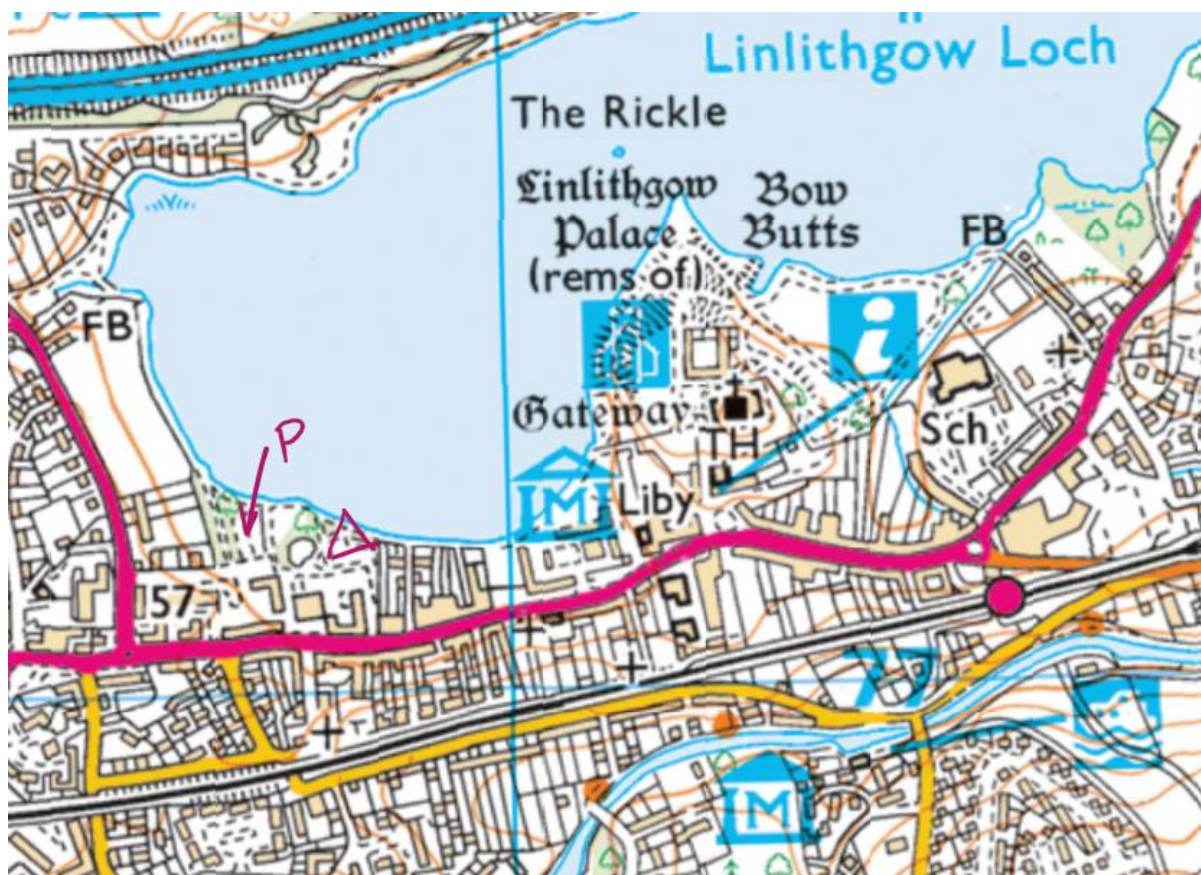


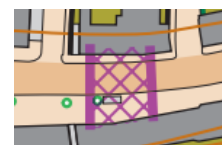
Linlithgow Loch Urban Event – 13 September 2023 – Final Details

Parking/Travel: Easily accessible by train – only a 5-10min walk along the High Street from the station, turn right just before the Health Centre and head towards the loch. Alternatively, park at the St. Ninian's Way car park (P on map below, <https://w3w.co/gladiator.losing.instincts>).



Toilets: public toilet (coins required) next to the start.

Map: 1:4,000, 2.5m contour interval, ISSprOM 2019-2. Artificial barriers drawn on the map using purple hatched overprint for both Long and Short courses. These will not be marked or marshalled on the ground, but competitors are requested not to cross them in the interests of fair play!



Control Descriptions: Printed on the front of the map and downloadable as a PDF from the FVO website.

Safety: The biggest danger on both the Long and the Short courses is from crossing the High Street. There are 3 pelican crossings which are marked as crossing points on the map – you do not have to use these, but you may feel safer to do so. Remember – this is a fun local event, not the World Champs – it is not worth getting run over for! The Junior course has been planned to avoid all roads and car parks, the only real danger is from getting too close to the edge of the loch and falling in.

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.

Organiser: Paul Hammond, paul@thehammonds.org.uk, 07979 432544.