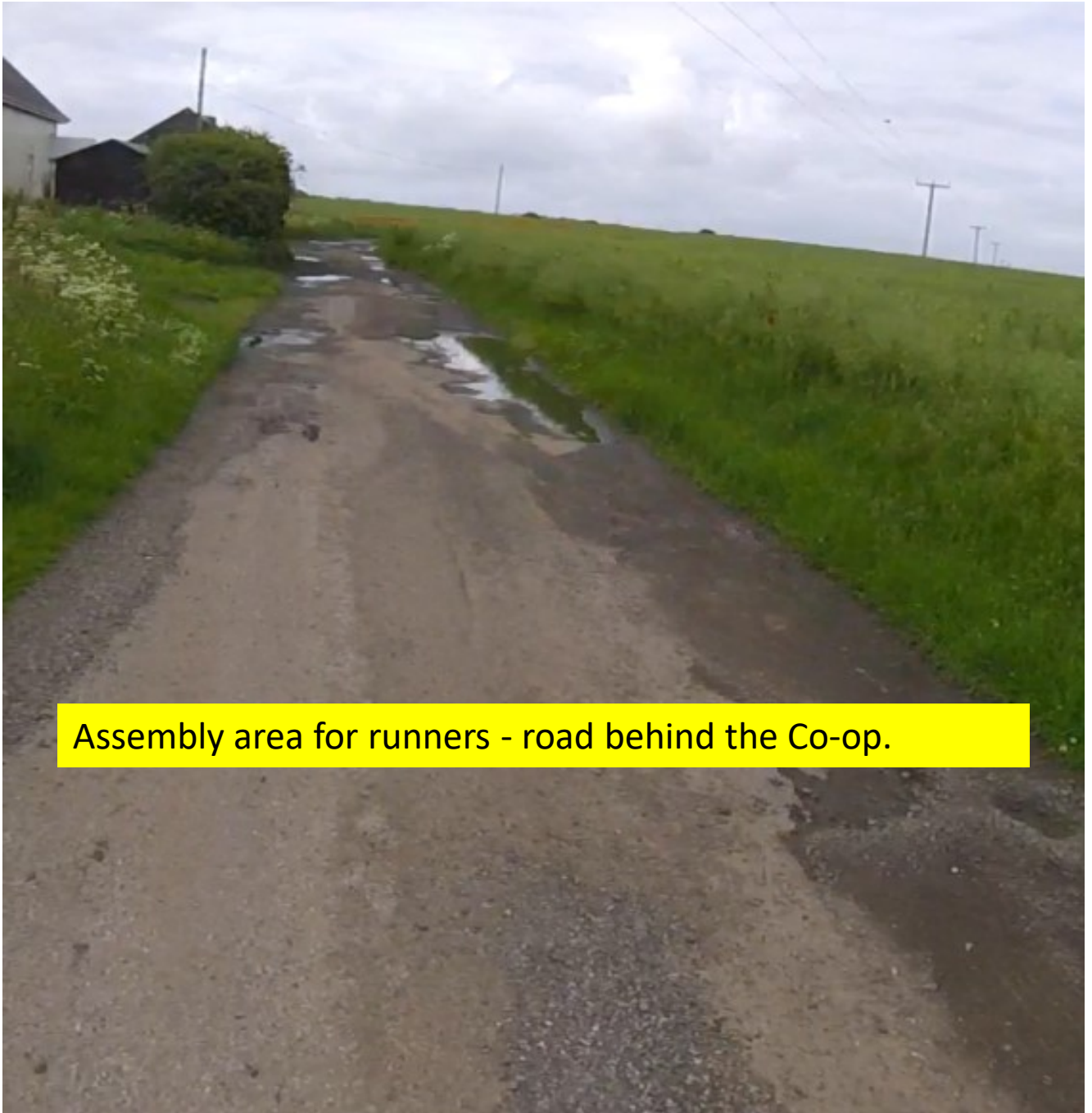


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10K Route – Start/Finish behind Co-op



Assembly area for runners - road behind the Co-op.



Race start line is inline with the end fence post as highlighted.



Short uphill start – tarmac'd road for approximately 400m



After uphill road levels out for approx. 100m before slight downhill to cottage on the left.



