

# STAG GLASGOW EURO RACE WEEKEND

MAY 10 - 12TH



## FINAL DETAILS

### Programme

#### Friday 10<sup>th</sup> May – Glasgow Caledonian University

18:00 – Registration/bib collection opens

18:30 to 19:35 – Starts

20:15 – Courses close

#### Saturday 11<sup>th</sup> May – Kelvingrove Park & Glasgow University

##### **2- Person Relay**

11:45 – Registration/bib collection opens

12:30 – Start Pen opens for map collection

12:45 – All team members to be in Start Pen for Briefing

13:00 – Mass start for ALL CLASSES

Approx. 14:30 – Prizegiving

##### **Individual Sprint**

13:30 - Registration/bib collection opens

14:30 to 15:30 – Starts (Junior Starts from 14:45 to 15:15)

16:30 – Courses Close

#### Sunday 12<sup>th</sup> May – Glasgow City Centre

09:15 - Registration opens

10:00 to 12:00 – Far Starts

11:00 to 11:30 – Near Starts

14:00 – Courses Close

Approx. 14:15 - Prizegiving

Event sponsored by:



**EXCEED**



## General Event Information

### Event Rules:

All participants are expected to abide by the following:

- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all times.
- Respect other participants and the general public.
- Respect out-of-bounds areas and impassable features: it is your responsibility to
- Know the map symbols!
- Cross all roads and deal with traffic safely - take the time to be safe and aware.

### Safety/Hazards:

- Please be courteous and take care on blind corners, narrow passageways, and narrow stairs.
- Be aware of traffic (mostly slow moving), steps, other runners, bikes, motorbikes, dogs, general public, playing children and residents.
- Please **DO NOT CROSS** the Orange Walk during the Sunday race – more information in Sunday's details.

**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.**

**First Aid:** A&E Glasgow Royal Infirmary ([Google Maps](#)). For minor injuries, a first aider and first aid kit will be at registration for Friday and Active First Aid Scotland will be at registration for Saturday and Sunday.

**Emergency Number:** Terry O'Brien BEM (STAG) 07496576899

**Contact email address:** [contact@stag-orienteeing.co.uk](mailto:contact@stag-orienteeing.co.uk)

**Web page:** <https://stag-glasgow-city-race-2024.my.canva.site/> Start lists will be published here.

**Environment:** Please walk / cycle / use public transport / lift-share to the event if you can. All events are easily accessible without a car. Please bring your own drinks bottle and reusable mugs/bowls. And let's leave the areas better than when we got there!

**Bibs:** The same bibs are being used for all individual races, please ensure you have your bib at the start. These can be collected at the Registration Fri/Sat, and at the far start ONLY on Sun.

**Start Times:** published on [SI Entries](#)

**Timing:** SI timing with SIAC enabled. It will be a punching finish. Download at Registration for all events.

**Results:** Live results link: <https://www.stag-orienteeing.co.uk/latest-results/>

**Photography:** To avoid photographs of juniors or at-risk adults being published please email the relevant name and bib number to [contact@stag-orienteeing.co.uk](mailto:contact@stag-orienteeing.co.uk) before the event. Organiser reserves the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police. Photographers should read and comply with section [3.4 of British Orienteering's O Safe Policy](#). If anyone at the event has any concerns about how photographs are being taken, they should inform the Organiser.

