

## **Bo'ness – Sprint Event – 31/09/2022 – Final Details**

**Parking:** In the Kinglass Medical Practice car park, or the Bo'ness Recreation Centre car park across the road.

EH51 9UE

OS Grid reference NT 002 807

Google maps: <https://goo.gl/maps/T6ptPqZkRQL8m2iv8>

**Start/Finish:** 100m across the grass from the Kinglass Medical Practice.

**Terrain:** Most courses are in a typical urban housing estate environment. The long and short courses both briefly cross a small community park area.

**Toilets:** There are no toilets at the event. The nearest public toilets can be found at the Bo'ness Recreation Centre.

**Safety:** Short and Long courses cross roads that may have moderate levels of traffic, and competitors on these courses should take care when crossing these roads. Junior course crosses a car park for residents of the housing estate, and competitors should take care when doing so (Parents should consider whether this makes the event unsafe for their children to run unattended). Due to the urban environment, competitors should take care when approaching and exiting control sites as other runners may be approaching with the potential for collision.

**Map:** 1:4,000 2.5m contour interval, surveyed by G Gristwood 2019.

**Control Descriptions:** will be printed on the front of the map. No loose control descriptions but a pdf will be available for printing from the FVO website.

### **Courses:**

Long 3.6 km

Short 2.6 km

Junior 1.4 km

Courses close at 7:30pm. All participants MUST report to the finish by that time.

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 Ben Polwart – [ben.polwart@gmail.com](mailto:ben.polwart@gmail.com) 07465 415055