After the cottage bear left on to a track section which continues through to East Grangemuir Farm (approx. 1200m)



Flat section of track (200m) –
surface condition generally good
with occ'l pothole.



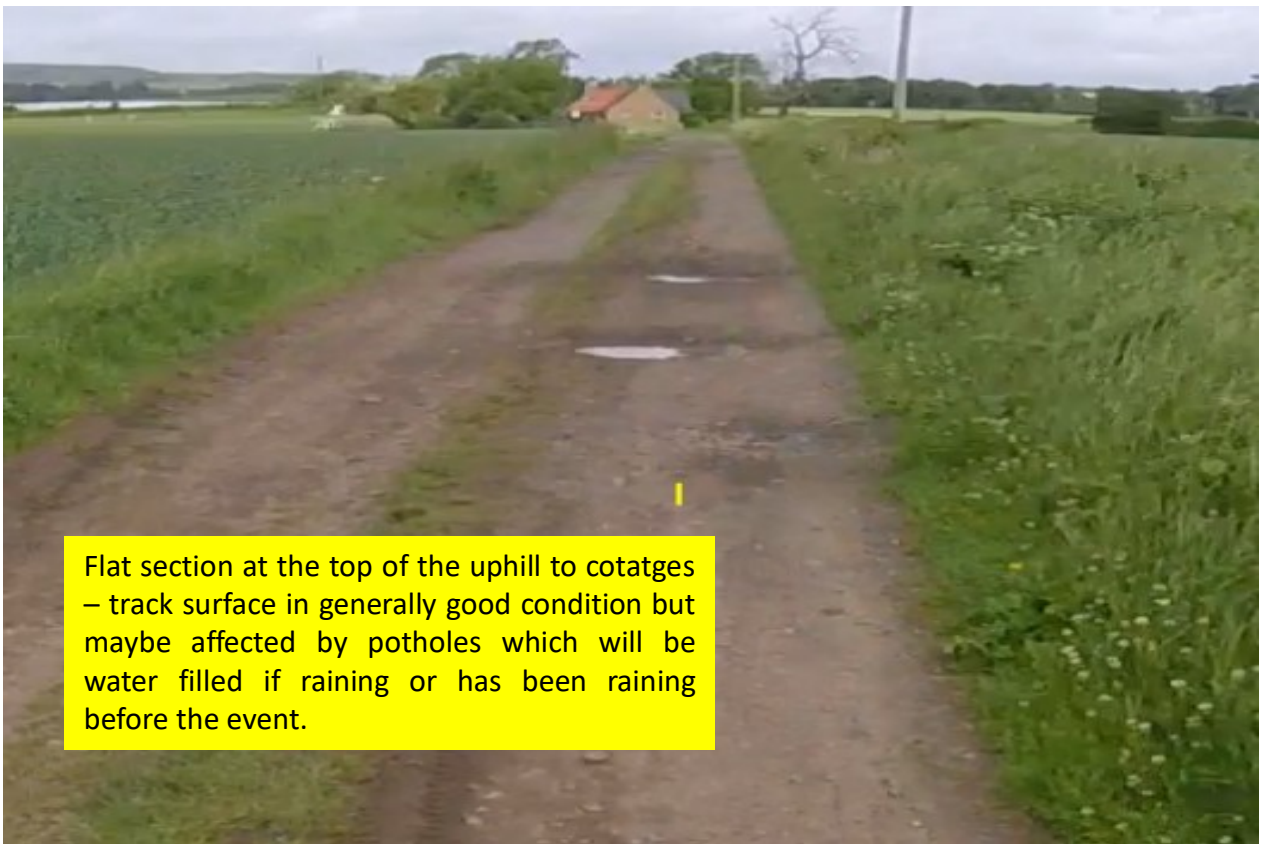
Continue on track past the junction
and on to short downhill section.



At foot of downhill – small humpback crossing the burn, before right turn on to uphill section.



Uphill from the 1K marker for approximately 300m – track surface in generally good condition.



Flat section at the top of the uphill to cottages – track surface in generally good condition but maybe affected by potholes which will be water filled if raining or has been raining before the event.



Track “snakes” around the cottages before heading west towards the farm buildings. .



Wide metalled road to farm (app 200m) – generally good condition but does have a few potholes (as seen can be “puddly” if weather has been/is wet).



