

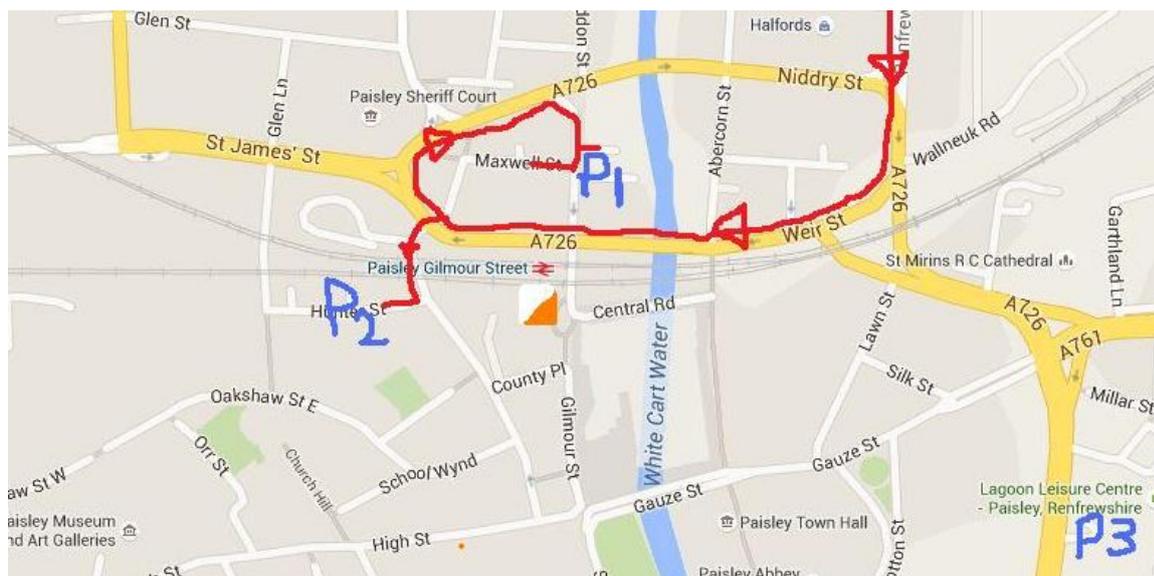
Paisley Urban Race / bto SOUL 3 - Clydeside Orienteers – Sunday 3rd April 2016

Planner Arnis Saltums, Controller Ian Pyrah (ESOC), Organiser Alastair Dunlop asdunlop@o2.co.uk

Directions / Parking

Event centre at The Last Post (Wetherspoon) pub, immediately adjacent to Paisley Gilmour St railway station.

If driving, approach from the M8 and leave at junction 27, following signs to Paisley town centre. Go straight on through two roundabouts and after about 1km bear right into Weir St at the first major junction. Keeping the railway on your left, there are two options for public parking (both free of charge on Sundays). See map below. What I have marked as P1 is nearest to the event centre (go round the loop as marked below and there are spaces either side of the side road). If full, 'P2' is also nearby and reached as shown. In the event of both being full, P3 (Lagoon Centre) has further parking about 5 to 10 mins walk away.



Enquiries / Registration / Download / Toilets

These will be in The Last Post pub (back entrance immediately adjacent to Paisley Gilmour St railway station). We have a small section reserved for our use where bags can be left if required, although competitors are responsible for their own valuables. Toilets are available at the other end of the pub. No muddy/metal studded shoes inside the pub please. Please make use of the pub for food and drink post-run !

Entry on day

There will be entry on the day, from 10.30am, depending on map availability, at £10 adults, £5 for juniors/students. 50% extra maps have been ordered for entries on the day, in addition to pre-entries.

Start Times / SI units / Dibber Hire

Start times 11.00am to 1.00pm. Punching starts with no pre-determined start times, please just arrive at the start and you can start in the next available start slot for your course.

