

Coxet Hill Urban Event – 1st October 2023 Final Details

Parking: Available on Gateside Rd, Cultenhove Rd and other roads nearby – please park considerately

Assembly: OS Grid reference NS 790 912

Google maps: <https://maps.app.goo.gl/g2r1mcNnvcujKnTR8>

What 3 words: asks.inspector.email



Start/Finish: Grassy area adjacent to Hillview community centre and park

Terrain: Mixed residential area. All courses are mostly on hard surfaces with some parkland.

Toilets: There is a toilet at Lidl on Weaver row (10mins walk) or the Shell garage by St Ninian's roundabout (8 mins walk).

Safety:

- The short course has two marshalled road crossing at the end of cul de sacs. The remainder of the course is on pavement and park paths.
- The medium course crosses minor (20mph) roads, the crossings will be marshalled. Under 13s must be shadowed on the medium course.
- The long course crosses minor (20mph) roads, the crossings will not be marshalled. Under 16s must be shadowed on the long course.
- Please be sensitive to local residents and observe private areas. Take particular care on blind bends.
- There is some broken glass and rubbish around, courses have been planned to avoid the worst of this and some areas have been marked out of bounds for this reason.

- 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.

Map: 1:4,000 2.5m contour interval, surveyed by G Gristwood 2014 with recent map updates.

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: (based on optimal distance):

Short: 1.5km

Medium: 2.9km

Short: 4.0km

The courses are looped with a common spectator control near the change over.

Start: There will be one mass start for the Short Course at 11:15, so **please ensure that you are at the assembly area no later than 11am for a briefing.**

Courses close at 2pm. All participants **MUST** report to the finish by that time.

Helpers: We will need a few people to marshall road crossings on the day, please let us know if you would be willing to help with this (you should still be able to run).

Teams and race format

You will have entered a short, medium or long course. The FVO select selectors have allocated you to a team. Some effort has been made to balance the teams based on any known form. Each runner will have a bib, **please bring pins!**

There are more Long Runners than Medium Runners and more Medium Runners than Short runner. However, all teams are made up of three runners!!

All runners on Short are the first leg for 4 or 5. As each Short leg runner finishes they will send off one or more second leg runners!

All runners on Medium are the second leg runners for 1, 2 or perhaps 3. As each Medium leg runner finishes they will send off one or more third leg runners!

All runners on Long are the last leg runner for their team.

Runners on Short have a mass start, the map will be issued in advance and there will be time to review the course before the start. Shadders are permitted.

Sealed maps for Medium and Long courses will also be issued in advance. Maps may not be opened until your previous runner has finished (although some exceptions may be applied where a medium runner is being shadowed.) Maps for medium and long runners will have a note of the bib number of the runner that you are waiting for.

Note that courses are gaffled/looped with a spectator control near the changeover. Course variants (e.g. Long A / Long B) are equivalent but not identical so check your route before you set off from the start.

FVO hope you enjoy the event which is part of the FVO 50th year celebration.

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Planner: Ted Finch, ted@finchhouse.org