Blind corner as runners enter farm area. From this point to the turn the underfoot conditions are almost entirely well surfaced roads.



After leaving the farm – route is flat to the main road into Pittenweem. (2Km marker is around the start of the polytunnels)



Runners take a left turn at the road end and after very slight uphill head down to a blind corner.



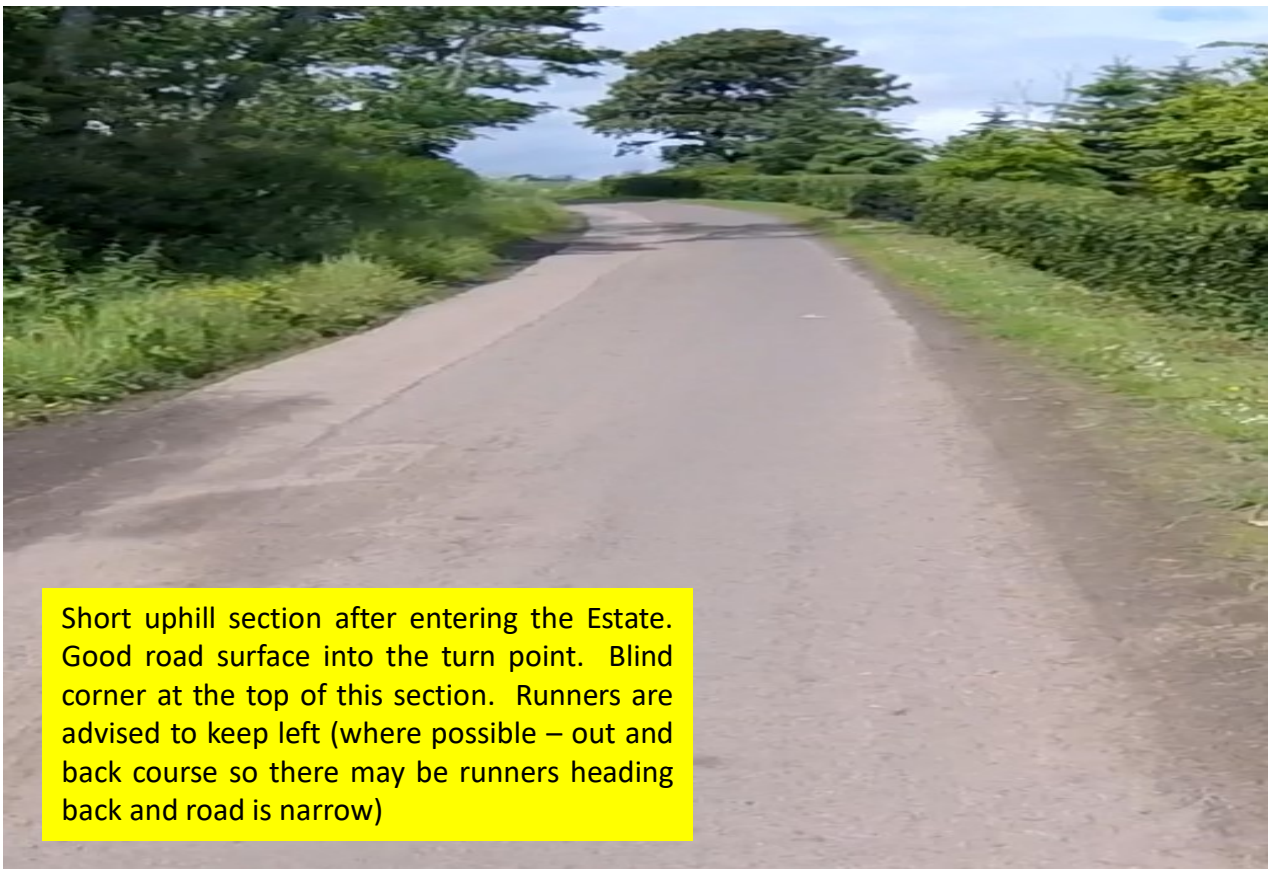
Short downhill to blind corner.



After rounding blind corner – short section on road to the entrance to Balcaskie Estate.



Short section across entrance to Estate is metalled with loose stone. A few potholes in this section but road surface improves after approx. 50/60m.