## Summary of information for the 3 Individual Events

Topic	Friday 10 <sup>th</sup> May	Saturday 11 <sup>th</sup> May	Sunday 12 <sup>th</sup> May
Venue	Glasgow Caledonian University	Kelvingrove Park & Glasgow University	Glasgow City Centre
Assembly	Sir Alex Ferguson Library	Kelvingrove Park Tennis Pavilion	Gorbals Sports Centre
Address	<a href="#">Cowcaddens Rd, G4 0JE</a>	<a href="#">Kelvin Way, G3 8AG</a>	<a href="#">Ballater Street, G5 0YP</a>
OS Ref.	NS594661	NS570665	NS596642
Open from	18:00	11:45	09:15
Possessions <sup>1</sup>	In café area of assembly	Only in lockers (£1)	In games hall
Toilets	In building	300 m up Kelvin Way	In building
Race Bibs	Same bib number for all three individual races		
	Uplift at 1st Race you attend. On Sunday, Race Bibs shall be at Far Start only		
Mapping	Updated by Rudi P. (STAG)	New Maps by Rudi Paul (STAG)	
Scale	Not relevant	Courses 1 & 2 1:4,000 2.5m Courses 3 > 7 1:3,000 2.5m	All Courses 1:4,000 2.5m
Printing	Super A3 - Single Sided	A4 - Single Sided	A3 for all but Course 7. Courses 1, 2 & 3 double sided
Control Descriptions	Not on map. Loose CDs available	Printed on map and loose copies at Start	Printed on map and loose copies at Start
Start Times	18:30 to 19:35	Far Start 14:30 to 15:30 Near Start 14:45 to 15:15	Far Start 10:00 to 12:00 Near Start 11:00 to 12:00
Start Location	Short – Medium – Long All at same start	Courses 1 to 5 – Far Start Courses 6 & 7 - Near Start	Courses 1 to 5 – Far Start Courses 6 & 7 - Near Start
To Start	Adjacent	Far Start – 1km. North up Kelvin Way then left/west onto University Avenue Near Start – 20m at the East side of Kelvingrove Pavilion	Far Start – 1.5km. Saltmarket > High St > George St > up stairs to Richmond St then west. Near Start – 150m NE from Assembly
	No tapes	Orange Tapes full way	Orange tapes from Car Park in George St up to Richmond St
Clothing Transfer	No Transfer	No Transfer	Transfer but items won't be returned to Assembly <b>till 2pm.</b>
Hazards	Other users, stairwells	The Public, Narrow Stairs, Road Crossing	The Public, Road Crossings, Stairs. And Orange March on High St. <b>Do not attempt to cut through their lines</b>
Finish	In the Building	Within 200m of Assembly	Within 500m of Assembly
Download	In café at Assembly	In the Assembly Building	In the Assembly Building
Courses Close	20:15	16:30	14:00
Prizegiving	none	Only for relay approx. 14:00	Approx. 14:15
Contacts			
Organiser	John McKendrick (STAG)	Ross White (STAG)	Terry O'Brien BEM (STAG)
Planner	John McKendrick (STAG)	Graeme Ackland (INT)	Fredrik Nordvall Forsberg (STAG) Iain Cattermole (STAG)
Controller	Ben Stansfield (FVO)	Dave Robertson (CLYDE)	Blair Young (TINTO) Kenny Milton (STAG)
First Aid	Dr.Myra McAdam (STAG)	Active First Aid Scotland	
Emergency Number - Terry O'Brien BEM (STAG) 07496576899			
<b>WE do what WE do as it is GOOD for US and GOOD for YOU!</b>			

<sup>1</sup> Possessions are left at your own risk.

# Friday 10th May: Glasgow Caledonian University Indoor Experience

**Location:** Glasgow Caledonian University (GCU)

Lat,Lng: 55.86674 , -4.25132

OS Grid Ref: NS594661

Postcode: [G4 0JE \(Opens in Google Maps\)](#)

Registration open from 18:00 to 20:45 on the ground floor of the Sir Alex Ferguson Library (also known as the Saltire Centre). All other buildings are out of bounds before the start of the race.

We need to be clear of the building by 20:45!

Please collect your bib from registration before running.

## Directions:

From the M8 (East & West Bound) use Exit 15.

No specified parking areas. Please note that the event is located in Glasgow's Low Emission Zone (LEZ). Check the [requirements here](#) to ensure no fine. Parking fees apply until 18:00.

## To be more sustainable we encourage the use of public transportation.

Public Transport Options

- Central Station - 20 min walk. 1k all uphill.
- Queen Street Station - 10 min walk. 600m all uphill
- Buchanan Street Subway Station – 10 min walk. 800m uphill
- Buchanan Street Bus Station - 5 min walk. 100m.

**Starts:** 18:30 – 19:35 with 30sec intervals. The start will be a 1-minute walk from Registration. Call-up is -3mins. Due to the tight start window please try your best to make your allocated start time! No further switches of course are possible. All warm-ups must be done outside. A loose control description sheet will be available and control code are printed on the map, similar to some relays (e.g. 5 – 67) **Control descriptions will not be printed on the map** (to avoid map clutter).

**Start List:** Published on [SiEntries](#).

## Course Information:

Three Courses are on offer – Short (10c) , Medium (15c) and Long (20c).

As direct distance means nothing these have not been published. The SHORT course has been planned to minimize the climb. The LONG course has not (!) - it is as much a physical as a navigational challenge.

To give an idea of distances, this will be the third time that STAG has organised an indoor event at GCU. These courses will be similar in length to the past events. Last time, the first finisher on LONG completed in just over 24 minutes (Alisdair McLeod, FVO), with the final finisher taking 65 minutes. On MEDIUM, the range was from 25-80 minutes and on SHORT, the range was from 29-65 minutes.

## Map:








This is a A3 map, prepared to a micro-scale. Graham Gristwood (Masterplan Adventure and FVO) prepared the original map in 2019, Rudi Paul (STAG) has updated 2024.

The map presents floor plans for four interlinked buildings (Annie Lennox, Sir Alex Ferguson, George Moore and Govan Mbeki buildings).

