



Babcock 10K SERIES Runner's Information



**START
FITNESS**

Strathmore

Welcome to the first year of the Babcock 10k Series, the successor to thirty three years of the Polaroid 10k Series. We will be aspiring to maintain the same high standards of event organisation that we have always sought to deliver whilst introducing a few exciting new initiatives, as the series unfolds. The first race is in Helensburgh on Wednesday 3rd May , followed by Dumbarton on Thursday 11th May and culminating in a new venue for the final on Glasgow Green for the Babcock Shettleston 10k on Sunday 28th May.

We aim to cater for Olympic athletes, serious club runners and those who are more social and recreational in their pursuits, at all of our events. There is a unique set of commemorative medals, featuring local architectural icons , every finisher in each race will receive one of these medals, together with a goody bag featuring a different running accessory from Start Fitness at each race. In addition there will be almost £6,000 in cash and Start Fitness vouchers on offer, across the series. Full details are displayed on our website at Babcock10kseries.co.uk. Every series entrant will be able to collect their specially designed Babcock 10k Series More Mile technical t-shirt at the Helensburgh race or failing that in Dumbarton. Start Fitness are also providing 40 spot prizes of running accessories, across the series.

AG Barr will keep everyone refreshed and hydrated with 8,000 bottles of Strathmore Water, provided for runners across the series. There will be plentiful supplies both at the 5k feeding station, in each race and at the finish.

Your Cooperation Would Be Appreciated Please:

Our continued use of public roads, footpaths and cycleways is dependent upon your support and cooperation. Please observe the following guidelines in taking part in all events:

- Please follow the instructions of all Police Officers, marshals and event staff. They are there to help you and keep you safe.
- Please don't wear headphones as you won't hear traffic or the instruction of marshals. You may be disqualified for failure to comply.
- Please keep left at all times especially on public roads but even on footpaths or cycleways as there may be faster runners approaching from either direction.
- Please run on the pavement when directed to do so.
- Please proceed with caution when you are advised of potential hazards.
- Every kilometre will be marked

Medical Cover:

St Andrew's will be providing medical cover at each event : They will have 4 trained first aid staff on duty at each venue,

together with a mobile first aid station, at the finish. Two of the team will be mounted on bikes and follow the runners around the course.

If you have a medical condition please advise us in advance and complete the form on the back of your running number. If you are in distress and need medical attention either make your way to the mobile first aid station or ask a marshal for assistance. They will contact the first aid team via RAYNET communications who will be both around each course and stationed in the start finish area. Please try and tell us where you or the person in need of assistance is eg near the 4k point or an obvious landmark.

Help Desk

Each event will have a Help Desk to assist with any questions you may have .You can email the help desk in advance @10kserieshelpdesk@gmail.com

There will be a desk issuing Series t-shirts in Helensburgh and Dumbarton for those who have entered all three races. If the size you have ordered doesn't fit there will be a facility to swap it.

As the Helensburgh goody bag will contain More Mile running socks there will also be a swap desk should those in your bag not fit. Please go down the appropriate channel, at the finish according to your sock size.

Running Numbers

Please don't cut down or deface your running number in anyway, it contains our sponsor's brands and your chip which records your time and position.

Please secure it to the front of your vest with 4 safety pins. Pins will be available at each race but it helps if you bring your own.

Please ensure you wear the correct number for the race you are running. You will see the venue printed beneath the number. If you are running in three races, you should receive three different numbers.

Prize Presentations

All individual , team and category awards will be presented at the end of the race, approximately between 8.30 and 9pm for evening events and between 10 and 11am for Shettleston. See each race for the location of the presentation.

We will be joined by former Commonwealth 10,000m Gold Medalist Lachie Stewart who still holds the Scottish Native record of 28 mins and 11 seconds from 1970.

Rio Olympic Marathon Runner, Derek Hawkins will lead Team Babcock at both Helensburgh and Dumbarton and he will also help with the prize presentations, alongside senior representatives from our sponsors Babcock and their nominated beneficiary.

Babcock Helensburgh 10k 7.30pm Wednesday 3rd May

Race Headquarters: Hermitage
Academy, Cardross Road,
Helensburgh G84 7LA

Travel: Limited onsite parking
please arrive early , overspill on
former Academy site, adjacent to
Helensburgh AAC club house or in
surrounding streets.

Closest station is Craighendran on
the Helensburgh line, approx. 4 mins
walk.

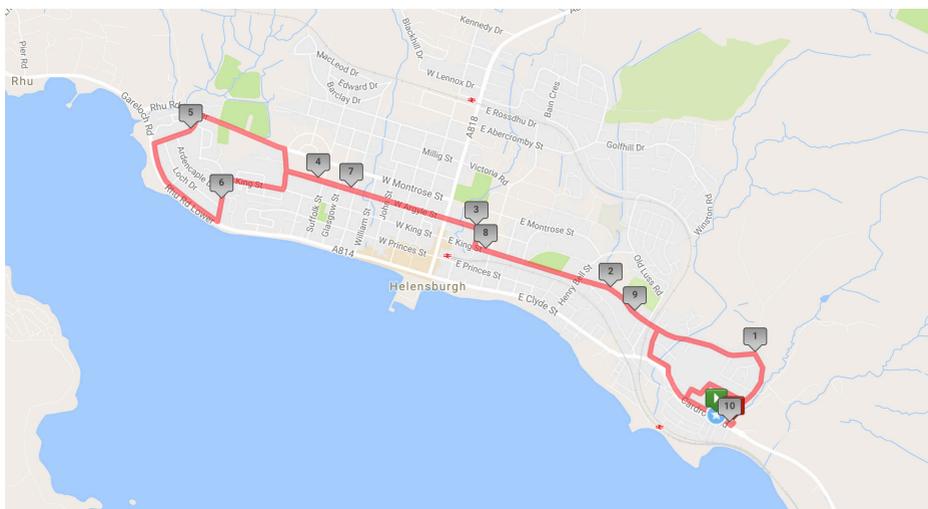
Facilities: Changing, showers, toilets,
catering, help desk, swap desk,
Series t-shirt issue, bag drop and
presentations.