Short uphill section after entering the Estate. Good road surface into the turn point. Blind corner at the top of this section. Runners are advised to keep left (where possible – out and back course so there may be runners heading back and road is narrow)



Flat section at the top of the rise. After entering the Estate the road is hedge lined to this point and depending on weather conditions may have been sheltering runners from the elements. No shelter for approx. 400m from this point.



Flat open section before slight downhill.



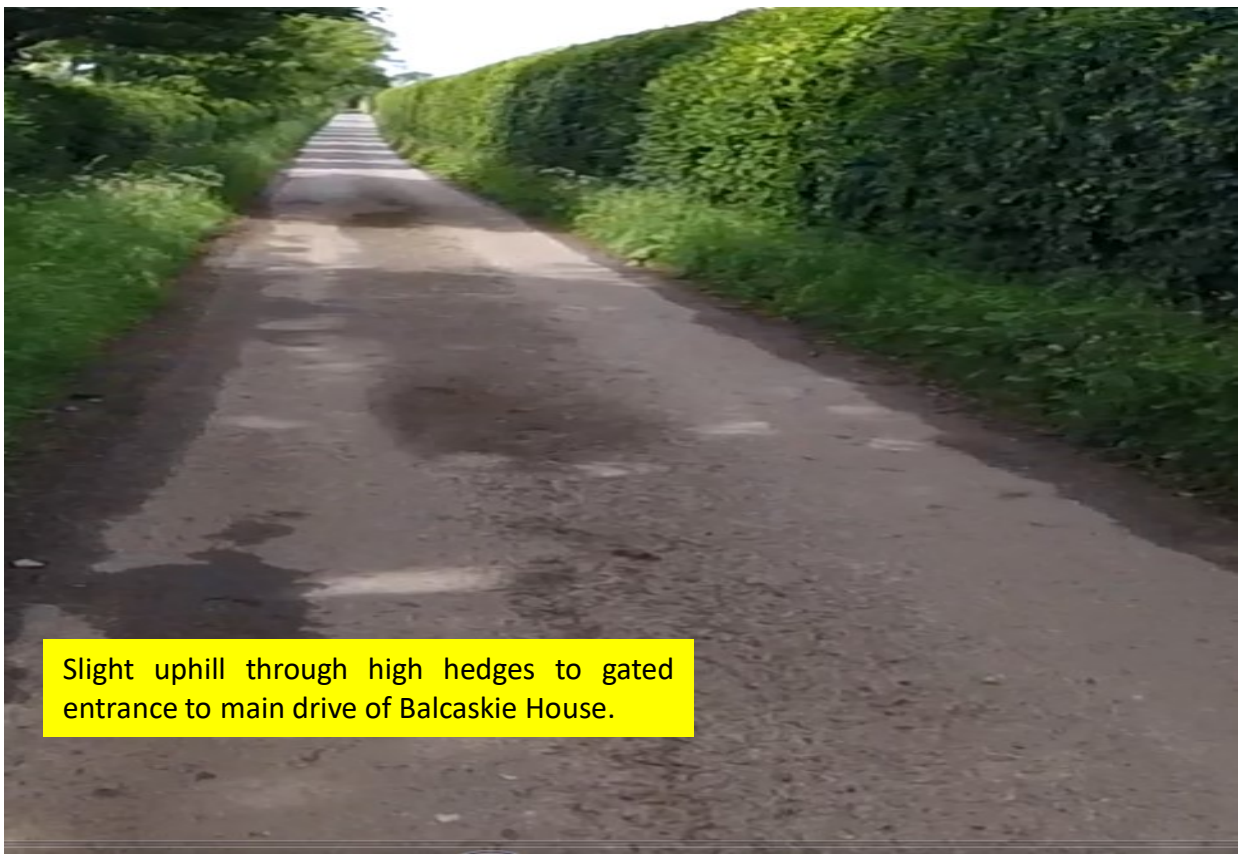
Short downhill to open corner.



Very slight uphill section past Inch Farm. Narrow road and runners may be on the return leg at this point so out going runners should keep into the left.



Narrow road with high hedges just past Inch Farm – corner ahead is a blind corner and runners should stay left where possible.



Slight uphill through high hedges to gated entrance to main drive of Balcaskie House.



Gates will be open on the day of the race.