- The Annie Lennox building has nine levels and three stairwells,
- The Sir Alex Ferguson building has five levels and one stairwell;
- The George Moore building has eight levels and four stairwells, and
- The Govan Mbeki building has six levels and five stairwells.

In short, it's complicated! Most orienteers would benefit by bringing along some magnification.

- A blank copy of the map will be available to view on tables at Assembly and an older version of the map is on [STAG's Website](#).
- The legend is simple:

	Impassable area		Impassable barrier
	Passable area		Door
	Reduced passability e.g. tables		Stairs (arrow points up)
			Pillar/column

- Most controls are on stairwells. The control will be sited above the floor on which it is shown on the map. So, if a control is shown on a stairwell for floor 4, it will be found on stairwell at the halfway point between floors 4 and 5.

**Terrain:** Normal University Buildings. Road Shoes are ideal. **No studs are allowed!**

**Toilets:** Ground floor of the Sir Alex Ferguson building. Please use these to change if required!

**First Aid:** Dr. Myra McAdam (STAG) located at registration

#### Further Notes:

- Competitors are asked not to change in the public spaces of the Saltire Centre. Please come changed ready to run or change in the toilets.
- Although the building will be quieter in the evening than teaching hours, please expect there to be students studying and staff working in offices across the campus. Please respect campus users. Give way to others and take care at corners and when passing through doors.
- Some doors will be fixed open (for example, those off the Saltire Centre), but most will be closed. Take care on passing through closed doors.
- **DO NOT** Go through a door marked as fire exit! This will lead to STAG not being allowed back. Feel free to ignore this advice if there is an actual fire!
- Please respect any notices that we add to some stairwell exit doors that advise that the corridor beyond is out of bounds.
- [During the race, can I go outside to move quickly between buildings?](#) No! Exiting the building leads to automatic disqualification.
- [During the race, can I use the lifts?](#) We discourage it, but we won't disqualify you if you do!
- [Are there any indoor areas that are 'out-of-bounds'?](#) Yes! All of the offices, classrooms, toilets and service spaces are out of bounds. The courses only makes use of the in-between spaces of the campus buildings (stairwells, concourses and corridors). Several other spaces are strictly out of bounds:
  - The 3rd floor of the Govan Mbeki building (as this is hospital ward training space).
  - The 6th and 7th floors of the Govan Mbeki building.
  - Part of the 2nd and 3rd floors of the Govan Mbeki building (the north west spur) are out of bounds. These sections have secure access.
  - The 1st-floor bridge between the Govan Mbeki and George Moore building – this has secure access
  - The 2nd and 8th floors of the Annie Lennox building – currently have building works
- [Can I use the stairwells that pass through areas that are 'out-of-bounds'?](#) Yes. You can use any stairwell that passes through an out of bounds area.

### **Further maps notes If you want to do some geeking:**

- The Annie Lennox building connects with the George Moore building through two bridges (which pass through the Sir Alex Ferguson Library). One of these bridges connects floor 1 of both buildings. However, the other connects floor 5 of the Annie Lennox building and floor 4 of the George Moore building.
- Rooms in the Annie Lennox building start with the letter W.
- The whole of the Sir Alex Ferguson Library was previously known as the Saltire Centre. Now only part of the ground floor is identified as the Saltire Centre. However, you may find references to both.
- Rooms in the Govan Mbeki building start with the letter A
- rooms in the George Moore building, which start with the letter M.
- Stairwell F (George Moore building) might be better understood as two separate stairwells (both of which are drawn on the plan of the first floor). The inner staircase starts on floor one and connects all levels above. The outer staircase connects ground and 1<sup>st</sup> floors.
- Most stairwells are drawn to indicate that a stairwell rises from that floor. There are three exceptions. Three stairwells are duplicated on the map. Note the following to avoid misinterpretation.
  - Stairwell H is shown on both the ground floor and the first level of the George Moore building. This is a single staircase.
  - Stairwell A is shown on both the ground floor and the first level of the Annie Lennox building. This is a single staircase.
  - The southern part of Stairwell F (outer stairwell) that is shown on both the ground floor and the first level of the George Moore building is a single staircase.
- There is a unique complication for stairwell A. An impassable barrier is marked at the top of stairwell A as it rises from the ground floor. Note the following:
  - As you climb stairwell A from the ground level, you enter the first floor at the point that is shown on the floor plan for the first floor. There is no barrier at the top of these stairs.
  - If you were approaching stairwell B from a northerly direction on the ground floor then you are faced with an impassable barrier in the dead-end corridor that is found to the east of stairwell B.
  - If you are following this, you will have worked out that the impassable barrier on the map sits beneath stairwell A.

