

GPC 2018	Race 1	Information	Commonwealth Village & Cuningar Woodland Park		Map Information		Entries as on 25 Nov 2018
					Scale	Paper Size	
Course Name	Length	Climb	Controls	Finish			
Open	2710m	0m	14	MAIN	1:4000	A4 Landscape	12
Veteran Men (M40+)	2300m	0m	12	MAIN	1:4000	A4 Landscape	20
Open Women	2250m	0m	10	MAIN	1:4000	A4 Landscape	11
Super Veteran Men (M55+)	2120m	0m	11	ISOLATED	1:4000	A4 Landscape	15
Ultra Veteran Men (M65+)	1830m	0m	10	ISOLATED	1:4000	A4 Landscape	15
Veteran Women (W40+)	1780m	0m	10	ISOLATED	1:4000	A4 Landscape	17
Super Veteran Women (W55+)	1650m	0m	9	ISOLATED	1:4000	A4 Landscape	11
Ultra Veteran Women (W65+)	1570m	0m	10	ISOLATED	1:4000	A4 Landscape	7
Hyper Veteran Men (M75+)	1500m	0m	9	ISOLATED	1:4000	A4 Landscape	1
Hyper Veteran Women (W75+)	1450m	0m	8	ISOLATED	1:4000	A4 Landscape	1
Junior (M/W 16-)	1270m	0m	8	MAIN	1:3000	A4 Portrait	13
Social	980m	0m	9	MAIN	1:3000	A4 Portrait	3
Entries							126

From Downiebrae Rd follow the signs into Cuningar Woodland Park & through **HUGE METAL SCULPTURE**. Follow STAG Tape.

The **ISOLATED FINISH** requires to be located on the western side within the Commonwealth Village to achieve acceptable course lengths. On punching the Finish Unit please move away from this location & walk back up to the footbridge & cross back to Cuningar Woodland Park. From the east side of the footbridge it is approximately 500m back to the Main Finish (adjacent to Start).

Download from Race 1 shall take place on your arrival at Race 2 within the Education Room within the Tollcross Park Courtyard. 10 minutes via M74 going East ; Exit at Jct 2A . Back west along A74/London Road for 1k then **RIGHT** up Braidfauld Street (Filter Lane); ahead onto Wellshot Road; **LEFT** into Sports Centre Car Park or park on Wellshot Road – Trainaird Avenue or Dalness Street to the East. HQ @ northern end of Car Park. Café in Sports Centre. Toilets at HQ & Centre.