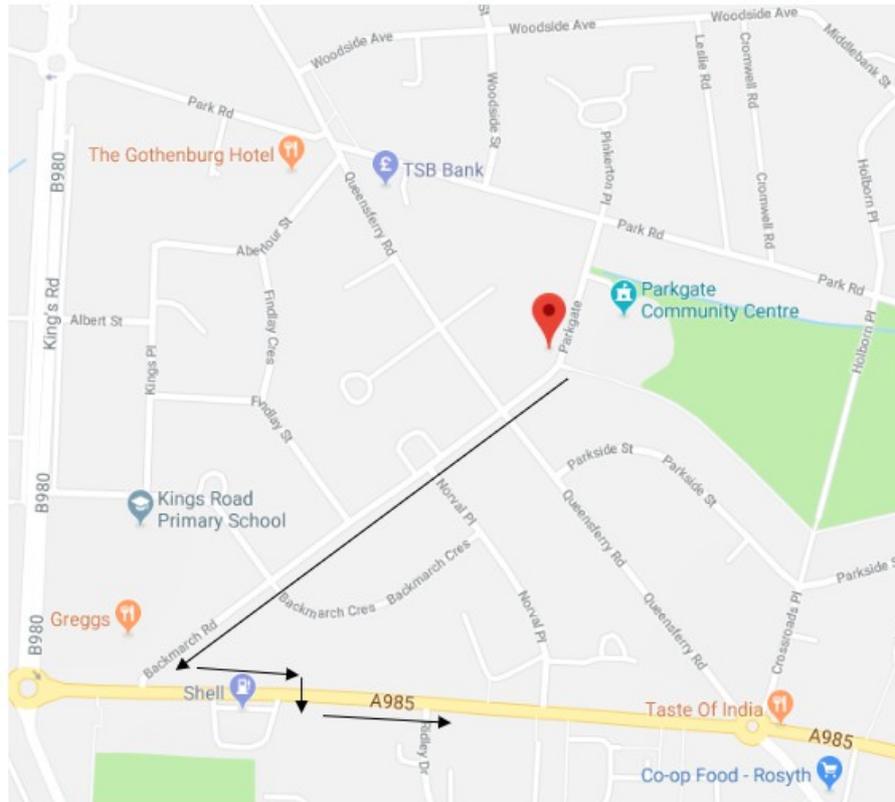


Final details for Scottish Spring Sprint Race – Castlandhill, Rosyth

Event centre

Parkview Hall, Parkgate Community Centre, Rosyth [KY11 2JW](#)



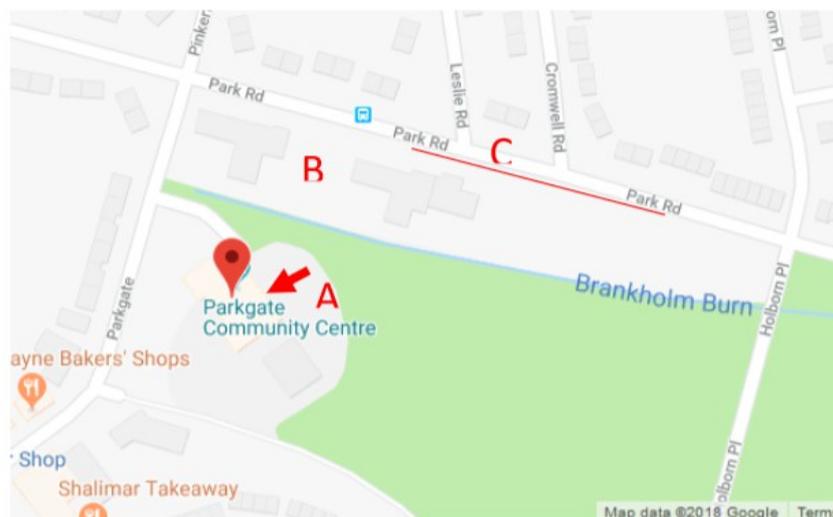
→ Route between start and parking/assembly

Easiest access is via the M90. Exit at Junction 1C, Admiralty Interchange. Signed Kincardine A985, Dalgety Bay, Inverkeithing A 921. There are 92 (?) local bus routes and the train station is within easy reach

There are three main areas for Parking.

- A. Behind the Community Centre.
- B. At the Health Centre (accessed from Park Road)
- C. Park Road itself.

There will be limited signage but hopefully someone on hand to direct you. If left to your own devices please park sensitively!