### **Acknowledgements:**

Organiser & Planner – John McKendrick (STAG)

Controller – Ben Stansfield (FVO)

Location – GCU staff

Computing - Robin and Sheila Strain (ELO) assisted by Jackie Riley (STAG) and Outi Kamarainen (STAG)

### **Need more information in advance?**

Contact John (McKendrick) by e-mailing [jmke@gcu.ac.uk](mailto:jmke@gcu.ac.uk) if you need more information.



## Saturday 11th May: Kelvingrove Park & Glasgow University

Double deer relay and sprint. STAG and Sprintelope have teamed up to offer you two races for the price of one, in Glasgow University and Kelvingrove Park.



**Location:** Kelvingrove Park & Glasgow University

**Assembly:** Kelvingrove Community Tennis Club

Lat,Lng: 55.86703 , -4.28741

OS Grid Ref: NS570665

Postcode: [G3 8AG \(Opens in Google Maps\)](#)

### Directions:

From the M8 (East & West Bound) use Exit 18/ Follow signs.

No specified parking areas. Parking fees potentially apply in some areas

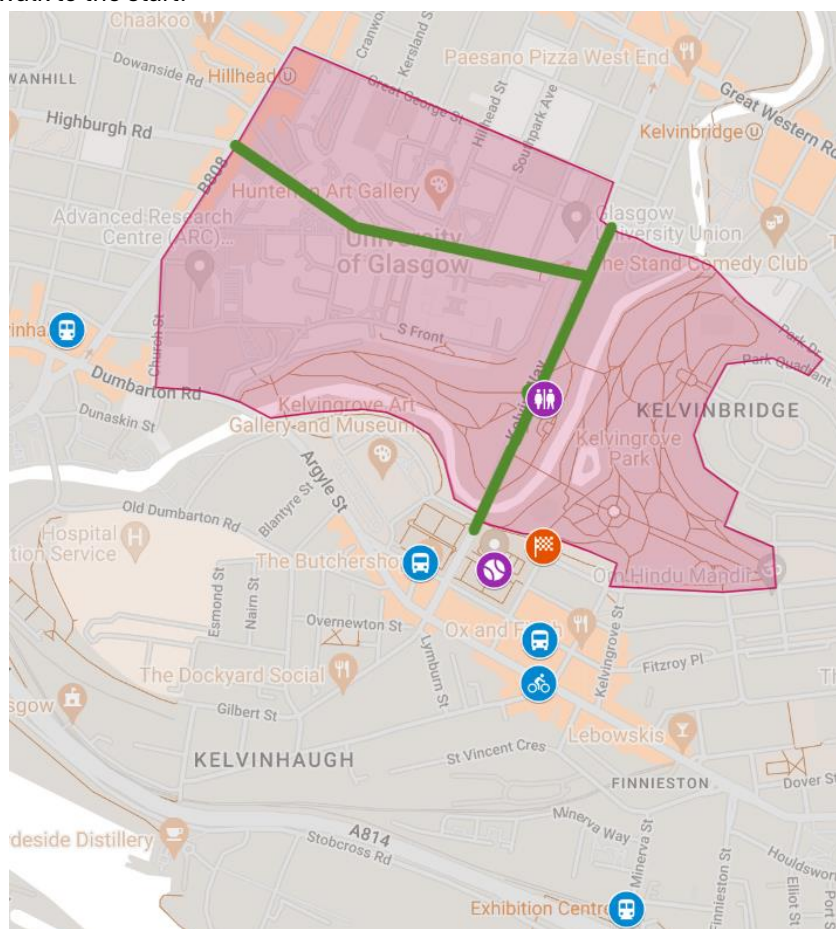
### To be more sustainable we encourage the use of public transportation.

Public Transport Options

- By Train: Exhibition Centre or Partick Stations are the closest
- By Subway: Kelvinhall Station is the closest
- By Bus: 2 or 3 from City Centre
- By Bike: There are bike racks (limited) at assembly by the north entrance to the building. There is also a Next Bike station nearby ([Google maps](#)).

### YOU MUST NOT ENTER THE COMPETITION AREA (SHOWN BELOW) BEFORE YOUR RACE!!!

([link to Map](#) below in Google Maps). Kelvin Way (green line) is permitted to access toilets, as is University Avenue for the walk to the start.



**Toilets:** Public Toilets on Kelvin Way and in the Kelvingrove Art Gallery. NONE at the start or Assembly.

**Clothing:** Shorts and vest permitted. Trainers/flats are ok, but there are some sections of steep sloping grass where shoes with extra grip would be more suitable especially if it has been wet. NB: there is no areas to change at Assembly.

**Terrain:** There are two very distinct parts to the course, both of which include steep slopes. Glasgow University has a small inner-city campus with close-together buildings, narrow passages and steep steps. There will be a few students around, but it is generally quiet. The main, and significant, collision risk is with other orienteers. Please take care especially on the steps.

Kelvingrove Park is a busy city park. You will encounter people, there may be unmapped picnics, games or even demonstrations on the optimal route – please be courteous and take a couple of seconds to avoid them. The Stewart Memorial Fountain and children’s playparks are especially popular and has been marked out of bounds: The boundary is an obvious path and will **not** be taped.

**Map:** Scale 1:4000 & 1:3000 with 2.5 m contours. Survey and cartography by Rudi Paul, STAG 2024.

There are two types of fences, both about 1m high. The ones with vertical bars have spikes on top and are marked uncrossable. Those with horizontal bars are marked crossable and can be climbed but are a significant obstacle. Some individual trees are mapped in the park: these are distinctive as being in open areas. They are **NOT** particularly large, indeed typically they are smaller than the trees within the canopy marked as white.

One complicated piece of map uses the new “shark-tooth” symbol. This is a spiral staircase which can be accessed from the north and the foot of the stairs only. The shark-teeth indicate that you can go under the staircase, but not climb up or jump off. The branch to the North West is a dead-end high level entry to the building. Don’t panic, it’s very obvious when you get there and whichever way you are trying to get through is possible.



## Double Deer 2-Person Relay Details

We offer a four-lap, two-person relay in two stages. In order to give you the best orienteering experience, and avoid busy road crossings, the logistics are a little complicated.

**Registration:** open from 11:45 inside the Tennis Pavilion.

- You must **collect your team's bibs** from registration before running!
- Dibber numbers will also be checked when you collect your bibs.
  - You will need two dibbers per team. Competitor 1’s dibber will be used for legs 1 & 2 and Competitor 2’s dibber will be used for legs 3 & 4.
- There will also be a place to leave small bags in lockers within the Tennis Centre (£1).

**Clothing:** We are asking teams to wear similar coloured tops as well as numbers to assist officials. Failure to do so may result in your losing time at the changeover (especially between legs 2 and 3!) There will be a clothing drop for warm-up tops **ONLY** in the start pen. But these **WILL NOT** be returned to the Assembly until the end of the race.



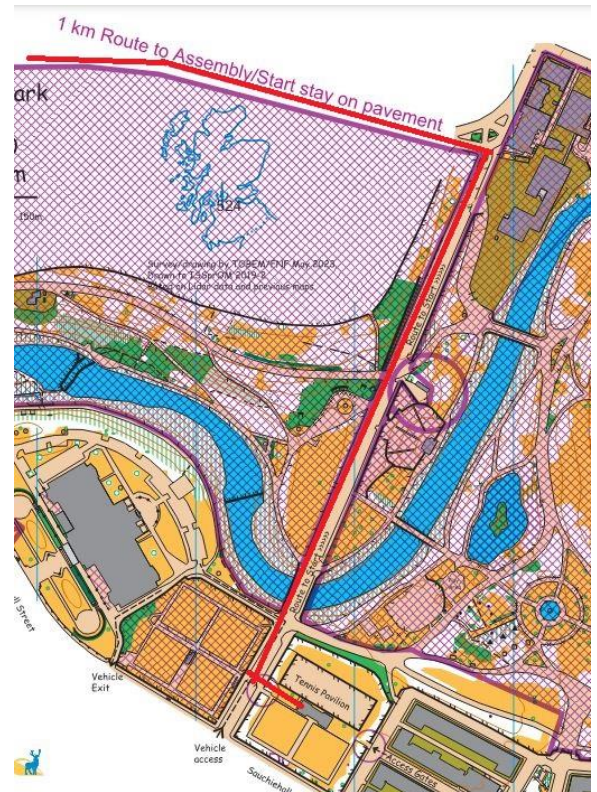
**Starts:** 1km from assembly along Kelvin Way and University Avenue. The route to the start will be marked in Orange tape from the Assembly to the Start Pen.

12:45 – Call up & briefing for **ALL** Teams

13:00 – Mass Start for **ALL** Teams

**Leg Details:** Most teams are running in order MWMW. There will be a new map issued for each leg.

1. Competitor 1 on Leg 1 starts (with dibber number 1) and finishes on the north side of University Avenue.
  - a. Handover leg1-2: hand over by passing the first dibber to your teammate.
2. Competitor 2 on Leg 2 also starts and finishes on the North side of University Avenue.
  - a. Handover leg 2-3: As leg 2 reaches the finish line on the north side, a marshal will indicate to the leg 3 (Competitor 1) runner on the south side that they can set off.
  - b. NB: your dibber will be collected by an official and run back to download for you. You will get this back when your competitor 2 downloads at the end of the relay.
3. Competitor 1 on Leg 3 starts (with dibber number 2) and finishes on the south side of University Avenue.
  - a. Handover leg 3-4: Hand over by passing the second dibber to your teammate.
4. Competitor 2 on Leg 4 starts on the south side of University Avenue and finishes at Assembly.



