**Kilbarchan AAC Christmas Handicap Race 2021**

The race will be held on Sunday 19th December with the first runner starting at 1.30pm. We will be based in the shed beside the running track at the On-X in Linwood.

The race is open to athletes over the age of 16.

Please provide times from the last few races or Parkruns you’ve competed in so the handicapper can allocate you a suitable start time.

Entry via …….. by ………

Course:

Start on the running track at the On-X in Linwood, exit the stadium, turn left and follow the ‘right of way’ path to Brediland Road

Turn left and follow Brediland Road for 0.5 mile to Moss Road.

Turn left and follow Moss Road for 1.3 miles to Auchens Road.

Turn left and follow Auchens Road for 1.3 miles to Craig Road.

Turn left and follow Craig Road for 0.6 mile to Clippens Road.

Turn left and follow Clippens Road 0.2 mile to Brediland Road.

Turn left and follow Brediland Road for 0.2 mile and turn left on to the ‘right of way’ path back to the stadium (do not turn left along the access road in to the On-X Sports Centre).

Enter the stadium and turn right and complete a full lap of the track to the finish.

Note: The race is mostly on quiet public roads. Please use the pavement when running on Brediland Road, Craig Road and Clippens Road. Where there isn’t a pavement please follow the Highway Code and face the on-coming traffic, ie run on the right side of the road.

The right of way path has two sharp corners on it and is quite rough in places so take care on it!

Bring a Christmas prize, approx. value £5.00.