

FIFE Anniversary Coastal path relay – Sunday 6 September, 2015

These are the final details and reminders for the Fife Anniversary Coastal path. It seems a lot to read but the route is long and there are only a few things to remember for each leg.

The coastal path is waymarked and is a mixture of road, trail, beach, golf course and footpath, with some rough sections. Runners should follow the marked coastal path route – there are only a couple of exceptions; at the end of leg S2 and running on the beach in Elie rather than on the road (see below for details). There will be no directions other than the existing signposts and waymarks and runners are encouraged to recce their leg if running a section new to them and carry a map (see below). Marshals will only be at the changeover points in order to record times – there will not be any marshals along the route to provide directions. Teams are advised to record their own times in case the marshals are delayed.

Some sections of the route are affected by high tides and there is a choice of route. The time of the event should mean that the low tide route can be taken; if in doubt take the high tide alternative. Low tide is at 2:15pm on the day and so the tide will be going out during the morning.

Teams are responsible for transporting their runners to and from checkpoints. Please try to car share where possible.

The path is used by walkers, cyclists, horse-riders, golfers and shoppers and so please be courteous. Do not wear ear phones so that you can hear cyclists and cars coming from behind. The path crosses the line of play on several golf courses; there are golf tournaments taking place on the day of the relay and so please wait for a golfer to finish taking a shot – this is a social run not the Olympics. The path also passes through villages and towns and runners will need to take care when running along pavements and crossing roads. Livestock may be in fields and areas along the shore and so please no dogs accompanying runners along the route.

Registration will be at the Tay Bridge carpark (south end) from 8am and at the Battery Road carpark, North Queensferry, from 9am.

Race briefings will be 15 minutes before each start in the registration car parks.

Start times are 9am at the Tay Bridge and 10am at the Forth Bridge; the northern section is longer and rougher than the southern section. The start at the Tay Bridge is below the carpark on the cycle path alongside the Newport to Tayport road. The start at North Queensferry is on the coastal path across the road from the Ferrybridge Hotel. To avoid blocking the path for other users, please do not go to the start point until just before the start time.

Changeovers are located next to car parks on the route. Details are given in the table below. There are toilets at most car parks and cafes at some of them. The changeovers will generally be on a grassy area as the incoming approaches the carpark. Outgoing runners should warm up away from the carpark area. Maps of the starts, finish and changeovers are available on the FAC website.

Mini mass starts will be used at each changeover – if you haven't set off by a certain time, you will be asked to start. This is to allow marshals to get to their next changeover and to make sure everyone arrives in Elie before the café closes. As a guide, the mass start times will be approximately 30-40 minutes after the first runner has arrived at the changeover; estimated times are given in the table below. Marshals may be able to take slower runners to the finish.

The finish is half way along Elie Beach; on the beach across the road from the Pavilion Café. Refreshments will be provided in the Pavilion Café. There is parking at the café but on a nice afternoon it may be busy. There are other car parks near the harbour just a short walk away.

Safety: Some sections of the route are rough underfoot and remote. Any one retiring must inform the marshal at the end of the leg. Teams are responsible for collecting their runner who has retired part way along a section. Following runners can still set off.

If there are any problems during the race please phone 07784 549722. In an emergency, phone 999.

Runners should be at least 16 years old on the day of the event.

Prizes will be awarded to the male (or mixed) and female sub-teams with the fastest times and male (or mixed) and female team for the overall route, plus best relay baton.

Maps and lots of information on the coastal path are available from fifecoastalpath.co.uk

Entries The entry fee is £50 per team or £25 for a sub-team, payable on the day. A donation of £1 per runner will be given to the Fife and Countryside Trust to help maintain the coastal path.

