

St Andrews West Sands 5km - Information Pack

Date: 26th September 2021

Start Time: 11:00am

Location: West Sands, St Andrews, Fife (Nearest Postcode: KY16 9XL)

Description:

Our annual beach race is back! If you fancy

- December temperatures when it's only September
- Being battered by winds delivered straight from Norway
- Sand, sand and more seemingly infinite sand

then why not come and enjoy St Andrews' most famous beach?

A 5km out-and-back beach race along West Sands. The race will be run under UK Athletics Rules and is a **scottishathletics** licensed event. The event is suitable for runners of all backgrounds and abilities and forms part of the Scottish Student Sport XC winter league - so hopefully we'll see some strong competition at the front!

Parking:

There is ample parking on the grass along West Sands Road (see site map). Please ensure you park courteously and do not block the road for other users.

Entry and Registration:

The event is online entry only and limited to 150 people. Entries are taken through EntryCentral using this link: <https://www.entrycentral.com/westsands5k>.

Students £5 and Non-students £10. For non-**scottishathletics** members there is a £2 levy.

Entries close on Friday 24th September.

Refunds will only be available if we can transfer your place to someone on our waiting list before entries close on Friday 24th September.

Registration and number collection will be on the day and located alongside the Blown Away Beach Hut. Registration will open at 10:00am. We encourage mask wearing and social distancing at registration.

Minimum participant age is 11.

Toilets and Changing Facilities:

There are public toilets next to registration. There are no changing facilities, so we ask that all runners come prepared and ready to race.

Covid-19:

We encourage mask wearing at the Start and Finish. Spitting is discouraged as is slipstreaming. The start line and route is wide enough to accommodate social distancing and we ask you to observe this.

If local restrictions are imposed in Fife, the format of the race may change and we will impose a waved start as appropriate.

Prizes and Results:

There will be prizes for the top 3 Male and Female runners.

The race is manually timed and results will be posted asap on our FB page:

<https://www.facebook.com/UStAAthleticsAndCrossCountry>.

Race Route and Site Map:

