

# Tay Ten 2023 – final

Thank you for signing up to the Tay Ten road race, which takes place on Sunday 30th April 2023. You will have received a confirmation email with detailed information on the event from Entry Central when you entered the race, however please read the additional information below regarding the race.

A map of the event location, parking options and facilities can be found [here](#).

Parking will be available at **Perth Grammar School (accessed from Bute Drive), Muirton, Perth, PH1 5AZ, as per map**. Please **DO NOT** park in the Community Campus car park, marked in red on map.

If you are parking at Perth Grammar School, please bear in mind the car park will be locked at 2pm so you will need to ensure you have left the venue before then to avoid your car being locked in. We also only have access to the George Duncan Athletics track until 2pm, hence the cut off time of 2hrs 30mins for completing the race as detailed on the entry information. There is street parking available, however please park considerately as this is a residential area.

**Registration will be from 09:30-10:40 in Perth Grammar School Games Hall**, access to this will be signposted on the day. You will receive your number with chip timing. Please ensure you wear your number on your front and it is clearly visible throughout the race. For safety and insurance reasons, swapping of race numbers is strictly prohibited. Anyone found to have given their number to someone else or wearing someone else's number will be disqualified from the race and may be banned from future events organised by Perth Road Runners.

**Race start will be at 11:00 on the George Duncan Athletics Track**. Please be gathered at the start by 10:50 for a short race briefing.

Further detail, including course information, can be found on Perth Road Runners Tay Ten webpage: <http://www.perthroadrunners.co.uk/tay-ten/>

**HEADPHONES - Please Note:** Due to the nature of the course, and for the safety of all runners, the use of **ANY** headphones (including bone conducting ones) during the race is **NOT PERMITTED**. Anyone ignoring this rule will be disqualified from the race.

We aim to hold the prize giving in the games hall, once all winners have been confirmed.

Craig Watson, sports nutritionist, will be at the track and will be happy to speak to any runners before or after the event to offer advice. You can also view his website at [www.craigwatsonsportsnutrition.com](http://www.craigwatsonsportsnutrition.com)

We would once again like to say a big THANK YOU to our sponsors:

HIGHLAND SPRING: <http://www.highlandspringgroup.com/>

TUNNOCKS- <http://www.tunnock.co.uk/>

Perth Road Runners look forward to welcoming you on Sunday 30th April and hope you enjoy your run. If you have any questions in the meantime, please email [race@perthroadrunners.co.uk](mailto:race@perthroadrunners.co.uk)