Gates will be open on the day of the race.



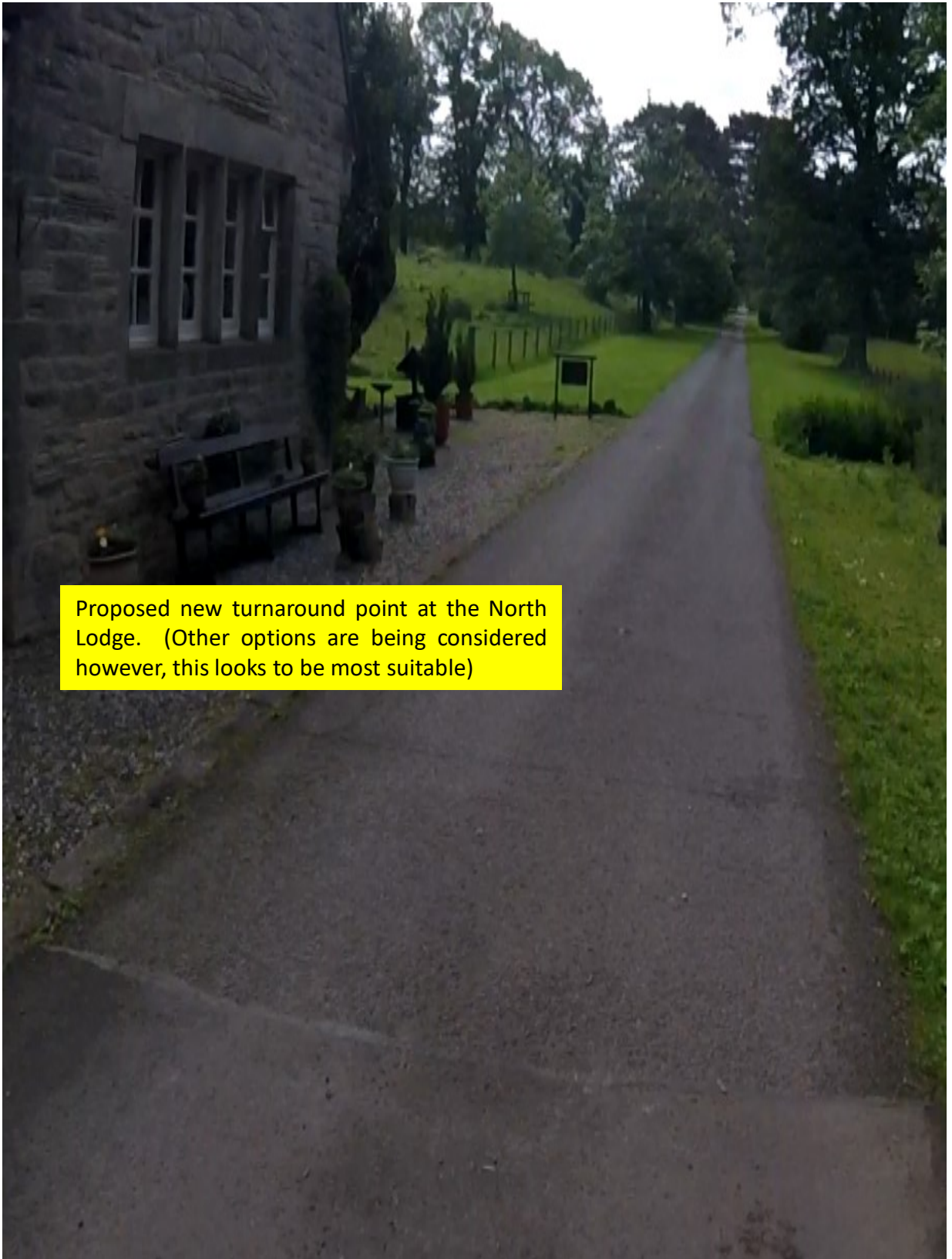
Long flat section up the main drive towards Balcaskie House. Very slight rise on this section.



With change to the start of the race runners will pass the previous turnaround position and follow road round to the right and a short downhill section to the new turnaround point at the North Gate. .



Short downhill to turnaround point at the North Lodge gate.



Proposed new turnaround point at the North Lodge. (Other options are being considered however, this looks to be most suitable)