



# **RSPB Abernethy Forest 10 Mile Road Race**

**Saturday 12 August 2017, 2.30pm**

At Abernethy Highland Games, Nethy Bridge, Inverness-shire  
Abernethy Highland games Association is a Scottish Charitable Incorporated Organisation,  
registered charity number SC 042969  
[www.nethybridge.com](http://www.nethybridge.com)

Probably the most scenic 10-mile race in Scotland, the route goes through the Abernethy Forest National Nature Reserve in the heart of the Cairngorms National Park.

The race starts and finishes on the grass track of the games field and is run on forest tracks and quiet country roads. The forest tracks can be rough in places and runners may encounter the occasional walker and cyclist. In rain or following wet weather the tracks will become wet and muddy. The road sections are quiet and runners should keep to the side and be aware of traffic.

The route is well signed and there are three water stations along the way.

All entrants must be 17 years old or over on the day of the race.

## **Entry Categories**

Male; Female; Male Vet (40yrs +); Female Vet (35yrs +);

Team of 4 (inc at least 1 of opp. sex); Local (Open to residents of Badenoch & Strathspey who have been in full time residence there (a) for the 6 months immediately prior to the Games or (b) previously for more than 10 years).

## **Entries**

Enter on the day. Please register and collect your number from the registration tent between 12 and 2 pm. There are no entry fees for this event but participants will have to pay gate admission for entry to the Games (£8 Adult, £4 Child, £20 Family ticket).

## **Record Times**

50 min 56 sec David Rodgers, Lochaber AC

Female 59.41  
Male Vet 53.13  
Female Vet 59.41  
Team 4.07.13

### Prizes

	First	Second	Third
Male	£20	£15	£8
Female	£20	£15	£8
Male Vet	£20	£15	£8
Female Vet	£20	£15	£8
Team	£15 each		
Local M & F	£20		

PRIZE FUND £200 (shared equally amongst all event winners who create Games Records)

### RSPB Abernethy Forest 10 Mile Road Race Entry Form

Name	Entry Category <b>M MV F FV</b>	Local
Address	Club	
email		
Telephone	Age on race day	
Scottish Athletics or SGA Number		

I am an amateur as defined by Scottish Athletics rules and agree to abide by those rules. I understand the type of event I am entering and that the race includes rough forest tracks and quiet country roads that are used by others including motorists. If I do not complete the race I will report to the finish. I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in this event.

Signed.....

Date.....