Stirling Broomridge – Wednesday Evening Event 6/9/23 – Final Details

Parking: Is limited. There is a small car park adjacent to the Broomridge Mini Market which is where the start/finish will be. There is on street parking on Wishart Drive, Barbour Avenue and Lamberton Avenue – please park considerately and be aware that this is within the competition area so there could well be runners crossing.

What 3 words **///penny.volume.select**,

Toilets: None.

Registration/Download/SI Hire/ Start/Finish: Adjacent to Broomridge Mini Market.

Terrain: standard housing estate but some areas of grass – road shoes will be appropriate.

 Safety

● Under 16s must be shadowed on the short/long (can do novice alone).

● Courses cross residential roads. Please take care when crossing these roads.

● Please be sensitive to local residents when out on your course.

● If you are unwell with COVID-19 symptoms or have a high temperature, you should follow the ‘Stay at Home’ guidance available on NHS Inform.

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

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

Courses:

Junior 1.8k. This course is suitable for juniors. It has been planned to avoid crossing any roads. Some legs may run along the pavement on quiet residential roads. Parents should remind juniors of road safety. Parents can look at the map before running to decide if they wish to shadow.

Short 2.7k – Crosses quiet residential streets and one busier road – please be careful when crossing.

Long 3.8k Crosses several roads please be careful when crossing.

Courses Close: 7:30PM. Please ensure you finish your course or return back to download by

this time.