

ANSTER HADDIES - TWO BRIDGES CHALLENGE 2014. (Tay Bridge - Forth Bridge)

Leg	Dist (approx)	Approx run Time	Approx C'over Time	From	To	Runners	Comments
1	5	45	07:45	Dundee	Tayport	Ewan Cameron - Alice Hall - Jennifer Cruickshanks - Jane Anderson - (open to anyone who wants to run over the bridge)	Route will mainly follow the road from the bridge into Tayport. There is a path to the south of the main road which is part of the official coastal path - need to confirm use of this path as best route. Changeover to take place at the turning point at the south end of the Promenade. This is easier to access than the car park off Shanwell Road.
2	5	45	08:30	Tayport	Kinshaldy Car Park	Chris Broome - Dave Brisland	Changeover to take place at the car park at Kinshaldy. Care should be taken not to follow the beach as path to changeover may be missed (previous history). Should be a relatively flat, trouble free route.
3	5.2	46.8	09:17	Kinshaldy Car Park	Leuchars	Chris Broome - George Findlay - Gary Scott -	Coastal path route takes a sharp turn left after approx 1.2 miles and enters Leuchars at Earls Hall Road. Changeover at the parking area at the junction of the bypass and road into Leuchars. Route recce required for turn off point and route back to Leuchars.
4	5	45	10:02	Leuchars	St Andrews	Susan Duncan - Hazel Hughes (Anster Allsorts) - George Findlay - John Dickson - Jeff Taylor - Gordon Taylor	Official Coastal path route uses the cycle path between Guardbridge and St Andrews - there is a potential to route around the golf courses and down the west sands with the change over taking place in the west sands car park (by the Golf Museum)
5	4.8	43.2	10:45	St Andrews	Boarhills	Mike Reilly -	Potentially one of the hardest legs of the run with a tough section just after leaving St Andrews with some steep descents and ascents to and from the beach. This leg will need a good recce for best route and confirmation of change over point if required.
6	3.4	30.6	11:16	Boarhills	Kingsbarns	Mike Reilly -	Rechecked this route versus the Mapometer distance and there is a discrepancy on the route taken and the maps will need to be updated to reflect the actual route run. Recce covers the route from Boarhills Farm to the car park at the beach in Kingsbarns. From Boarhills Farm follow the route past the barns then take the first right and follow the tracks towards Kenly Water. When you reach the road take a left and head towards the farm. Just before the farm take a right turn on to the grass path which will take you over the Kenley Bridge. Follow the track down the side of the burn. Once you clear the trees, the path opens out for a while down to the ruined cottage on the sea shore. From this point through to the golf course the paths are very narrow and there is the "odd" rock/boulder jutting out into the paths. Beach looks an easier option however there are a couple of very rocky areas so probably best to stick to the paths. At one point (just after the caravan) there is a good path through the field and probably worth jumping the fence to use it. Path opens out a bit as you head towards the car park in Kingsbarns.

