

2023 03 11 Campsies – Final details

Organisation

Planner: Klaas Wynne
Organiser: Dan Graves

Directions / Parking / Facilities

Start is at the start of the private road (Campsie Dene Road also referred to as the "pipetrack road") near St Kessog's church in Blane field (<https://goo.gl/maps/6oFEg2YQbxDvskfc7>, ///storming.swelling clotting, NS556796). Parking is available in the parking place of St. Kessog's or on the streets in the area. The start can be reached by public transport using bus X10A (stop: Blane Valley Inn) followed by a 1-minute walk.

Course Information

- Short course, Length 9.2 km / 790 m follows **90% trails**, some relatively straightforward cross country, controls fairly obvious, head for heights required.
- Long- course, Length 10.2 km / 920 m **mostly off-trail** and cross country, controls bit harder to find, head for heights essential for shortest route.
- Long+ course, Length 13.8 km / 1,100 m **mostly off-trail** and cross country, controls bit harder to find, head for heights essential for shortest route.

The weather predicted (6/3/2023) for Saturday is 2-5 cm of snow, 15 km/h wind, and 4 hours of sunshine. We will decide on the day if the weather conditions are safe for the race. We may suggest that those signed up for Long+ should do Long- instead or we may have to cancel the race completely.

U16s

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility unless exempt.

Map / Terrain

1:15,000 map ISOM 2017-2 of the west side of the Campsie Fells by Klaas Wynne, last update February 2023. Uses 5m contours and 2.5m form lines.

The course maps will be A3 for the Long+ course and A4 for the Short and Long- courses and will be printed on waterproof paper.

Terrain

Mixed moorland terrain: gravel/muddy trails, hills steep to very steep in places, cliffs are OOB, tussocky grass, deep heather, mud.

Timing System

MapRun6 will be used. SPORTIdent not to be used.

Entry Details

Entry deadline Wednesday 8 March 10pm - enter via [this googleform](#)

Each event will be £2 for GOAT and Clyde members and £4 for non Clyde/GOAT members - payment details will be provided after entry

Registration and Start times

Start: 11 – 11:30 am

Courses close: 2pm.

A sweeper will be used to ensure everybody comes back safely.

Safety Info

- This is an open hillside environment and at the end of winter / early spring the weather can be variable and ferocious. **Participants are responsible for checking and evaluating the weather for the event. Please, be reminded, that the weather can change quickly and be worse than predicted.**

- The **minimum** equipment requirements are: studded shoes, rain proof full body cover (taped seams), hat, gloves, compass, whistle, fully charged mobile phone.
- We **highly recommend**: a (waterproof) running pack, emergency foil bag, head torch, food, drink, fleece, puffy, first aid, backup battery for phone.
- Anyone arriving without this, will have to be automatically disqualified from the event. You must permit the examination of your kit by officials.
- The organisers cannot be held responsible for a runner's safety once they have left the start. Runners are responsible for their own safety and accept the risks within this activity and deem their experience, fitness, and navigational ability appropriate to the course chosen by starting. Runners must respect private property and the rights of other hill users. Enclosed land is to be avoided unless crossing on rights of way. If running with a dog, they must always be kept under close control, and on leads when close to livestock. Take care when crossing roads, rivers & streams, and fences. Do not litter on the course and close all gates. Please act with awareness, courtesy and consideration of all livestock and other hill users.
- Participants conducting themselves in a way that is in the opinion of the organiser in a manner that could bring the event into disrepute or unnecessarily endangering other participants or hill users or officials will be disqualified.
- U18s must be accompanied by a suitable and responsible adult guardian, who is responsible for the welfare of the child.
- Any runner who has not completed the course by the course close time will be deemed to have retired. All runners must return to the start and let the organiser know that they are safely off the moor even if they have not completed the course. If you have not contacted the organiser or reported to the start/ finish within 30 minutes of course close time you will be deemed missing and searched for. You could be liable for any rescue costs incurred.
- Phone signal is limited in the glens. We highly recommend registering with the 999 text service prior to the start, as well as downloading OSLocate app. If you are texting the organiser in an emergency, please include name, location, time, and the issue. Signal is available in most of the higher areas.
- You must provide any necessary information on medical conditions/ allergies etc. as well as an emergency contact prior to starting – there will be a form for this at registration.

Nearest A&E Hospital

Queen Elizabeth University Hospital, Adult Emergency Room, 1345 Govan Rd, Glasgow G51 4TF.

Safety Notes

Covid - please do not attend if you have Covid, or Covid symptoms.

Competitors are responsible for their own safety.

Children must be accompanied by a responsible adult.

Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Contact

Please contact Klaas Wynne, klaas.wynne@glasgow.ac.uk if you have any questions.

