



JG Cameron GGH Road Race 2021

Pre-race instruction

Saturday 18th September 2021, start time 2:00pm

Entry fee: £4

Introduction

Greenock Glenpark Harriers invite you to run in our local club race. As a club we host 11 races per year which make up our famous club championship starting with the JG Cameron 4k Road Race.

Sponsor: Our race is very kindly sponsored by the Dolan family and the club would like to thank them for their continued support. You may see a few of the Dolan family running and volunteering at the race.

The course

The race is held on the scenic Greenock Esplanade and heads West towards the Battery Park. You will enter the Battery Park through the middle gate, run towards the footpath at the water, turn right through the car park and rejoin the race route back towards the finish line. The course starts and finishes in the same location.

You must NOT run on the new cycle lanes.

The race start and finish area is located between Madeira Street and Johnston Street in Greenock. What3words location is `///notifying.blinks.processes`

Distance: 4k (2.48 miles)

Strava link: www.strava.com/routes/2870995468228315740

★ JG Cameron GGH Club race

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Car parking & public transport

There is ample car parking available along the entire length of the esplanade.

The nearest Train Station is Fort Matilda Station which is a 1-mile walk/run to the start and registration area.

Eldon Street is the main street for most bus traffic. There are regular buses from Glasgow to this area.

Registration

Date: Saturday 18th September

Start time: 14:00

Event registration is held at the start/finish area.

Registration will open from 13:20 on the day. Entry fees are £4. Please bring the correct entry fee with you. You will need to submit your SA number on registration and confirm this number on the day of the race. You will be required to wear a face covering at the registration area.

Swapping race numbers has always been against the rules but is even more relevant with the current Track and Trace regulations. Runners caught swapping race numbers will be reported to their club, Scottish Athletics and barred from future events.

Finish area

Once you have crossed the line, enjoy the moment and then move away from the finish line straight away. Spread out around the course or move on for your cool down. Please be mindful and respectful to all users of the public walkways and listen to all volunteer race marshals.

Race results

Results will be collated the good old fashioned way, by hand. This may mean that results take a little longer to publish but we will issue them through our social media channels and website as soon as they are available. Messaging the page will not make the process go any quicker.

Health & Safety

We do not have exclusive access to the course. This is a popular public area with plenty of people using the paths for various recreational activities. Please respect everyone using the area.

There are several road crossings which will be marshalled. However, we do not have the right to stop moving traffic. We can only warn you of on coming vehicles so please be careful when crossing any roads.

When entering the Battery Park, this park can be very busy, again be vigilant of people walking dogs, cyclist and so on.

There have been speed bumps installed recently to the newly construction cycle lanes. Be careful when crossing these speed bumps at various points on the course.

Changing & toilets

There are no changing facilities at this race. Please come dressed to run.

There are public toilets located at the Greenock side of the Esplanade. What3words location is [///silly.meant.broker](#). The street address for the toilets is Campbell Street. Again, do not run on the cycle lanes for your own and others safety.

Volunteers

No event can go ahead without the amazing team of volunteers. These unsung heroes have given up their Saturday to make this event a success and to ensure your safety. Show them how grateful we are. A smile, a wave, thumbs up, a gasped “thanks” – all these things are appreciated. Above all, please listen to any instructions from our volunteering team. Abuse of any kind will not be tolerated.

Thank you to all of our volunteers for giving up your time to help us make this event a success!

Covid-19

And of course with all races here is our Covid-19 guidance which you must follow.

- We will use your registration details for track and trace purposes.
- Face coverings, such as a buff, are required to be worn at registration.
- Please keep your distance from others in and around the course (you do not need to socially distance during the race).
- Please to try spit, sneeze etc into a tissue and dispose of this properly.
- Do not attend the race if you have Covid-19 symptoms or feel unwell.
- In line with Scottish Government guidance we encourage you to carry out a Lateral Flow Test at home leading up to the event. This will help to minimise any risk of infection. You can order these online here - www.gov.uk/order-coronavirus-rapid-lateral-flow-tests
- If you have Covid-19 symptoms in the 10 days after the race please contact the track and trace team.

Social Media & Contact Details

You can follow us on social media for race results, event photographs and anything else. Please share your posts with us using these handles.

	Greenock Glenpark Harriers
Facebook	Greenock Glenpark Harriers
Twitter	@GGHarriers
Instagram	@greenockglenpark
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