Assembly before start: 7.15pm in
front of school to walk 200m to start
at Old Luss Road/Cardross Road

Last Year's Winners:
Paul Sorrie, Shettleston Harriers 32.29
Jennifer Wetton, Central AC 36.35

Course Records:
Derek Hawkins, Kilbarchan AC 30.28, 2015
Lyndsay Morrison, Central AC 35.57 , 2014

Course Map



Babcock Dumbarton 10k Thursday 11th May 7.30pm

Race Headquarters: Dumbarton Academy,
Crosslet Road, Dumbarton G82 2AJ
Access from the A82 to Crosslet Road.
No parking on Crosslet Road adjacent
to the school entrance or the entrance
to East End Park please.

Travel: Limited onsite parking, please
arrive early. Overspill in surrounding
streets, East End Park and town centre
or St James's Retail Park.

Closest station: Equi-distant between
Dumbarton East and Dumbarton
Central, a short walk through East End

Park. Both on the Helensburgh line.

Facilities: Changing, toilets, showers, help
desk and presentations.

Catering and bag drop will be in gazebos
at the start/finish area.

Additional toilets in East End Park
pavilion.

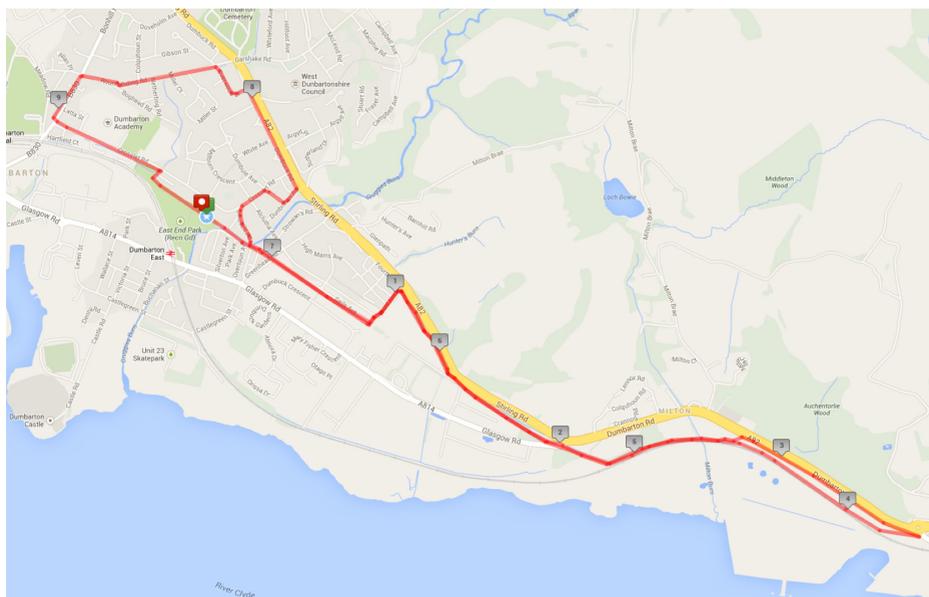
Assembly before start: 7:15pm in front
of the school for 200m walk to the start
in East End Park.

Last Year's Winners:
Tewelde Mengisteab, Shettleston
Harriers 31.06
Jennifer Wetton, Central AC 35.28

Course Records:
Tewelde Mengisteab, Shettleston Harriers
29.40, 2009

Jennifer Wetton, Central AC 35.28, 2016

Course Map



Babcock Shettleston 10k 9.30am Sunday 28th May

Race Headquarters: Glasgow Green
Football Centre, 28 King's Drive, Glasgow
G40 1HB

Facilities: Changing, toilets; showers, help
desk, vending machines and presentations.

Bag drop will be in Shettleston tent in
start/finish area.

Travel: Limited parking at Football Centre,
please arrive early.

Additional parking and facilities including
toilets and catering at Gorbals Sports
Centre, 275 Ballater Street, Glasgow G5
OYP

Additional café facilities at People's Place,
Glasgow Green

Closest Station: Bridgeton, on the
Cambuslang and Hamilton line.

Assembly before start: 9.15am in front of
the Football Centre for 200m walk to the
start on the riverside drive, adjacent to
the University Boathouse.

Advice about Other Special Events: If
approaching from London Road please be
aware that Celtic FC are playing at home at
2pm but are planning a parade to celebrate
their successful season at 10am along
London Road and the area may be subject
to road closures and diversions. Please visit
Glasgow City Council's website at glasgow.gov.uk, select more services, select public
processions.

In addition the West Brewery on the
Templeton side of Glasgow Green are
promoting a music festival, May West, gates
open at 12noon. Parking on the Templeton
side of the Green will be unavailable.

