

RACE INFORMATION

TOUR OF CLYDESIDE SERIES OF RACES

MONDAY 4th AUGUST – FRIDAY 8th AUGUST 2008

GENERAL INFORMATION

Start Time: All races start at 7.15pm

Competitors should arrive at all races changed and ready to run. All distances are approximate

Race numbers: For runners competing in the series will be issued on the first evening. Please keep your number safely until Friday 8th August **as the same number is to be used for all four races.**

Presentation of prizes: Will be held in the Club House at Cartha Queens Park Rugby Club at 8.15pm on Friday 8th August. Only runners who have completed all four races will be eligible for prizes. We reserve the right to send any prize by post to prevent undue delay in the presentation ceremony.

Series Promoter: Stuart Irvine, 86 Ravenscliffe Drive, Giffnock G46 7QS
0141-638-7173 e-mail: garscube86rav2001@yahoo.com

Promoting Organisations: Dunbartonshire Amateur Athletic Association and
Renfrewshire Amateur Athletic Association

MONDAY 4TH AUGUST 2008: 5½ MILES TRAIL RACE STARTING AND FINISHING AT KILBARCHAN

This race is being organised by Kilbarchan AAC. The race will start and finish on the Cycle Track at the Railway Bridge, Low Barholm, Kilbarchan. Access to the Cycle Track is from Low Barholm or Barrmill Crescent. The race will follow an out and back route along the cycle path (NCN Route 7) westwards towards Lochwinnoch turning at the old Castle Semple Collegiate Church. Total distance about 5½ miles.

Directions: From Glasgow take the M8 westwards and leave at Junction 28A (signposted A737 Irvine). Exit from the A737 at the third junction after leaving the M8 and turn right on to Easwald Bank. Immediately after passing under a bridge turn right into Barrhill Crescent where parking is available.

There are no toilets or other facilities at this venue.

Runners must be aware of and show consideration for members of the public using the cycle path and should keep to the left allowing room on the right for overtaking.

TUESDAY 5TH AUGUST 2008: REST DAY

WEDNESDAY 6TH AUGUST 2008: 3 MILES CANAL BANK RACE AT CLYDEBANK

This race is being organised by Clydesdale Harriers. The race starts at the bandstand at the Clydebank Shopping Centre and the route follows the Forth and Clyde Canal eastwards for about 1½ miles to Duntreath Avenue then returns to the finish at the bandstand by the same route.

To get to Clydebank Shopping Centre from Glasgow take A82 Westbound towards Dumbarton. After passing Glasgow City Boundary into West Dunbartonshire turn left into Drumry Road (B8055). After about ½ mile at traffic lights turn left into Clarence Street and left at end of road into Montrose Street. Bear right at a mini roundabout (2nd exit) into Argyll Road and right at another mini roundabout (3rd exit) into Coldstream Road. There are car parks on both sides of Coldstream Road. To get to the start walk west along the canal bank located on the south side of the car park on the south side of Coldstream Road and cross the bridge to the other side of the canal. Parking is also available near the Play Drome in Abbotsford Road.

There are no toilets or other facilities at this venue.

Runners must be aware of and show consideration for members of the public using the canal towpath and should keep to the left allowing room on the right for overtaking.

THURSDAY 7th AUGUST 2008: 5KM MULTI TERRAIN RACE IN DAWSHOLM PARK, GLASGOW

This race is being organised by Garscube Harriers.

The race will start near the Ilay Road Entrance to the Park and will follow a course through the park partly on tarmac and partly on dirt trails of 1 small loop of just over 1k and 2 large loops of just under 2k then about 250 yards on the main road through the park finishing near the entrance to the playing fields. Take care on the steps on a downhill section of the large loops.

Parking: Is available in Dalsholm Road. **Parking not available on Ilay Road.**

To get to Dalsholm Road from Anniesland Cross take the A739 Bearsden Road northwards towards Canniesburn Toll for about half a mile. Immediately before a railway bridge turn right into Temple Road. At the end of Temple Road turn left into Dalsholm Road. After passing over the railway bridge and after the refuse depot on the left park in Dalsholm Road. The start is about 600 yards from Dalsholm Road through the playing fields on the west side of Dalsholm Road and the main road through the park.

There are no toilets or other facilities at this venue.

Runners must be aware of and show consideration for members of the public using the park and should keep to the left allowing room on the right for overtaking.

FRIDAY 8th AUGUST 2008: 10K ROAD RACE AT CARTHA QUEENS PARK RUGBY CLUB

This race is being organised by Bellahouston Road Runners. The race will start in the car park outside the Cartha Queens Park Clubhouse and will follow a 2 lap course through the grounds of Pollok Country Park and along Pollokshaws Road, Haggs Road and Dumbreck Road.

Directions: From Glasgow City Centre take M8 Westbound and M77. Leave M77 at Junction 1. Turn left at the traffic lights at the end of the slip road and immediately right at a second set of traffic lights on to the road leading to Pollok House. The entrance to Cartha Queens Park Rugby Club is a few yards up this road on the left hand side.

Parking: is available adjacent to the Cartha Queens Park Clubhouse.

Runners must be aware of and show consideration for members of the public using the course and should keep to the left allowing room on the right for overtaking.