



The Monument Mile Classic



August Athlete Update

"The Mile! Four laps around the track. A four-act play unfolding. Prologue, Exposition, Action, Dénouement. All within four minutes. Aristotle couldn't have imagined a more captivating dramatic structure. This is the epitome of spectator engagement in track and field athletics – not too brief, not overly lengthy."

Pat Butcher, The Perfect Distance: Ovet and Coe: The Record Breaking Rivalry



Dear Athlete,

On behalf of Central Athletic Club, we wish to extend our thanks to you for your participation in the forthcoming 6th Monument Mile Classic, scheduled for the evening of Saturday August 26th 2023.

The Monument Mile Classic serves as a testament to the power of community and the passion for athletics in Scotland. As a volunteer-run event, our goal is to provide a platform for athletes to showcase their talents, push their limits, and race over the iconic distance.

Please see below a host of important updates. We hope this is of assistance to everyone by way of an update. Of course, if you have any questions in the meantime, please do not hesitate to contact us directly.

Wishing you well for your track 2023 season and looking forward to seeing you all on the evening of Saturday 26th August for an evening of special track mile races.

Bring the Flames,

Michael Edward Wright

Race Director

The Monument Mile Classic

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1 Declarations

On arrival at the track, athletes should report to the gazebo which will be located close to the finish line. Race numbers and leg numbers will be collected from this location, and you will be registered. Please declare no later than 60 minutes before your race.

2 Athlete Assembly

Athletes are required to gather at the athlete assembly point no later than 15 minutes prior to the start of their race. The assembly area, situated at the 300-meter mark outside the track, will provide a designated grassy enclosure. Here, race numbers and athlete footwear will undergo a thorough check, followed by a concise final briefing. Shortly before your race is due to start, you will be permitted to use the track to do some final drills and strides before assembling at the mile start.

3 Toilets and Changing

Overlooking the finish line there is a building named the Craig Gowan Building. Within this building there is limited provision of toilets and changing areas. Should these areas become overcrowded, then athletes and spectators will be asked to make use of the Sports Centre of The University of Stirling. This building is located approximately 5mins walk away. There are extensive toilets and changing areas within this building. The race marshals will direct you to the location of this building.

4 Refreshments

Our refreshments will be provided by 'The Smiddy', who will have a dedicated gazebo set up in the central grassy section within the track area. They will offer a variety of options, including both hot and cold drinks, as well as a selection of hot and cold foods.

Furthermore, if you're looking for additional choices, the Sports Centre, conveniently located just a short 5-minute walk away, also houses a café. This café is equipped to serve a range of hot and cold food items, along with a selection of beverages.



5 Warm Up

For those discovering the Monument Mile Classic or exploring Stirling University for the first time, we're fortunate to have a stunning campus right at our fingertips. We suggest kicking off your warm-up by the loch, just a quick stroll away from the track. Remember, one lap from the track equals 2.7km, while a half lap covers approximately 1600m.





Following this, you're welcome to use the adjacent grass pitches for your drills and strides. It's important to keep in mind that the track itself should only be used for these warm-up activities just prior to the commencement of your race and once you have completed the athlete assembly process.

6 1500m Split Mark

We will have photo finish units in operation at both the finish line and the 1500m split mark. Subsequently, we will provide two distinct sets of results: one for the finish of the mile race and another for the 1500m split point. It's important to note that both sets of timings are official and will be made available on your Power of 10 profiles.

7 World Athletics Continental Tour

We are very proud to be part of the World Athletics Continental Tour Challenger Series, for 2023, the only event in Scotland to hold the prestigious label. The race will be held under UKA Rules for Competition Incorporating World Athletics Rules effective from 1st April 2022. A copy is available for download from the British Athletics website, but we wanted to highlight a few rules for athletes to be aware of.

