

Gargunnoch – Wednesday Evening Sprint 24/08/2022 – Final Details

Parking: Please park considerately on the roads around the centre of Gargunnoch – event ‘hub’ is at the back of Gargunnoch Inn (FK8 3BW), there is only a limited amount of parking there, which is reserved for customers.

Toilets: We will be able to use the pub toilets, please be considerate.

Start/Finish/Assembly: The pub is generously allowing us the exclusive use of a covered outdoor seating area out the back of the pub. Please come and check in there before you run, ideally via pub car park (entrance on Leckie Road). There is then a very short walk to the start on the grassy area opposite the front of the pub. The finish is at the entrance to the pub car park.

Please consider at least buying a drink, in return for the pub’s generosity. You might also want to take advantage of their award-winning restaurant facilities:

<https://www.gargunnochinn.co.uk/menus>

Terrain: Mix of housing, a small park, some alleys, steps, grassy slopes, a small bit of woodland, uneven surfaces.

Map: 1:5,000 with 2.5m contour intervals. There are a few recent minor changes, in particular an unmapped pond adjacent to a control on both courses.

Control Descriptions: Are printed on the front of the map. No loose control descriptions, but a pdf should be available for printing from the website.

Timing: Sportident in Contactless mode (SIAC) but any dibber will work. All dibbers must be dibbed manually at the start and finish.

Courses:

Short course: 2.9k

Long course: 4.5k

Courses Close: 20:00. All participants MUST report to the finish and download by that time.

Please be considerate of others out and about on the ‘terrain’, watch out for walkers, dogs and children, and take care crossing roads.

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.

Contact – if you have any questions, please contact Simon Hunt:

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