

Sustrans 4.6 mile club handicap race

Exciting race with slowest starting first and the fastest chasing. Handicaps based on your park run times so you should finish together.

Trophy for first home.

Winners

Year	Winner	Net Time
2023	Iain Keir	00:36:31
2022	Stuart Fratson	00:37:56
2019	Michael McEwan	00:27:20
2018	Robert Snodgrass	00:31:28
2017	Jennifer Rooney	00:32:57
2016	Siobhan Inglis	00:38:49
2015	Norman Groves	00:33:26
2014	Max McFarlane	00:46:06

Entry via Class4Kids

<https://kilbarchan-aac.classforkids.io/camp/282>

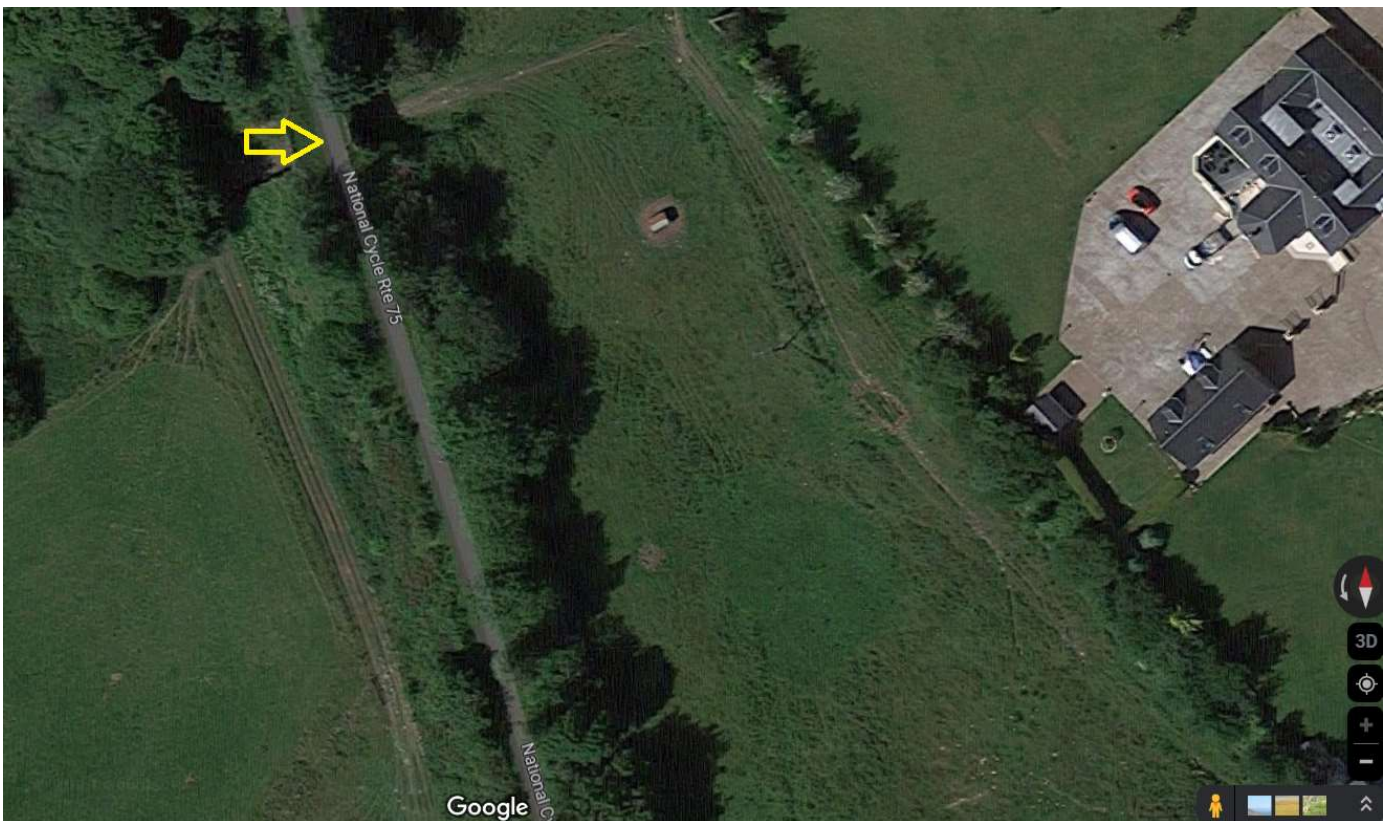
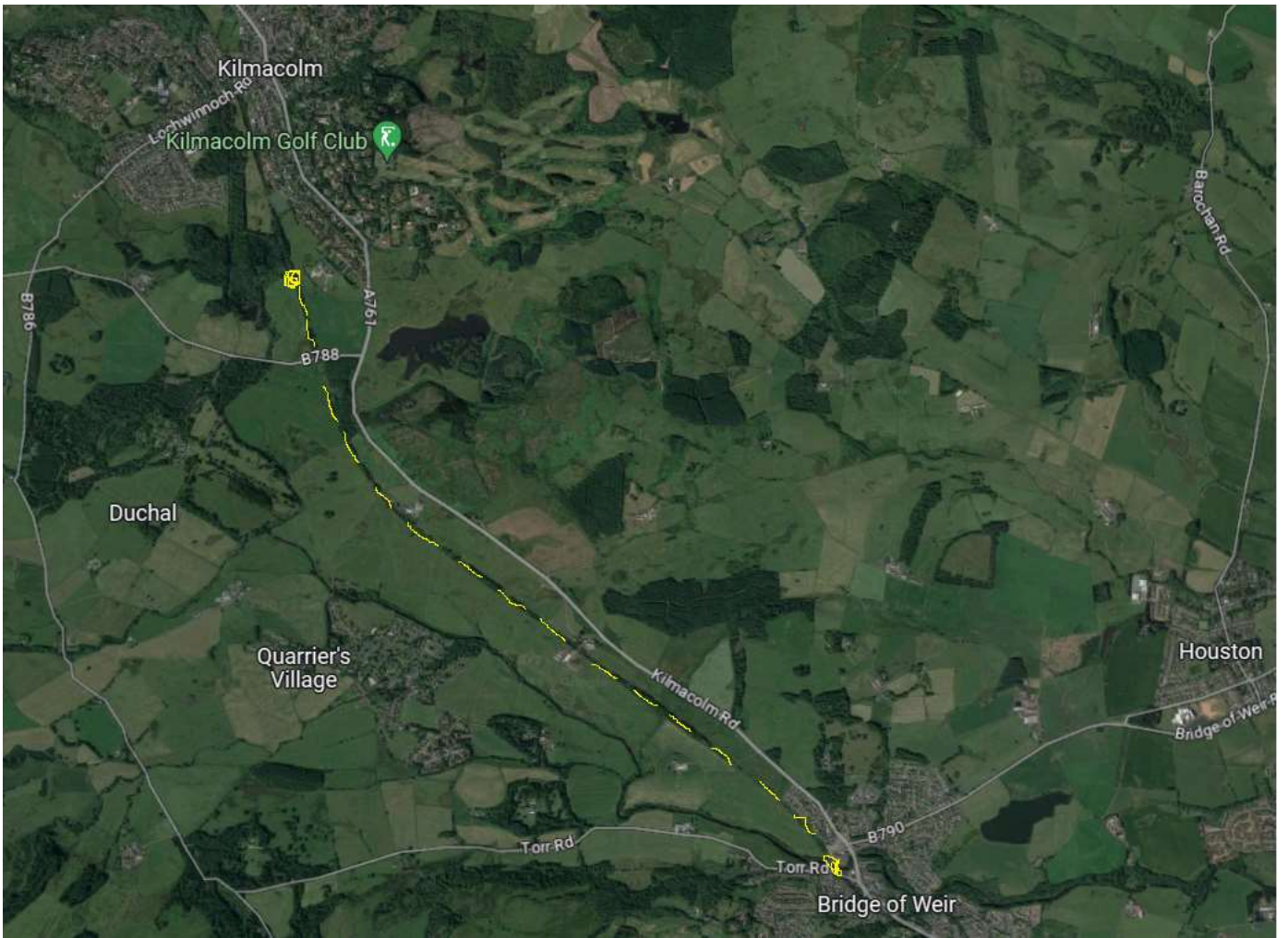
Route Details

First athlete away at 7.30pm. Runners are asked to arrive just after 7.00pm. Pre-entry so handicaps can be worked out.

The route

Running on the cycle path and starts on the viaduct in Bridge of Weir and runs to the outside of Kilmacolm about turn and comes back to the start. Slight uphill slope first half and downhill for the return. There will be a volunteer waiting at the return point who you must go round behind him / her.





Turning point