Details of legs, changeover points and estimated mini mass start times (to be used as a guide only)

Leg	Start/Changeover	Distance (miles)	Toilets	Mini mass start times
Tay Bridge to Elie				
N1	Tay Bridge, on cycle path to Tayport	8.0	Yes	
N2	Kinshaldy carpark, Tentsmuir Forest	11.0	Yes	10:30
N3	East Sands Leisure Centre, St Andrews	7.0	Yes	11:40
N4	Kingsbarns beach	9.0	Yes	12:40
N5	Cellardyke, carpark near Kilrenny caravan park	8.0	No	13:40
Finish	Elie beach	43.0		
Forth Bridge to Elie				
S1	North Queensferry, opposite Ferrybridge Hotel	9.25	Yes, fee	
S2	Silver Sands Bay, Aberdour	8.0	Yes	11:30
S3	Esplanade (south end), Kirkcaldy	7.0	Yes, fee	12:30
S4	East Wemyss, carpark for Wemyss caves	7.0	No	13:15
S5	Temple carpark, Lower Largo	6.0	Yes	13:45
Finish	Elie beach	37.25		

INFORMATION FOR EACH LEG

N1 Tay bridge to Tentsmuir

- This section is part of the Kingdom of Fife Cycle Way and so look out for cyclists.

N2 Tentsmuir carpark to East Sands Leisure Centre

- £2 fee to get to the carpark.
- Don't miss the sharp left hand turn off the road. It comes about a mile and a half from the start of the leg. If you find yourself running past fields on either side, you've gone too far.
- Take care crossing the main road between Leuchars and Guardbridge, and again by the roundabout in Guardbridge.
- Beware of cyclists on the section between Guardbridge and St Andrews.

N3 East Sands Leisure Centre, St Andrews, to Kingsbarns Beach

- Very rough underfoot in parts.

- There may be cattle close to the path between the caravan park and Boarhills.
- The path goes inland towards Boarhills.

N4 Kingsbarns Beach to Cellardyke

- The path is rough in places.
- Take care through Crail.

N5 Cellardyke to Elie

- Take care on the road sections through Anstruther, Pittenweem and St Monans.
- At Elie, run onto the beach by the Ship Inn and run for approx. half a mile to the finish, about half way along the beach.

S1 North Queensferry to Silversands, Aberdour

- This section is part of the Kingdom of Fife Cycle Way and so beware of cyclists.
- Take care on the section through Inverkeithing.

S2 Silversands, Aberdour to Kirkcaldy

- This section is part of the Kingdom of Fife Cycle Way and so beware of cyclists.
- Take care on the section through Burntisland town centre.
- From Burntisland, it should be possible to run on the beach to Kinghorn.
- On the final approach to Kirkcaldy at Seafield carpark, ignore the Coastal Path and instead aim for the right hand side the large Morrisons. Follow the path by the side of the supermarket and then turn right onto the pavement by the main road and follow this to the Esplanade. This route shorter than that the Coastal path and avoids crossing the road leading to the supermarket car park.

S3 Kirkcaldy to East Wemyss

- Beware of cyclists on the Esplanade.
- Take care on the busy road section between the end of the Esplanade and the entrance to Ravenscraig Park.

S4 East Wemyss to Lower Largo

- The carpark at East Wemyss is small, therefore please park responsibly and do not use any places set aside for residents. There are a few spaces by the Jilly Shand memorial.
- Take care on the roads through Buckhaven, Methil and Leven.
- Just before the entrance to the Holiday Park beyond Leven, turn right down onto the beach and stay on the beach for about a mile. Don't miss the exit from the beach: a fingerpost marks the spot where the Coastal Path leaves the beach and crosses the golf course.

S5 Lower Largo to Elie

- Follow the coastal path. If you follow the Sandy Slither route onto the beach in Lower Largo you will have to wade through the burn before the caravan park,
- Head onto Elie beach after Earlsferry. The finish is about half way along the beach.

REMEMBER

Lots of others are using the coastal path and there will be traffic on the roads. Be aware of cyclists, golfers and traffic and, if necessary, please give way. If running the north section, keep the sea on your left and if running on the south section, keep the sea on your right. Enjoy your run!