

The 38th Troon 10k

7th May 2025



Thank you for entering the 38th edition of the Troon 10k

Below is some information to help both you and the race organisers on the night.

Start and Finish is at the Walker Halls, South Beach, Troon KA10 6EF.

Please arrive in good time for the start at 7:30pm and don't forget to allow time to collect your race number

The race is chip timed, therefore your personal timing will start once you cross the timing mat at the start of the race. There is no rush to cross the start line as soon as the gun goes! We will have separate start pens to reduce congestion in the early part of the race. So please assemble in the timing pens based on your expected finishing time (slower runners towards the rear please).

Race Numbers

This year you will collect your race number prior to the race start.

Location – Walker Halls (right beside the Race Start/Finish) from 5:30pm.

Troon Scouts will be assisting us to do this and part of your race entry fee will be donated to them. We understand that this is a slightly more inconvenient arrangement for runners but hope you will agree that it is more sustainable than posting them all out. Also the Scouts will benefit from some extra fundraising! It also means that you can't forget your number on race night (yes! It happens!) and that they can't be lost in the post! (this happens quite a bit too!!).

T-Shirt

You will also collect your event T-shirt at the same time as your race number. This is following feedback from previous years where runners completing the event had missed out on the T-shirt size that they had requested etc. This way you should have more chance of being able to get the T-shirt size that you requested. You could even run the event in it if you wish!

Parking

Parking at the Walker Halls is very limited.

There is a public car park on Academy Street, 350 metres /few minutes walk from the Walker Halls. Please use postcode KA10 6HR (Costa Coffee Troon) for this car park location. Directions - from the Walker Halls go inland along Academy Street, cross Church Street and the entrance to the car park is 30 metres beyond the junction.

There is additional car parking at Troon Train station, within the town centre and at both ends of Troon Promenade.

If you park in the street, please ensure that you do not obstruct driveways.

Toilets

There are high quality public toilets on the beach promenade between the Walker Halls Car Park and the beach.

There may be limited toilet accommodation available in the Walker Halls immediately adjacent to the starting area.

Please note that this year there will be no changing facilities in Walker Halls or a place to leave your belongings.

Water

In order to be more sustainable (plastic use etc), and similar to many other 10K races, we will no longer provide water along the route – please come prepared for this. Water will be available at the finish area.

Hazards On Course

Please beware of potholes on the course! Special care is required on the section through Fullarton Woods.

There are many road junctions along the route, for your safety please obey the race marshals' instructions. Please give the marshals a thank you or a wave, without them we could not run the event. There are no road closures therefore we require that runners do not wear headphones, so that any instructions from marshals can be fully heard.

Although there are marshals to help look after your safety, please be aware of your own road safety too.



Prize-Giving

Prizes will be awarded for 1st, 2nd & 3rd male and female finishers.

There will also be first place cash prizes for the following categories:

- V40,V50, V60 & V70 (male + female)
- Junior (under 18) (male + female)

Presentation will be around 8:30pm

Fun Run Race

There is no kids fun run this year

Post-Race

Please keep Troon tidy, **please use litter bins post-race to dispose of any rubbish.**

When leaving Troon we would like to ask all drivers to exit via Barassie or Loans if possible, as this will help the remaining runners still out on the later stages of the course and marshalling in particular on Craigend Road (near the Piersland Hotel).

The Troon 10k is organised and marshalled completely by volunteers from the local community and members of Troon Tortoises.

Sponsors

We would like to thank the following companies for their continued support for this event:

**Barassie Day Today – Maharani Restaurant Troon – The Scottish Building Society – Migo Sports –
Fruits & Roots - Callachans Health - Buzzworks**

Fundraising

This year Troon 10K is helping Troon Scouts with their fundraising – they will be assisting at the start line and also distributing t-shirts, etc. Please support them and if you are able to donate and put a contribution in their collection buckets, they would very much appreciate it.

Troon Tortoises

If running or training for the 10k has inspired you, please come and run with Troon Tortoises. We meet at 7pm every Tuesday and Thursday at Marr College, Troon. We cater for all running abilities. Check us out on our website www.troontortoises.co.uk or via Facebook and Twitter.