

## Bridge of Allan Sprint Final Details

**Covid-19 Rules:** All participants are expected to comply with the latest rules.

**Parking:** Main parking: small car park off Cornton Road just to the south of clubhouse: FK9 4DB NS791967 <https://w3w.co/aimed.swells.blacken>

If full, park considerately on neighbouring side roads; some informal parking is also tolerated on the edge of the playing fields, entrance slightly further north off Cornton Road <https://w3w.co/lightens.billiard.immediate>

Please note that if the sports fields are in use, there is likely to be pressure on the car parking – allow a couple of extra minutes to get parked, just in case.

**Courses and terrain:** Take care out there! Shorts may be worn.

Long Sprint:- Straight line: 3.6k Optimum route: 4.9k Climb: 15m 95% tarmac. A short stretch of grass, no vegetation. The course crosses the busy main road through Bridge of Allan (Keir Street) twice, crossings are available but not mandatory, take special care; lots of minor road crossings.

Short Sprint:- Straight line: 2.3k Optimum route: 3.4k Climb: 10m 90% tarmac. A short stretch of grass, no vegetation. Avoids crossing Keir Street, but lots of minor road crossings.

Any U16s running the short or long courses must be accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety.

**Safety Info:** Please be aware of traffic, which may be fast moving. Please also watch out for members of the public, dogs, and cyclists. Participants take part at their own risk. Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

### *Special safety notes*

The centre of Bridge of Allan is likely to be busy, both in terms of road traffic and pedestrians – take care and give other people plenty of space please.

Watch out for Bridge of Allan's many small car parks, some of which may need to be navigated on both courses. The final leg of both courses crosses Cornton

Road, which can be busy – if you're in a head to head race to get to the last control, heads up please when it comes to the road crossing!

Both courses have a potential route choice fairly early on which is overprinted as a forbidden route. Please observe this restriction; other route choices are available.

If the sports pitches (adjacent to start/finish) are in use, they may need to be navigated around, taking good consideration of players and spectators. If this is the case, you will be explicitly reminded of this at the start, from where the situation will be obvious.

**Map:** 1:5000, surveyed and drawn to ISSOM in 2020 by Graham Gristwood.

**Control Descriptions:** Pictorial; these will be on the map or you can print them off in advance of the event.

**Timing System:** SPORTIdent will be used. Touch free punching will be activated.

Punching Starts From 17:30 to 18:45

**Courses Close 19:30pm.** All participants MUST report to the finish by that time.

Contact Please contact Simon Hunt [simonahunt@yahoo.co.uk](mailto:simonahunt@yahoo.co.uk) if you have any questions.

### **Future events in the series**

None, sadly, this is the last.

However, there's lots coming up, including:

9-13<sup>th</sup> October – Half-term training extravaganza

17<sup>th</sup> October – CompassSport Cup Final

20<sup>th</sup> November – Club Champs and Open Event

Check out <https://fvo.org.uk/events/> and your email inboxes