



The Bisgeos 12 Mile Run/ Walk

Saturday 25th August 2018. Start:10.00am

Boat Timetable for Weekend

| | |
|----------------------|------------------------------|
| Friday 24th August | Boat departs Kirkwall: 17:00 |
| Saturday 25th August | Boat departs Kirkwall: 07:20 |
| Saturday 25th August | Boat departs Westray 17:55 |
| Sunday 26nd August | Boat departs Westray 18:00 |

Race Timetable: Saturday 25th August

| | |
|---------|--|
| 9.00am | Registration starts |
| 10.00am | Run/Walk depart Rapness Terminal |
| 11.30am | Senior Children depart Roadmire Lay-by for a 3 mile walk to Pierowall Hotel Car Park |
| 11:00am | Junior Children depart Quoys for a 1 mile walk to Pierowall Hotel Car Park. |

Pre school children must be accompanied by an adult

Registration for the race will be completed at the Rapness Terminal. Limited changing and toilet facilities are available there. Cold drinks will be available if required. Competitors will be issued with a large plastic bag for their belongings with ties and labels. Belongings will then be collected and delivered to the Bisgeos.

Please note it is the parent's responsibility to ensure children are delivered to start and collected at end.

Please note that it is not possible to close the road as there is no alternate route. Please remember to run/walk on the right side of the road.

On arrival at the Bisgeos there will be a barbeque and refreshments. Limited showering facilities will also be available. There is only limited parking at the Bisgeos, please can we ask you to use the shuttle bus to take you to the village where you should arrange your own pickup.

The same bus operator does the Pierowall to Rapness run for the ferry, pick-up point is the Pierowall Hotel Car park at 5.25pm price £2, it would be helpful to the operators if you would let one of the officials know at registration if you require the bus back to the boat.

Buffet Dance will be in Community School Hall at 7.30pm.

We all wish you good luck on this run and hope you enjoy your time in Westray.