7	6	54	12:10	Kingsbarns	Crail (Nethergate)	Ewan Cameron - Allan Gibson	Route recce carried out and with the change over point in the Nethergate in Crail (near Jonny and Tracy's) the distance is six miles. From the car park in Kingsbarns there is a well established path on the beach side of the golf course. At this point the route drops down on to the beach for a couple of hundred yards. When you get back on to the path there is an uphill turn, however, best route is across the fence and follow the field until it gets to the beach. At this point you have to follow the beach around the point before a short climb on a well defined path. At Balcomie golf course, the best route is to follow the course but it might be busy and at one point the easiest route is across the beach. As you head down towards the clubhouse there is another section on the beach before joining the path the golfers use to reach the 15th hole. Stick to the edge of the golf course around the turn and follow the road around towards the coastguard station. The path is clearly signposted and follows around the point. There are a couple of narrow points on the path and care must be taken as it is quite rocky and it would be easy to turn an ankle. There are a couple of short sharp climbs on rocky steps and care should be taken if it is wet as they will be slippy. The path is quite tight for around half a mile and when it is down near the shore, very rocky. Once past this section the path opens out and is well defined all the way to sauchope caravan park. Follow the tarmac road through the caravan site and at the entrance road take the small path just beyond the fence and after a short uphill section take the path and follow this round to Dooct Park. It will be up to the runners on the day which route they want to follow but might be easier to follow the high route which will bring you out almost at the path up into the Nethergate and on to the changeover point
8	4.3	38.7	12:49	Crail (Nethergate)	Anstruther Harbour (lifeboat station)	Team Hay (Geordie, Debz, Karli & Jaz)	Route recce carried out and with the change over point in the Nethergate in Crail (near Jonny and Tracy's) the distance = 4.3miles. From the car park in the Nethergate head west along towards Castle Street until you reach the hill down to the harbour. Turn right and head up to the main road, turning left to head towards Anstruther. As you pass the bus stop take a left and head south west out to the west braes. The official coastal path route drops off to the left however best to stick to the higher path as this leads to the gate on to the coastal path (if you follow the official path you'll have a climb to reach the same gate. Once down on the path you will quickly reach a rocky section which is probably best covered by sticking to the beach side of the path. You could try going to the north side of the rocks however, this is very wet and boggy and doesn't tend to dry out much, even in the summer. When clear of this section the route opens out on to grass paths but is still quite rocky all the way to Caipie Farm where once again there is a well established grass track almost all the way through to Rennymill caravan site. Once you reach the caravan site the route follows the lower streets through Cellardyke and round by Stuart Barton's, with the change over currently planned to take place in the car park at the lifeboat shed in Anstruther.
9	3.5	31.5	13:21	Anstruther Harbour (lifeboat station)	St Monans Harbour	Ronan McKinstray - Jennifer Cruickshanks -	Short, fast'ish section - head west along shore street and up rodger street before heading along the one way street and out on the main road to Crichton Street. (low tide option is across the stepping stones and out on to the main road at the Buckie House corner. From Crichton Street head along Shore Road past the golf course and follow the path past the small play park. Care should be taken when running at the golf course as play will be taking place at the time of the run. There is a short, sharp uphill just after the end of the golf course which leads you on to the path into Pittenweem. Follow the path around Braehead and when you reach the road head downhill past the harbour and out towards the west braes. Once up the braes, bear left on to the path to St Monans. The path is well defined and apart from a couple of rocky sections is mainly clear of obstacles. On reaching St Monans head along Rose Street and at the end of the road bear left down to the change over at the harbour.
10	3.7	33.3	13:54	St Monans Harbour	Earlsferry	Colin and Alan McKie - Lucy Wilson (Anster Allsorts) - Ewan Davidson -	Starting from the harbour route takes you west along west shore and up the short climb to Braehead. At the top of the hill take a sharp left and follow the narrow lane to the beach. (If the tide is in continue straight on at the top of the hill and follow the signs for the high tide alternative for the Coastal Path) Follow the route around the boundary of the old kirk then climb back on to the path and follow this route around to Newark Castle where the route drops back down to the beach. The path to Elie is well marked and although mainly single track it is easily followed. As you reach the ground ahead of Ruby Bay continue on the path directly ahead which will bring the runners out on the path back into Elie. If the tide is in follow the high tide alternative following Admiralty Lane and the Toft before heading along the Terrace and South Street until you reach the beach. There is a short stretch above the high water mark which will lead on to the dunes which will take runners along to Glovers Wynd. Turn right and head up Glovers Wynd which will take you directly to the changeover point.

