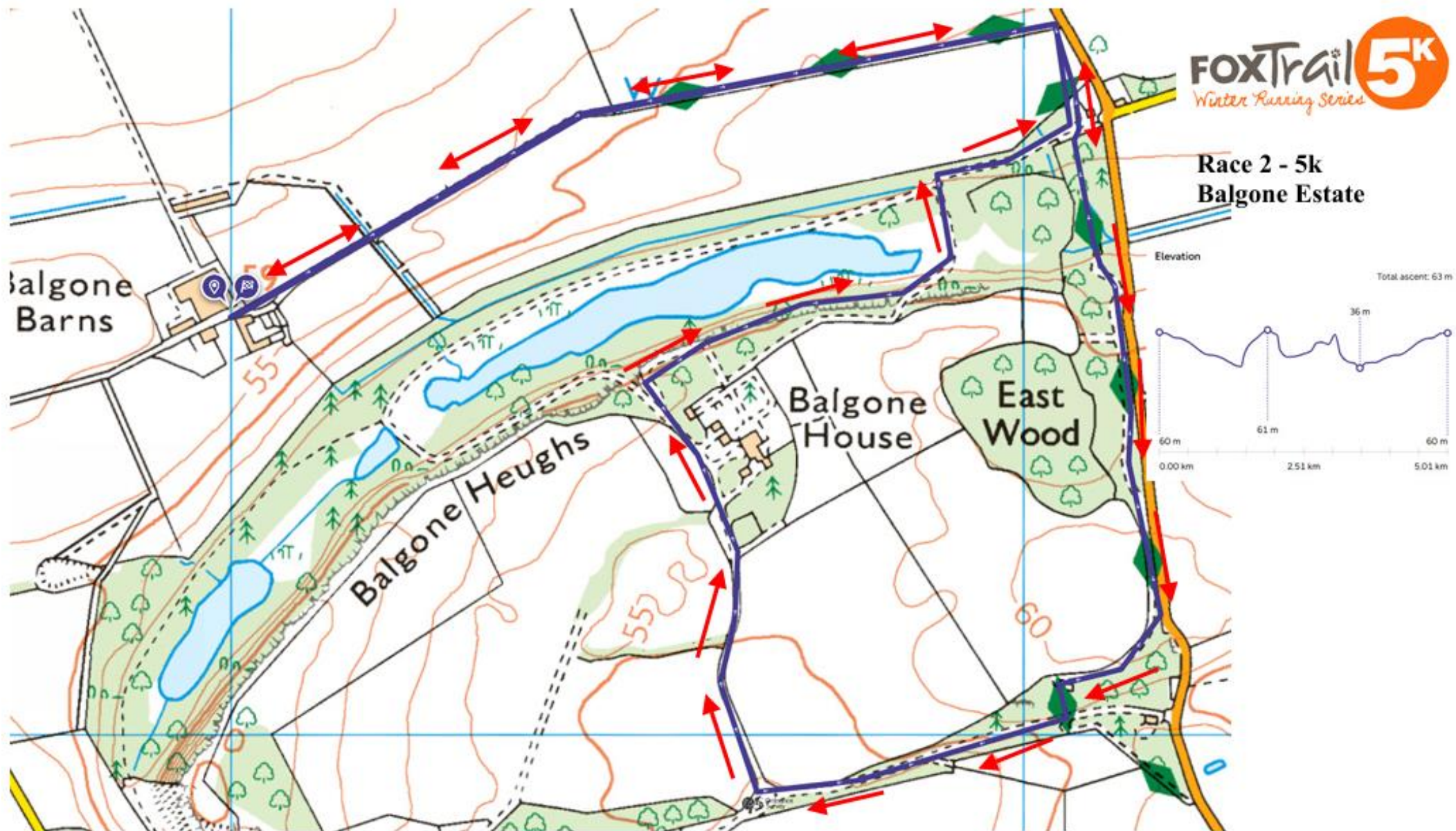
No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you’ve got any of these, either bring back to the finish with you, hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the 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!



Download the [gpx file now](#) – gpx files should be used as a guide only, please follow way markings and marshals instructions on the day



For future adventures
check out our other great events at
www.durtyevents.com



Download the [gpx file now](#) – gpx files should be used as a guide only, please follow way markings and marshals instructions on the day

AND FINALLY

Volunteers – (Help Needed)

This event requires a small number of folks to make it happen – course marshals, aid station teams, registration and finish crew etc.

Do you have friends, family or clubmates that fancy coming along to help make this event happen? Volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so... **we need them!** Please email info@durtyevents.com if you think you can help.

In exchange for their help we offer a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

Accommodation

For accommodation options, this is a good starting point: <https://www.visitscotland.com/accommodation>

Harvest Moon Holidays are not far from Balgone Estate and are the venue for our Harvest Moon Half Marathon. Check out their accommodation at www.harvestmoonholidays.com.



WITH THANKS



TO OUR SPONSORS