Rule CR18.5 Unsporting or Improper Behaviour: **spitting** (or similar) in any area may be treated as a conduct offence and will be dealt with by a warning or disqualification. Athletes Assembly stewards will remind athletes of this rule prior to leaving for the competition site. Any instances of athletes spitting within the competition area will be reported to the Chief Official or Referee who will issue the appropriate sanction, which may result in disqualification.

Rule T5: All athletes must make themselves familiar with the recently amended World and UK Athletics rules around **shoes**. It is the athlete's responsibility to ensure compliance with these rules. Visual checks will be made at Athlete Assembly, with any suspect shoes reported to the Meeting Manager for investigation.



8 Spectators

Admission for spectators to The Monument Mile Classic is absolutely free, and you're invited to join us from 4:40 PM until 10:00 PM. After your own race concludes, we strongly encourage you to remain and be part of the extraordinary atmosphere that develops as the event unfolds.

As the evening progresses, you'll have the privilege of witnessing an escalation in the intensity and pace of the races. Prepare to be captivated by some of the globe's most exceptional athletes in action, among them the Olympic silver medalist from the USA, Courtney Frerichs.

9 Livestream

For those who won't be able to join us in person at the University of Stirling on the 26th of August, fret not! We've got you covered so you don't miss a single moment of the Monument Mile Classic action. From trackside interviews that provide a glimpse into the athletes' mindset and strategies to the expertise of some of the most renowned commentators in the business, our livestream will bring the event's energy and excitement directly to you. Whether you're halfway across the world or simply couldn't make it to Stirling, you can still be a part of this thrilling experience.

Youtube channel: <https://youtube.com/@themonumentmileclassic1263>

Dedicated livestream on our YouTube channel at <https://www.youtube.com/watch?v=MiTsz668LHcofficial>

10 The After Party

We extend a warm invitation for you to gather with us at The Meadowpark Bar (<https://www.themeadowparkstirling.co.uk/>), after the racing finishes. A mere 5-minute stroll away from the track, the establishment offers an ideal haven for unwinding, forging connections with fellow athletes, and embracing the achievements of the day. We look forward to the opportunity to clink glasses and revel in celebration with you.

*Please be mindful that this celebratory event is intended solely for individuals aged 18 and above.



11 Social Media

We work hard on trying to keep our community abreast of all update, results and photos associated with the race on our social media platforms. If you don't already, do give us a follow-on Twitter (@MileClassic) and Instagram (@MileClassic).

12 Records

Monument Mile Classic Meet Records

Women's: 4:44.87(Louise Shanahan - 2020)

Men's: 3:57.76 (Ben MacMillan - 2022)

Scottish National records

Women's: 4:18.03 (Laura Muir 2017)

Men's: 3:50.30 (Jake Wightman -2022)

Scottish Native record

Women's: 4:28.64 (Yvonne Murray – 1985)

Men's: 3:52.01 (Graham Willaimson -1983)

Scottish All-Comers record

Women's: 4:23.14 (Zola Budd (ENG) – 1985)

Men's: 3:51.48 (Sydney Maree (USA) -1983)



