



Dear Resident,

MEN'S HEALTH FORUM SCOTLAND 10K FOR MEN – SUNDAY 21 JUNE 2009

I am writing to let you know that the above race will take place on Sunday 21 June 2009 and that you may experience some disruption on this morning. The Men's Health Forum Scotland 10k for Men is an event for men to promote healthy living and increased exercise.

The event will start in Bellahouston Park at 10.00am and will leave the park onto Bellahouston Drive, Mossspark Boulevard, Dumbreck Road, Pollok Park, Higgs Road, Dumbreck Road and back into Bellahouston Park to the finish.

Please note the following Traffic Management for this event on the reverse.

This event is organised by Men's Health Forum Scotland in conjunction with Glasgow City Council Land & Environmental Services and Strathclyde Police and every effort will be made to make the event run smoothly with as little disruption as possible to the residents.

Yours sincerely

Mark Ward
National Coordinator
Men's Health Forum Scotland

PROHIBITION OF DRIVING

08:00hrs Sunday 21 June 2009 to 13:00hrs Sunday 21 June 2009

1. **Dumbreck Road (northbound)**, between St Andrew's Drive and Nithsdale Road
2. **Mosspark Boulevard**, between Mosspark Drive and Dumbreck Road
3. **Mosspark Boulevard (eastbound)**, between Bellahouston Drive and Mosspark Drive
4. **M77 northbound off-ramp to Dumbreck Road**

09:00hrs Sunday 21 June 2009 to 11:30hrs Sunday 21 June 2009

1. **Bellahouston Drive**, between Mosspark Boulevard and Paisley Road West

NO WAITING AND NO LOADING

16:00hrs Saturday 20 June 2009 to 16:00hrs Sunday 21 June 2009

1. **Bellahouston Drive**, both sides, between Paisley Road West and Honess Drive
2. **Bellahouston Drive**, east side, between Honess Drive and Mosspark Boulevard
3. **Dumbreck Road**, both sides, between Mosspark Boulevard and 20 metres north of Nithsdale Road
4. **Haggs Road**, both sides, between Shawmoss Road and Titwood Road
5. **Mosspark Boulevard**, both sides, between Dumbreck Road and Mosspark Drive.
6. **Mosspark Boulevard**, north side, between Mosspark Drive and Bellahouston Drive
7. **Nithsdale Road**, both sides, between Dumbreck Road and Melfort Avenue
8. **Urrdale Road**, North side, for its full length
9. **Rowan Road**, South side, for its full length
10. **Beech Avenue**, both sides for its full length
11. **Larch Road**, East side, for its full length
12. **Maple Road**, East side, for its full length
13. **Dalkeith Avenue**, North side, for its full length
14. **Fleurs Avenue**, South side, for its full length
15. **Fleurs Road**, West side, for its full length
16. **Torridon Avenue**, North and West side, for its full length
17. **Dargarvel Avenue**, North and West side, for its full length
18. **Nithsdale Road**, Both sides, for its full length
19. **Melfort Avenue**, West side, for its full length
20. **Erskine Avenue**, West side, for its full length
21. **Dumbreck Avenue**, both sides, for its full length
22. **Dumbreck Court**, South side, for its full length
23. **Dumbreck Place**, North and West side, for its full length
24. **First Gardens**, West and South side, for its full length
25. **Second Gardens**, East side, for its full length
26. **Third Gardens**, East and South side, for its full length
27. **Fourth Gardens**, East and South side, for its full length