NOTE: Competitor 1 runners will have to jog back to the assembly to see the finish of the race.

**Course Lengths:** Each leg is planned as an individual sprint with estimated winning time 12-15 mins for elite runners. Legs 1 and 2 are 2.6k, with 40m climb. Legs 3 and 4 are longer, 3.7km, 60m climb.

**Finish:** In Kelvingrove Park, adjacent to the assembly. Positions will be on whoever crosses the line first and organisers will keep teams in order, to punch the finish box.

**Prizegiving:** This will be held shortly after the finish of the relay at the Assembly. Prizes are available for the top three elite teams only.

### Double Deer Individual Sprint Details (inc. UKOL)

Again to ensure the best areas are used Courses 1-5 are made up of two sprints, the first half North of University Avenue, the second part to the South. Results are based on your **total time** for the two parts. Relay runners are welcome to run again in the individual sprint but **will not be eligible** for UKOL points (and may have a JK-style sense of deja-vu at some controls).

**Registration:** open from 13:30 inside the Tennis Pavilion. (to allow relay teams to be sorted first)

- You must **collect bib** from registration before running if you haven't done so on Friday!
- There will also be a place to leave small bags in lockers within the Tennis Centre (£1).

**Starts:** 14:30 to 15:30

- Courses 6&7 start adjacent to the event centre.
- All other courses start **1 km away** along Kelvin way/ University Avenue (SAME as the relay & **shown in the map above**.) It is marked with orange tape. This is through the competition area – you may spot other runners but it is unsportsperson-like to deliberately try to see where the courses go.

**Course Information:**

Class	Course	Total Distance	Climb	Controls
MO	1	6.1 km	100 m	42
WO, MV (40+)	2	5.8 km	100 m	42
MSV (55+), WV (40+)	3	4.9 km	100 m	38
MUV (65+), WSV (55+)	4	3.6 km	70 m	27
MHV (75+), WUV (65+), WHV (75+)	5	3.1 km	40 m	26
MJ (-16), WJ (-16)	6	2.1 km	60 m	17
MYJ (-12), WYJ (-12)	7	1.0 km	40 m	9

All distances are optimum running distances and the sum of parts 1 and 2.

Courses 1 & 2 1:4,000 2.5m, Courses 3 to 7 1:3,000 2.5m

**IMPORTANT!!**

**Courses 1-5 Details:** The race comprises two sprints, and will be run in two parts with a short rest in between. The first part is to the North of University Avenue, with the second to the South.

**The race will be timed as a single race with the road crossing being a timed-out leg.**

1. **Part 1:** start at your allocated start time and complete the course to the North. There is no “download” unit at the end of the first section, you will punch a normal control at the location of the finish circle.
2. **ROAD CROSSING:** You will cross University Avenue to the second start. You will have a maximum time of **20 minutes** to recover between finishing part 1 and starting part 2.
3. **Part 2:** When ready you will start the second part which has a **separate map**. You will use the **same dibber for both parts** and only download at the end of part 2. Start officials will enforce a minimum 30 sec separation between runners on the same course at the restart. The second section has a punching start, and start triangle, but no clear/check.

**Finish:** In Kelvingrove Park, adjacent to the assembly. The finish will **NOT** be SIAC enabled - everyone will need to punch the finish box. You can see the finish and spectator controls for the relay before you run.

**Courses Close:** 16:30

**Junior Sprints (Courses 6 and 7):** 14:45 to 15:15. Start and finish at assembly. They are normal, single courses with no time-outs or road crossings.

**Acknowledgements:**

Organiser - Ross White (STAG)

Planner – Graeme Ackland (INT)

Controller – Dave Robertson (CLYDE)

Computing - Robin and Sheila Strain (ELO) assisted by Jackie Riley (STAG) and Outi Kamarainen (STAG)

# Sunday 12th May: Glasgow Euro City Race (inc. Euro City Race/UKOL/SOUL)

**Location:** Glasgow City Centre

**Assembly:** Gorbals Sports Centre on Ballater Street

Lat,Lng: 55.85022 , -4.24643

OS Grid Ref: NS596642

Postcode: [G5 0YP \(opens in Google Maps\)](#)

## Directions:

From the M8 use **Exit 16**. From the M74 use Exit 1A.

Please car share wherever possible. No specified parking areas but street parking is available near assembly. Do **NOT** park in the Sports Centre car park. Please take into account both the Low Emission Zone (LEZ) and the competition area for your approach.