11	5.2	46.8	14:41	Earlsferry	Lower Largo	Kylie Kirkcaldy - Hannah Allum (Anster Allsorts) - Dave Brisland	Starting from the changeover point head west for about 50 yds then bear right on to the path through the golf course. Take care crossing the golf course as play will be taking place. Take a right along the beach and head for the wooden steps back on to the coastal path. Once back on the path the route climbs steeply and then undulates along to the highest point at the radio masts. Continue on the path and drop down, following the path back around to the caravan site. Once over the small bridge at the caravan site you can either head across the beach or follow the road around the caravan site to the tank trap entrance to Largo Bay. The brave may want to run through the cocklemill burn but easier and drier to use the wooden bridge/s then follow the track back to the beach. If the tide is out take the shortest route on the firmest sand, if the tide is high then follow the high water line to the start of the houses at Lower Largo. You can continue to follow the route on the beach or you can head up to join the road into the change over at the Temple Car Park.
12	3.1	27.9	15:09	Lower Largo	Leven	Ross Buchanan - Ewan Cameron	Start from the Temple Car park in Lower Largo. There is the potential for the first part of the run could be done along the beach coming back to the road at the Crusoe Hotel. If the tide is in then the road should be followed until you reach the sign for the coastal path at Drum Park. Follow the path along the lower part of the open ground until the sign post which points you back up the slope towards the golf club. When you reach the golf club head across the car park and pass the club house and pro shop before heading out along the edge of the golf course (keep close to the fence) and stick to the path all the way along both courses until you reach the caravan site. Follow the fence around the caravan site until you reach the road. Follow road to amusement arcade then head down to the prom and follow this to the car park at the west end of the Prom. As an alternative, if the tide is out you might want to run along the beach from Lundin Links all the way to Leven.
13	3	27	15:36	Leven	Buckhaven	Ross Buchanan - Stuart McKenzie - Titch Shaw	On road section through the scenic streets of Lower Methil and Buckhaven. Changeover is probably best carried out at the junction of Randolph Street and Viewforth.
14	5	45	16:21	Buckhaven	Dysart	Stuart McKenzie - Titch Shaw	There is a high level route which appears to be cinder path into East Wemyss and turn down towards the shore leaving the cemetery on the right hand side. Short section on main street then down the backdykes looks easiest then looks like a fairly well defined path into West Wemyss and on to into Dysart picking up the road to the harbour at Pan Ha'. Changeover at the harbour.
15	3	27	16:48	Dysart	Kirkcaldy	Allan Galloway - Jacqui Galloway - Jane Anderson - Jim Anderson - Titch Shaw	This section entirely run on the road with a sharp climb up from the harbour. Runners could take the route through Ravenscraig Park and exit on to Dysart road before heading west down the High Street and out on to the Esplanade. A short leg with the change over taking place in the car park at the western end of the Esplanade.
16	4.8	43.2	17:32	Kirkcaldy	Burntisland	Susan Penman - Carole Fraser - Titch Shaw - Jas Baillie - Jane Anderson	Possible alteration of change over point to Morrisons Car Park - from the car park take a right and head out past the boulders and cross the park to the gate for the coastal path. The path itself is a wide cinder track all the way through to Kinghorn. The path between Kirkcaldy and Kinghorn is best described as "undulating" with short sharp climbs. Once you reach the outskirts of Kinghorn follow the fence past the caravan site and after passing under the railway line follow the path through the park which brings you out on to the finishing part of the Black Rock. Turn left and pass through the railway viaduct and then turn right up the brae. Near the top of the brae take a left on to the path which follows the line of the houses and keep to the higher path until you reach the black metal bench. Turn right up the lane then left at the top of the lane and follow this road down to the harbour/beach. The best route is to stick to the top end of the beach (follow the high water line) as the track here is solid and you won't need to wade through the water across the sandbanks (there is no dry line). There is a short rocky section just before the beach at Burntisland which will need to be negotiated with care. Once past this you can cross the short section of sand to the promenade along the front of the links. Follow the promenade around to the Beacon Leisure centre and the change over point is in the large car park just under the leisure centre.
17	4	36	18:08	Burntisland	Aberdour	Pamela Cruickshanks - Bill Simpson - Titch Shaw - Jas Baillie	Route between Burntisland and Aberdour to be recce'd and updated info made available when completed. Looks to be a fairly well defined route running just to the seaward side of the railway line. Change over point in Aberdour still to be finalised. (opposite the Woodside Hotel is a potential)

18	6	54	19:02	Aberdour	Inverkeithing	Fiona Cruickshanks - Yvonne Dehn - Karen Cunningham - Titch Shaw - Christine Bowie - Karen Shepherd	If starting from the Woodside Hotel follow the road in towards the golf club. Route should follow around to the North of the golf course. Road should be Beech Avenue - continue to follow until you reach the outskirts of Dalgety Bay then turn left to follow the coastal path around the southern side of Dalgety Bay. Follow path to Inverkeithing. Cut across the park (with the track - have a couple of quick laps if you feel like it) then on to Preston Crescent. Turn left into Port Street. At the top of Port Street turn left into Bank Street which will lead on to the change over point in the High Street.
19	3	27	19:29	Inverkeithing	Forth Bridge	Ewan Cameron - Alice Hall - Shirley Nuttall - Audrey Wishart - Callum Wishart - Jennifer Cruickshanks - Titch Shaw - Team Hay [also open to anyone who wants to run across the bridge]	The leg that everyone will want to run!!! Follow road out from Inverkeithing High Street to the Forth Bridge. Last time this was done there were only a couple of runners for the first part of the run with the remainder joining in for the last mile or so across the bridge. Logistics may be the challenge on this one unless we can persuade non-runners to be the drivers!!!!