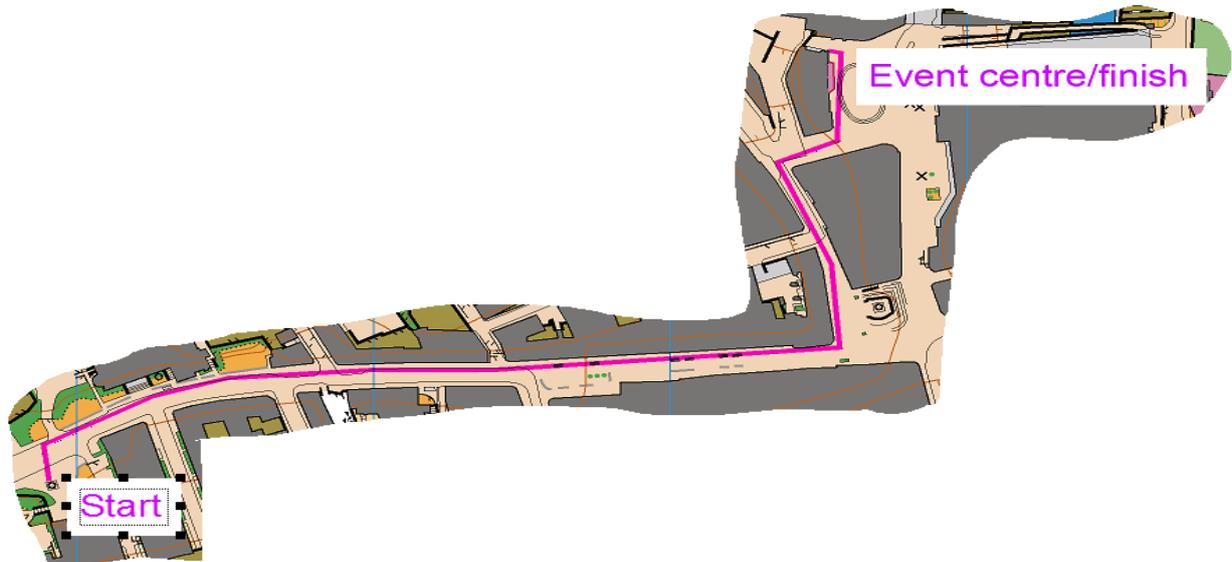
Standard SI punching will be used. Pre-entered competitors with their own SI dibber may go directly to the start (see map of route to the start below, which will be taped). Competitors hiring SI dibbers should go to Registration first to collect a hire dibber, from 10.30am. Most controls will be hung with cable/padlocks, although a few within the university campus will be on T-bars.

A few controls will have cable ties through the SI unit. SIAC punching will not be enabled, therefore if you prefer to hire a standard SI card then this will be free of charge at registration.

Start route

The Start is 10 mins easy walk from the event centre. The route to the start is followed, in the reverse direction, by part of the junior courses; please leave a clear passageway for junior competitors on the side of the pavement away from the road.

The finish is adjacent to the event centre. Remember to download on return! Courses close at 3pm.



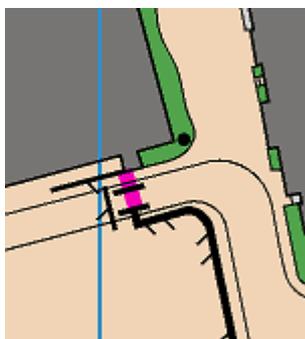
Map /Terrain

Newly mapped by Graham Gristwood. ISSOM Scale 1:4,000 Contours 2.5m.

All competitors should ensure they are familiar with ISSOM map symbols, especially those relating to out of bounds and uncrossable features. A3 size map for all courses, control descriptions on the map and available loose at the start.

Paisley is a varied urban area. Running will be mostly on tarmac, although there may be shorter sections of grass or cobbles that may be slippery if there is wet weather. Adult courses will have various unmanned road crossings. Please take appropriate care and give way to traffic.

Certain gates that will be closed on the day and are impassable have been marked with purple overprint, where not originally mapped as closed. Please see example below. This should not impact route choice on junior courses, but is potentially relevant for senior courses.



Junior courses

In accordance with insurance requirements, under 16s can only run courses 6 or 7. The majority of these are contained within the university grounds or pedestrian areas. Both these junior courses have a timed-out manned road crossing when leaving the university (between controls 9 and 10 on each). Junior competitors should be reminded of this and to take their time using this crossing.

For course 7 (M/W 12-) parents will have the opportunity to view the map at registration to decide whether they will need to shadow their child. Any adults shadowing should only do so after their own run to remain competitive. Please inform registration if shadowing.

General safety

Competitors take part at their own risk and are responsible for their own safety at all times. First Aid will be provided by a trained First Aider from Clydeside Orienteers.

Any competitor with an existing high risk medical condition, please send an email to info@clydesideorienteers.org.uk to inform us of such. This information will be kept confidential.

Please be aware of, and show appropriate respect for, other members of the public during the race.

Dogs

Any dogs on leads at all times and owners please clean up any dog mess if required.

Start Procedure

-2 Box – Clear & check. Loose Control Descriptions printed on waterproof paper available.

-1 Box – Blank maps on display.

Then Punching Start in operation.

Course Information

1. Men Open (7.5k) 28 controls
2. Women Open, Men 40+ (6.0k) 21 controls
3. Men 55+, Women 40+ (4.7k) 18 controls
4. Men 65+, Women 55+ (4.3k) 16 controls
5. Women 65+ (3.0k) 16 controls
6. Men/Women 16- (2.1k) 17 controls
7. Men/Women 12- (1.4k) 14 controls

Distances are straight line, running distance likely to be longer.

Unfortunately there is no suitable area for a string course.

Results

Results will be available from www.clydesideorienteers.org.uk as soon after the event as possible.

Acknowledgements – Thank you to:

Clyde members and STAG orienteering club for their support
Ian Pyrah, Controller
Robin & Sheila Strain, Computing
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The Last Post (Wetherspoon) pub
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