The Event Centre will be open from 1330-1700. Parkview Hall is accessed from the rear of the building (see red arrow). There is another Event (Radio Controlled Car Club) based at the Community Centre that day. Registration, Download and Results will all take place in the Event Centre. There are toilet facilities in the Community Centre and it is also possible to buy hot and cold drinks from the centre

Entry on the Day

Limited Entry on the Day available at £2 surcharge

SIAC hire available on the day at £2.50

Start/Finish

The route to the start, and return from the finish, will be taped and must be followed. The route is approx 1km and follows Parkgate SW, crossing the busy Queensferry Road via a pedestrian crossing and continues SW on Backmarch Road until reaching the busy A985 Admiralty Road. Turn left (East) on Admiralty Road and cross to the South side of the road using the pedestrian crossing about 15m east of the shell garage. The pre-start area is 150m further east - take care crossing the side road Ridley Drive which is a bus route. The finish is 120m south along Ridley Drive and will be signed and taped.

The Start will be between 1430 and 1600. **Courses close 1630**

Elite Men and Women will have a seeded start block 1430–1500

All other competitors will have a 'choose your own start time' punching start between 1430 and 1600.

PLEASE NOTE that the first start for Men's Vets will be at 1500 after the Elite Women.

It will be possible to leave clothes at the start for collection after your run

Starts will be at one minute intervals.

Map

Survey and Cartography : March 2015 : Graham Gristwood using ISSOM 2007.

Scale 1:4000. Contour Interval 2m

Courses:

Course 1 M Open	3.4km (straight line distance)
Course 2 W Open M vet	2.5km
Course 3 W Vet M supervet	2.2km
Course 4 W Supervet M Ultravet	1.8km
Course 5 W Ultravet W Hypervet M Hypervet	1.4km
Course 6 M/W Junior 16-	2.6km
Course 7 M/W young junior 12-	1km

Winning Time

12-15 minutes on all courses except Junior Course which will be closer to 10 minutes (planned to avoid road crossing)

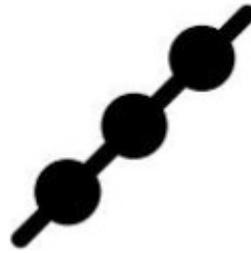
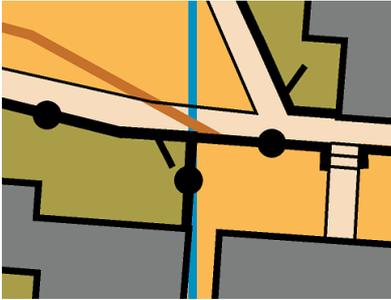
Warm up.

Warm up is possible on the grassy area on the south side of Admiralty Road between the Shell garage and the start and also on the grassy area on the east side of Ridley Drive between Admiralty Road and the finish. Before their run competitors should not proceed further South or East of the Finish at risk of disqualification.

Map

Castlandhill is mapped at 1:4000 with 2m contours.

Draft ISSOM guidelines for 2018 imply that **passable** walls are no longer mapped in light grey but instead using the symbol which used to be associated with a stone wall. This change has been adopted for clarity of mapping. See below:



For the avoidance of any confusion please note that the wall to the west in the above map segment is passable but to do so would put the competitor into an out of bounds area. The wall to the east adjacent to the steps is passable and can be crossed legally.

Terrain

The terrain is typical Scottish housing estate with roads, paths and grassy areas. There is fairly minimal climb and competitors are likely to be running around 70% tarmac 30% grass. The grass may be wet and slippery so footwear with some grip is recommended although dobs/spikes are not recommended.

The majority of roads on the map are cul-de-sacs so traffic in general is very light. However the main road bisecting the map is a bus route so should be crossed with care.

Course 7 does not cross this road at all and stays in the north area of the map. Please note all maps will be picked up at the start but a copy of the course 7 map will be available to parents at registration to enable decisions regarding shadowing.

Course 6 does cross this road but has a timed out crossing which has to be punched on both side of the road on the way out and the way back – please advise your juniors regarding this. It will be manned.

Punching

SI Air will be enabled

SI units will be gripped securely to solid objects. Controls will have standard O kites.

NOTE

Castlandhill is a compact area and as a result courses 1, 2, 3 and 6 will have a double-sided map.

As a consequence of this there are more controls in the area than you may be used to and some are quite close together. It is the competitor's responsibility to check control codes and descriptions. Please remind yourselves and your juniors to check before punching.

Download.

For safety, please follow tapes from the finish to re-join the route to the start and retrace your steps to Download, using the same main road crossing points as on the way to the start. All competitors must download before leaving the area.

Shadowing.

In accordance with BOF rules juniors can be shadowed and remain competitive but the shadowing parent must have completed their run first.