CHECKPOINTS

* Checkpoints will be stocked with water, fruit, diluting juice, jelly, chocolate sweets and cereal bars.
* Drop bags can be left for any of the checkpoints and the finishing line. Please mark drop bags clearly with your race number, name and checkpoint number and bring them to Glenbuck before the race

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | CHECKPOINT | OPEN | CLOSE | ~MILESfrom start | ~KMfrom start |
| CP1 3 | **Limmerhaugh**Sylvia Mulholland |  9.40 R 10.00 | 12.00 | 11.18 | 18.00 |
| CP2 6 | **Haugh Farm**Sandra Taylor |  11.00 R 11.15 | 14.30 | 21.49 | 34.58 |
| CP3 11RCO2 | **Annbank 1**Christine/Charlotte | 12.20 R12.30 | 16.45 | 31.15 | 50.13 |
| CP4 14 | **Auchincruive**Daniel | 12.50 R13.05 | 18.00 | 35.62 | 57.33 |
| FINISH15 | **DAM PARK** | 13.20 R13.30  | 20.00 | 40.01 | 64.39 |

WATER STOPS

* As well as the main checkpoints, there will be water stops along the route. Not all of these will be manned, but will be clearly marked.
* Please make sure that any litter is put in the provided bags at all points

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | WATER STOP | OPEN | CLOSE | ~MILESfrom start | ~KMfrom start |
| WS1 1 | **Kames**Christine | 9.20 | 10.15 | 4.62 | 7.44 |
| WS2 2 | **A70 crossing**Charlotte | 9.45 | 11.00  | 8.23 | 13.25 |
| WS3 4RCO1 | **Sorn Old Bridge**Jenna Low |  10.40 | 13.10 | 17.09 | 27.50 |
| WS4 5 | **Catrine Square**Ben Coward | 11.05 | 14.00 | 18.95 | 30.50 |
| WS5 7 | **Barskimming**Neil McMullen | 11.30 | 15.00 | 24.39 | 39.23 |
| WS6 8 | **Failford**Lynsey Fraser |  11.50 | 15.30 | 25.03 | 40.28 |
| WS7 9 | **Stair (layby)**Jack Fraser | 12.20 | 16.00 | 28.86 | 46.44 |
| WS8 10 | **Gadgirth Bridge** | 12.30 | 16.30 | 30.67 | 49.36 |
| WS9 12 | **Annbank 2**Christine/Charlotte | 12.30 | 17.00 | 31.82 | 51.21 |
| WS10 13 | **Tarholm Bridge** |  13.00 |  17.30 | 33.33 | 53.64 |