## To be more sustainable we encourage the use of public transportation.

### Public Transport Options

- By Train: Central Station is a 15 min walk. Queen Street Station is a 20 min walk
- By Underground: Bridge Street Station is the closest with a 12min walk
- By Bus: 75/6/21 from City Centre gets close and then 7 min walk.
- By Bike: There bike racks (limited) at assembly by the north entrance to the building. There is also a Next Bike station nearby ([Google maps](#)).

## Please avoid the competition area on your way to assembly if at all possible:

[See the map for area and suggested routes.](#) (Don't follow sat nav from M8)

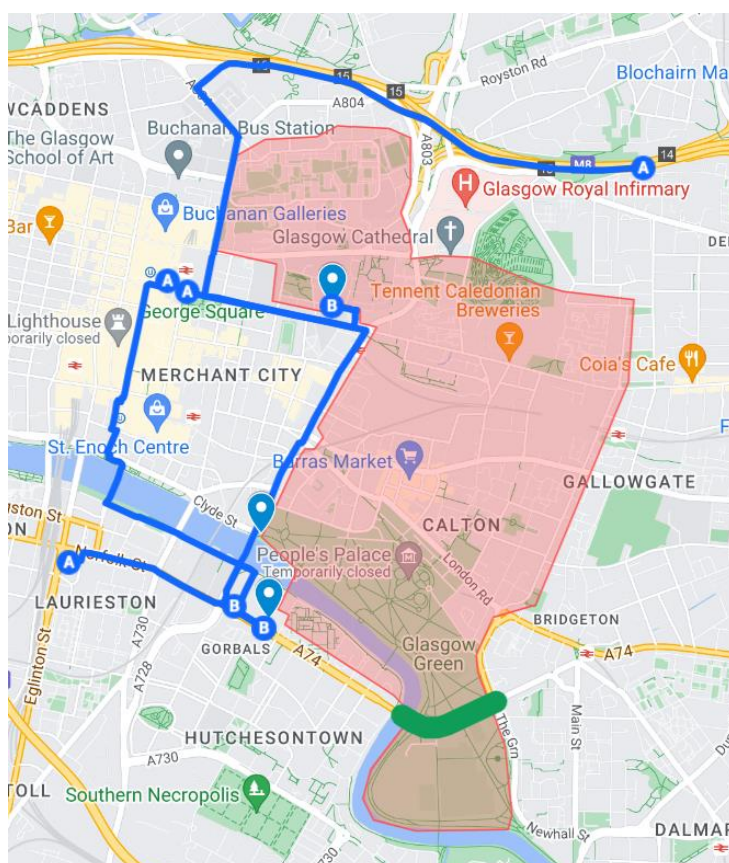
The green line on the map is a permitted route, the blue lines are suggested routes from the above transport options. Please see the legend in the link above for more details.

**Registration:** Inside the sports centre and open from 09:15.

- Hire SI dibbers are collected here.

### Assembly details:

- there will be indoor space to leave bags (Games Hall).
- If you have no bags to drop off, you can go straight to the start if you prefer; if you do not have a bib from previous days, you will collect this at the start.
- Toilets - There are no toilets at the start.
- You must download [HERE](#) after your race, even if you do not finish your course.





**Starts:** There are two starts, Far (courses 1 to 5) and Near (Courses 6 & 7)

10:00 to 12:00 – Far Starts (1.5km away)

11:00 to 11:30 – Near Starts (150m away)

There will be a 3-min call up at the Far Start with a 1-minute interval between runners. Please make sure you leave plenty of time to get to your allocated start time as you may have to wait some time to be slotted in as not many spaces.

#### Route to the main start: (1.5km)

- **From assembly** at Gorbals Sport Centre, walk up High Street, then turn left onto George Street, and finally right through the car park up the steps to Richmond Street. The walk is 1.5 km. Please only approach Richmond Street via these steps, as e.g. North Portland Street would take you through the competition area.
- **From Glasgow Queen Street or Glasgow Central Station:** walk along George Street and then turn up the steps to Richmond Street by the car park.

The route will be taped with orange tape from the intersection of George Street and High Street.

You may go directly to the start if you do not require to drop off a bag or collect a hire dibber.

Bibs will be at the far start if you have not already collected yours on the previous days.

**Toilets:** At Gorbals Sport Centre (only). NONE at the start.

**Finish:** The finish for all is on Glasgow Green. The finish will **NOT** be SIAC enabled - everyone will need to punch the finish box.

**Download:** At assembly (Gorbals Sport Centre). All competitors must download even if you do not finish your course.

**Clothing:** Shorts and vest permitted. Trainers/flats are suitable, but there are some sections of sloping grass where the grip of a trail shoe might be welcome if its been wet. There WILL BE a clothing drop for small items (**NO** big bags!). Items won't be returned to Gorbals Sports Centre until 14:00.

