

Grangemouth Urban - 27th Sept 2023 - Final Details

Parking Location.

- Grangemouth Sports Stadium, Kersiebank Avenue, FK3 0BS.



Alternatively, please park considerately in the local streets.

Start/Finish.

- In the open area to the north of Bowhouse Primary School.
W3W:///fitter.train.trophy

Courses (Straight line distance).

Long: 3.6 km

Short: 2.6 km

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

Map.

1:4,000, 2.5m contour interval, surveyed by G Gristwood in 2016.

Control Descriptions.

The control descriptions will be printed on the map. You can also print the control descriptions from the pdf file that is posted on the FVO event website.

Toilets.

There are no toilets at the event. Please consider this and go beforehand.

Safety.

The Short and Long courses cross some roads that may have light to moderate levels of traffic, so competitors should always take care when crossing roads. There is no Junior course this week, so all Juniors under 16 **MUST** be shadowed by a responsible adult. As the event area features many narrow passageways and alleys, competitors should be aware of collision risks and take special care when approaching and exiting controls.

Participants take part at their own risk and 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 email:

grangemouth@emailserver.neomailbox.ch or call Chris on **07845 055027**