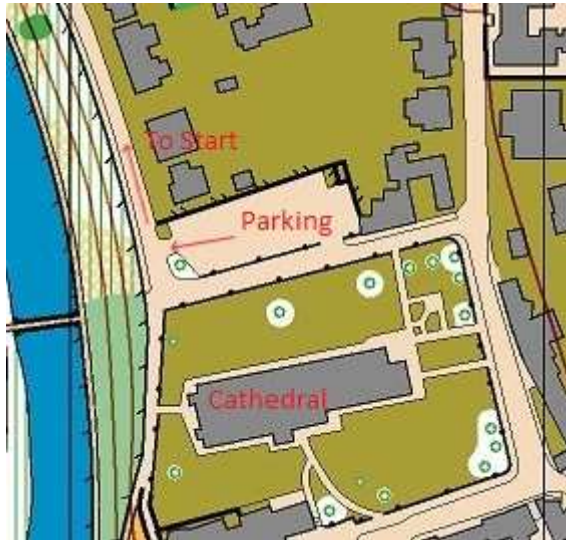


Laighills – Wednesday Evening Event 31/05/23 – Final Details

Parking: Cathedral Car Park, FK15 0AP, or on nearby streets; what3words ///hobble.situation.bike, grid reference: 56°11.396'N, 3°57.930'W.



Toilets: The nearest public toilets are at 9 Stirling Road, FK15 9EP, failing those, Tesco (over the railway) has a loo too.

Registration/Download/SI Hire/ Start/Finish: In the Laighills park, just south of the playground; what3words ///honeybees.keyboard.pops. Approximately 400m easy walk from the car park, north along Haining into the Laighills park.

Terrain: Runnable, hilly parkland either side of the railway, with the Green course also visiting some quiet urban streets (Ramoyle). Orange and Short Green courses will also cross one quiet road in the Cala housing estate; Yellow course will stay entirely within the park. Grippy trail shoes ideal (not dobs), and shorts should be fine; a lot of the bracken isn't up yet, so much of the green screen on the map – particularly on the east side of the railway – isn't there on the ground yet. It's a small area altogether so running times will be relatively short.

The flood-damaged path along the river to the west of the playing fields remains dangerous and barred off, and is marked OOB on the map.

The Laighills are a very popular area with the public, so there will definitely be walkers and dogs. Please be courteous when passing. The giant metal tube slide is sadly not a viable route choice to the Finish this year but can always be used on your warm down!

Map: 1:4,000 scale, 2.5 metre contour interval.

Control Descriptions: On the map and also available to download alongside these details.

Courses:

Yellow 1.7km 35m climb

Orange 2.4km 45m climb

Short Green 3km 60m climb

Green 5km 80m climb

Courses Close: 8PM. Please ensure you finish your course or return back to download by this time.

All participants take part at their own risk. Anyone with a pre-existing medical condition which might affect their taking part should disclose them to the race organiser before they start. Tick risk is low but do still please check for them after you have run.

Courses planned by Beccy Osborn, donkey work done by Brad Connor. Any questions or comments please speak to the pack mule: brad.connor@gmail.com, 07921 290594.