



The Bisgeos 12 Mile Run/ Walk

Saturday 5th September 2020. Start:10.00am

Boat Timetable for Weekend

Friday 4 th September	Boat departs Kirkwall: 17:00
Saturday 5 th September	Boat departs Kirkwall: 07:20
Saturday 5 th September	Boat departs Westray 17:55
Sunday 6 th September	Boat departs Westray 18:00

Race Timetable: Saturday 3rd September

9:00 am	Registration starts
9:45 am	Registration closes
10:00 am	12 mile run departs Rapness Terminal
10:10 am	12 mile walk departs Rapness Terminal
12.00noon	3 mile event departs Roadmire parking area
12.30pm	1 mile event departs Quoys

Both 3 & 1 mile events finish at Pierowall Hotel car park.

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.

Race Marshalls will be in Red T-shirts if you have any problems please stop and ask.

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, 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 6.30pm.

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