

## PRESTWICK 10K

Date of Measurement – 21<sup>st</sup> March 2018

Date of Race – 12<sup>th</sup> August 2018

Dace Director – David Phee, South Ayrshire Council

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Internet link to my Map My Run map of the route –

<http://www.mapmyrun.com/routes/view/2045138059>

After opening the link the map can be opened on full screen and can be enlarged to see the detail.

### CALIBRATION

On Monday, 19<sup>th</sup> March 2018, I calibrated the Jones counter on my bicycle over an accurately measured Half Mile on the B724 near Drummur Farm, Collin, Dumfries. This half mile is where police car measurement calibrations are conducted. It was measured by roads engineers using electronic distance measurement.

Temperature at time of Calibration = 5°C

I have solid tyres on my bike to reduce temperature and pressure variations in the tyres.

This also completely removes puncture failure that leads to the need for re-calibration of the Jones counter.

My four readings on the Jones counter over this half mile were all 7663 so I did not take my usual six runs.

Average of the four readings = 7663

Therefore, one mile =  $2 \times 7663 = 15326$

After multiplying by 1.001 for short course measurement prevention factor the calibrated reading for one mile = 15341.326.

5K = 3.1068 miles

Total count required for 5K =  $3.1068 \times 15341.326 = 47663$  counts of Jones counter.

I checked the calibration of the Jones counter again on 22<sup>nd</sup> March and obtained the same result as on the 19<sup>th</sup> March.

The 10K race route is two laps of the 5K route that I measured with the turn at the end of the first lap being carefully managed by a marshal.

I went to Prestwick on 21<sup>st</sup> March and carried out the measurement. This was after jogging round the route with Race Director, David Phee, to familiarise myself with the route  
Temperature at the start of measurement = 6°C.



The photograph above shows the START / FINISH line.

It will also be the turning point at the end of the first 5K lap.

The red and blue building in the photograph is the Kidz Play Barn.  
The orange paint marks on either side of the promenade path indicate the start / finish line. This is on the North side of the Kidz play barn.  
The paint marks are found by counting 16 kerb stones from the red dog litter bin while heading North. The crack between the 16<sup>th</sup> and 17<sup>th</sup> kerb defines the start / finish line.

I measured a loop from a red litter bin closer to Prestwick back to the same point and found it to be 1386 counts short of 5K.

Half of that = 693

Therefore, by measuring 693 from my start reference point in a Northerly direction I found the race start finish.

This is because that distance has to be run at the start and finish.

Distance markers were not identified during the measurement as it was known before the measurement was started that an adjustment would be required once back at the Kidz Play barn.

Therefore, the distance markers would not have been accurate.

Plus, with the route being run on narrow pavements in residential streets it will not be practical to place markers accurately on the course.

The ROUTE leaves the Start line and heads South on the promenade for approximately 1K and turn LEFT on to Maryborough Road.

There is a short climb at the start of this road and by the top runners will be directed on to the pavement on the righthand side.

- First photo below shows the short climb after leaving the promenade.
- Second photo below shows the footpath to be used on Maryborough Road.



Stay on this pavement until reaching a church on the right.  
At this point runners will be directed on a sharp diagonal to the other side of Maryborough Road and on to the pavement.

Photo below shows steps on the right that lead to the church. This is the point where runners will cross to the left side.



Turn LEFT on to Ayr Road (A79) and stay on pavement.  
Turn LEFT on to Kingscroft Road and immediately cross to the  
pavement on the righthand side.

The two photos below show the route to follow as the left turn is taken  
on to Kingscroft Road. One is marked to show which way to cross the  
road.





Stay on this pavement as the road turns LEFT on to Douglas Avenue.  
Marshals will be in place to ensure no shortcuts are taken by running on the road.  
The photo below shows the line to be followed at this left hand turn.



Stay on pavement on the righthand side of Douglas Avenue to the junction with Maryborough Road.

Turn RIGHT and cross over railway line on bridge and immediately turn RIGHT again on to St Ninians Road.

Go on to Pavement on righthand side of St Ninians Road.

Keep on this pavement on righthand side. Even when the road swings left and then right at a Z bend.

Marshals will be in place to ensure this requirement is followed.

The photo below shows the pavement on the right that runners will use even though the road bends to the left.



At the junction of St Ninians Road and Grangemuir Road runners will be directed off the pavement and will cut diagonally across the junction to the pavement on the righthand side of Grangemuir Road. Follow this pavement to the Promenade and turn RIGHT.

The photos below show this turn and the route to be followed.





Stay on pavement on righthand side of Grangemuir until reaching the promenade and turn RIGHT.

Photo below shows the promenade to be taken after turning off Grangemuir.



Run Northerly on promenade for approximately 250 metres and bear RIGHT over brick paving shown in photo below. Photo is taken as if runners will be coming towards photographer.



After crossing the brick paving join pavement on left hand side of Burgh Road.  
Photo below shows the start of Burgh Road and pavement on the left to be followed.



Turn LEFT on to Ardayre Road and stay on the left hand pavement.  
Turn LEFT on to links Road and stay on left hand pavement until almost at the promenade and bear RIGHT on to the promenade and follow the promenade to the end of the 5K.

Do a U turn as directed by officials and repeat the 5K lap a second time to cover 10K and finish at same point as start at end of second lap.

*Les Hill*

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