

## **Competition Information for Team Members and Athletes**

### **National Young Athletes Road Race Championships Sunday 2 April 2016**

#### **Declarations/Changing**

Royal West of Scotland Amateur Boat Club, Esplanade, Greenock. PA16 7SE

#### **Race Venue**

Battery Park, Eldon Street, Greenock. PA16 7QG

#### **Directions**

From Glasgow - head down the M8 towards Greenock, join the A8 (Greenock Road) and continue onto the A770 heading through Greenock onto Eldon Street until reaching the Greenock Esplanade at the Campbell Street (traffic lights) junction. Turn right at the traffic lights onto the Esplanade and continue along the Esplanade for just over a mile. The Boat Club is at the end on the right hand (river) side.

To reach the Battery Park - continue past the Boat Club turning right onto Eldon Street heading for Gourock - the Park is approximately 800m down the road on the right hand (river) side.

From Ayrshire - through Inverkip on the A78 taking the A770 coast road for Gourock. Continue through Gourock town centre on the A770 heading towards Greenock - the Park is approximately 1mile along the road on the left (river) side.

To reach the Boat Club - continue past the Park for approximately 400m - turn left into the Greenock Esplanade - the Boat Club is immediately on the left (river) side.

#### **Parking**

There is ample (street) parking outside the Boat Club and along the Esplanade.

There will be **NO PARKING** in the Park - it will be closed to all vehicles during the races (with the exception of St Andrews First Aid).

There is also ample parking available in several streets adjacent to the Park.

#### **Declarations**

In the Boat Club from 10am. Preferably Team Managers only please.

#### **Important!**

Entered athletes **MUST NOT** be substituted by non-entered athletes. Non-observance of this leaves the whole field and officials uninsured in the event of an accident, puts the competitor at a health risk as they may be wrongly identified, and makes the results invalid as an historic record.

#### **Changing and Showers**

In the Boat Club from 10am.

#### **Toilets**

There are toilets within the Boat Club, plus Public toilets within the Park.

RACE	DECLARATIONS CLOSE	RACE STARTS	DISTANCE
U13 Girls	30 mins before start	11.30	2.5k (1.2k +1.3k laps)
U13 Boys	"	11.45	2.5k (1.2k +1.3k laps)
U15 Girls	"	12.00	4.2k (3 x 1.2k lap +0.6k lap) *Finish 2
U15 Boys	"	12.25	4.2k (3 x 1.2k lap +0.6k lap) *Finish 2
U17 Women	"	12.50	4.9k (3 x 1.2k lap + 1.3k lap)
U17 Men	"	13.15	4.9k (3 x 1.2k lap + 1.3k lap)

### **The Course**

The course consists of varying laps of the Park on traffic-free roads. Athletes are reminded that the Park is open to the public. Please treat other park users with respect.

### **Medals**

Individual medals will be presented in the Park shortly after each race. Team medals (3 counters for all teams) will be presented at the Boat Club as soon as the results have been calculated.

### **First Aid**

St Andrews First Aid will be located near the Start/Finish area.

### **Club Tents**

There will be an area dedicated for a limited number of club tents near the Start/Finish area.

### **Catering**

There will be tea/coffee, rolls and baking etc available in the Park.

### **Queries**

On the day, please address queries about the race to the Referee or Chief Timekeeper.

### **Results**

Will be displayed within the Boat Club as soon as they are available, and final results will be posted on the Scottish Athletics website.

Many thanks to all the officials for their invaluable and much-appreciated help, and to Inverclyde Local Athletic Partnership (ILAP) for generously hosting the event.