13 Provisional race programme

Race 1: 4:41pm | Target Time: 6:55 to 10:00mins

Race 2: 4:50pm | Target Time: 6:10 to 6:45mins

Race 3: 4:59pm | Target Time: 6:00 to 6:10mins

Race 4: 5:08pm | Target Time: 5:54 to 6:00mins

Race 5: 5:17pm | Target Time: 5:45 to 5:51mins

Race 6: 5:26pm | Target Time: 5:40 to 5:45mins

Race 7: 5:35pm | Target Time: 5:30 to 5:40mins

Race 8: 5:44pm | Target Time: 5:25 to 5:30mins

Race 9: 5:52pm | Target Time: 5:20 to 5:25mins

Race 10: 6:00pm | Target Time: 5:15 to 5:20mins

Race 11: 6:08pm | Target Time: 5:10 to 5:15mins

Race 12: 6:16pm | Target Time: 5:05 to 5:10mins

Race 13: 6:24pm | Target Time: 5:00 to 5:05mins

Race 14: 6:32pm | Target Time: 5:00 to 5:00mins

Race 15: 6:40pm | Target Time: 4:58 to 5:00mins

Race 16: 7:10pm | Target Time: 4:55 to 4:55mins

Race 17: 7:18pm | Target Time: 4:47 to 4:50mins

Race 18: 7:26pm | Target Time: 4:40 to 4:47mins

Race 19: 7:34pm | (Fairview Race) Target Time: 10:00 to 12:00mins

Race 20: 7:45pm | (Fairview Race) Target Time: 8:00 to 10:00mins

Race 21: 7:56pm | Target Time: 4:38 to 4:40mins

Race 22: 8:04pm | Target Time: 4:35 to 4:36mins

Race 23: 8:12pm | Target Time: 4:30 to 4:35mins

Race 24: 8:20pm | Target Time: 4:25 to 4:30mins

Race 25: 8:28pm | Target Time: 4:20 to 4:25mins

Race 26: 8:36pm | Target Time: 4:15 to 4:20mins

Race 27: 8:44pm | Target Time: 4:10 to 4:15mins

Race 28: 8:52pm | Target Time: 4:02 to 4:08mins

Race 29: 9:00pm | (Elite Women's II) Target Time: 4:45 to 4:50mins

Race 30: 9:10pm | (Elite Men II) Target Time: 3:58 to 4:02mins

Race 31: 9:20pm | (Elite Women I) Target Time: 4:29 to 4:45mins

Race 32: 9:30pm | (Elite Men I) Target Time: 3:55 to 3:58mins



14 Sponsors

We would like to extend our heartfelt gratitude to our esteemed sponsors for their invaluable financial contributions, which have played a crucial role in making this track race a reality. Their unwavering support has not only made the event possible but also added a special touch to the overall experience. Their commitment to our sport and dedication to fostering athletic excellence are greatly appreciated. Thank you to all of them for making this race exceptional and for your continued support.



GSS DEVELOPMENTS

We are delighted to announce that our partnership with GSS Developments continues for a third year. GSS are a commercial property firm operating across Scotland. With offices in Aberdeen and Edinburgh, GSS Developments provide extensive knowledge of the design and build of new commercial buildings, along with a track record of refurbishing and upgrading obsolete buildings, which typifies their approach to creating high quality assets and spaces.

<https://www.gss-developments.co.uk/>



Bauder is one of Europe's leading manufacturers and suppliers of modern waterproofing systems, thermal insulation, green and blue roofs and photovoltaic systems.

<https://www.bauder.co.uk/>



PWR

We are pleased to announce that PWR join us in sponsoring the event for the first time. PWR produce both pre-sport lotions and post-sport lotions solutions to both get athletes ready for sport, and to help them recover as quickly as possible. PWR will be on-site on the night with their product available for athletes to try and use.

iPME

INTEGRATED PROJECT MANAGEMENT AND ENGINEERING

iPME provide engineering, procurement and construction expertise in both the public and private sectors, from small renovations to large capital projects. Their design and management professionals create a bespoke integrated service in support of their clients' requirements.

<https://ipme.uk/>



FAIRVIEW
-INTERNATIONAL SCHOOL-
BRIDGE OF ALLAN

Fairview International School is a co-educational independent school for students of all ages. They aim, to be the only school in Scotland leading schools to offer the exclusive and world-renowned International Baccalaureate (IB) education as an IB World Continuum status.

Their programme is based around the highly respected IB. By following this inspirational way of learning, your child will develop a true love of learning. They aim to be a three-programme International Baccalaureate (IB) school and the leading education provider in the region.

Fairview are an IB World School, authorised to offer the Primary Years Programme and the Middle Years Programme. They are a candidate school for the IB Diploma programme with the goal of becoming an authorised IB World Continuum School.

<https://www.fairviewinternational.uk/>