**Terrain:** A mix of university campus, Scottish housing estates and typical Glaswegian tenements.

**Course Information:**



Class	Course	Distance	Climb	Controls
MO	1	10.5 km	160 m	46
WO, MV (40+)	2	9.2 km	155 m	42
MSV (55+), WV (40+)	3	6.8 km	80 m	30
MUV (65+), WSV (55+)	4	4.9 km	70 m	25
MHV (75+), WUV (65+), WHV (75+)	5	4.0 km	45 m	20
MJ (-16), WJ (-16)	6	4.0 km	10 m	15
MYJ (-12), WYJ (-12)	7	1.8 km	5 m	7

All distances are optimum running distance.

### Map:

Scale 1:4000 with 2.5 m contours. Survey and cartography by Rudi Paul, STAG 2024.

Courses 1, 2 and 3 are on double-sided A3, with the map turnover marked using the map turnover symbol on the control descriptions:



The map turnover control is shown as an ordinary control circle as per ISSprOM Rev 5, not as a combined control and start triangle as in the recently introduced ISSprOM Rev 6.

### Special Symbols used:

- × → Play Equipment
- Sculpture or Monument

Control descriptions will be available loose at the start and printed on the maps.

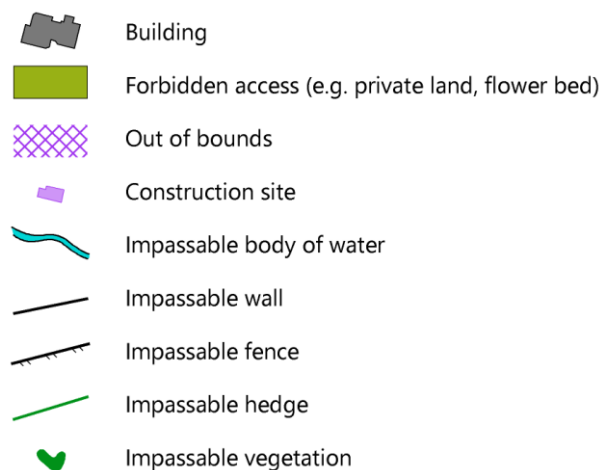
### Multilevel structures

Areas passable at two level are mapped according to the ISSprOM specification, as in the following map extract:



### Forbidden features

Reminder: the following features on the map are forbidden to cross. **Do not cross them!** Some forbidden features have been taped with red and white tape to avoid the temptation for runners to cross them.



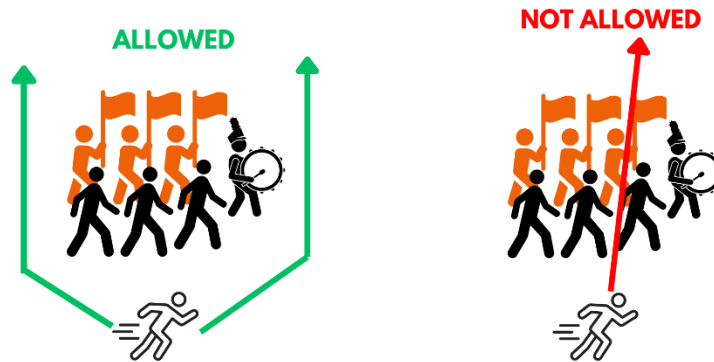
### Safety/Hazards

- Courses 1 to 5 cross many quiet and busy roads; please be aware of traffic. Courses have been planned to cross busier roads at a diagonal to give runners the time to find a



gap to cross safely. Courses 6 and 7 do not cross any roads, but do run on pavements alongside roads.

- **IMPORTANT!!!!** An [Orange Walk](#) is planned to go through the competition area in the morning, consisting of people wearing orange sashes and a marching band. While this might sound jolly, the tradition of Orange Walks is controversial, and it is imperative for your own safety that you **do not cross through the middle of the Walk**, but instead cross safely in front or behind the marchers if you have to.



- Please be courteous to residents and the general public, and please take extra care around blind corners and narrow passageways.

#### Further Notes:

##### Local facilities

- Cafe at Gorbals Sports Centre. (Showers for a fee)
- Co-op 5 minute walk in Gorbals.
- Barras Market 10 minute walk (please only visit after your run as this is in the competition area)
- Many local cafes on Saltmarket and around Glasgow Cross.

#### Acknowledgements:

Organiser - Terry O'Brien BEM (STAG)

Planners – Fredrik Nordvall Forsberg (STAG), Iain Cattermole (STAG) & Terry O'Brien BEM (STAG)

Controllers – Blair Young (TINTO) & Kenny Milton (STAG)

Computing - Robin and Sheila Strain (ELO) assisted by Jackie Riley (STAG) and Outi Kamarainen (STAG)