

# Springburn Harriers Training Routes and Information for Thursday 17th September

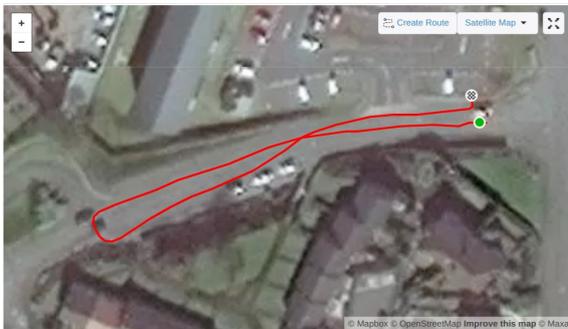
## Session 1 @ 18:25-Paul

### Venue/route-

Meeting point is the entrance to the carpark associated with the flats on the right hand side of Lennox Crescent, looking up Lennox Crescent from Crowhill Road. There are two pavement areas and a grassy strip between which will allow for meeting and pre run brief but maintaining physical distancing.

Hill loop starts at the bottom of Lennox Crescent at the junction of Crowhill Road (at the street sign). Run up the hill on the right hand side pavement, effort finishes at the entrance of the care home, cross the road and recover down the opposite pavement back to start.

Physical distancing can be maintained throughout the session if a staggered start is used at the beginning of the session (fastest athlete start first and a 5-10 second gap left between the next fastest athlete and so on). At pre run brief determine run order.

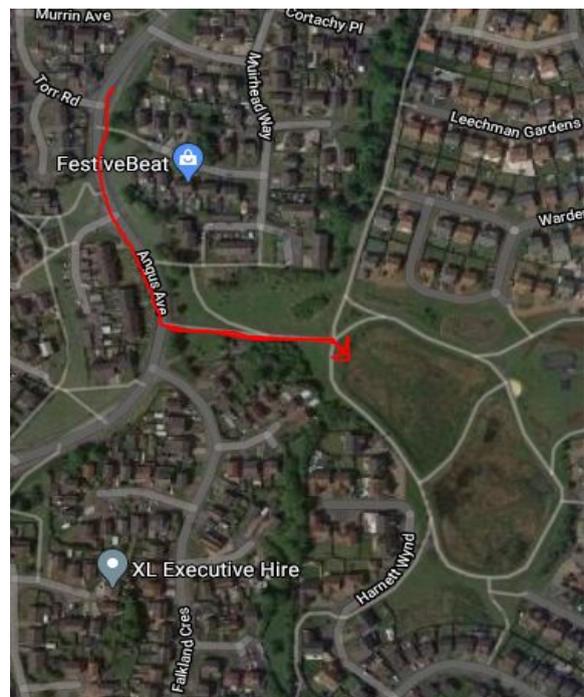


## Session 2 @18:25-Fiona

### Venue/route

Kings Meadow Pond off Angus Avenue. The pond is very near Bishopbriggs Academy. As you pass the Academy turn right onto Angus Avenue run past the side of Academy and head downhill. There is a postbox and small play park here. Run another 100m and you will see Blue cabins/machinery on the opposite side of the road and a path leading to the pond. The pond is to the left of Falkland Crescent. Route is roughly a 500m loop with a wide enough tarmac path to allow paired running, changing to single file running when passing members of public, still allowing for social distancing.

Athletes should meet as shown in picture below just before session is due to begin.

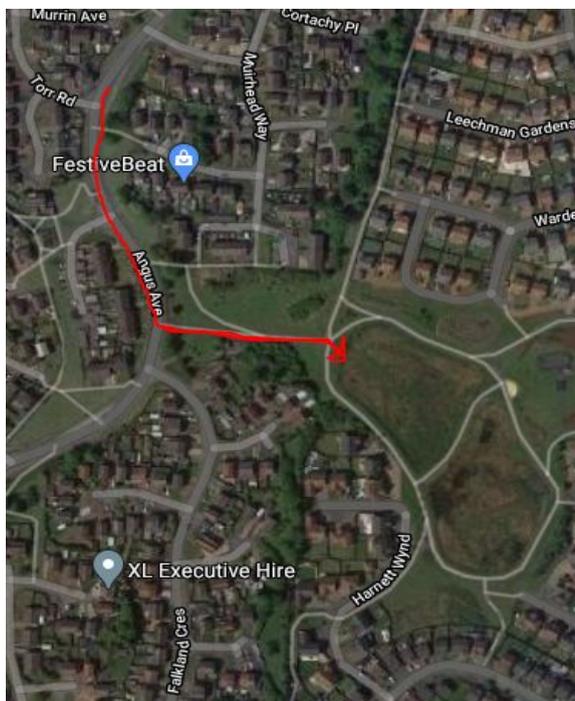


## Session3 @ 19:30 Linda

### Venue/route

Kings Meadow Pond off Angus Avenue. The pond is very near Bishopbriggs Academy. As you pass the Academy turn right onto Angus Avenue run past the side of Academy and head downhill. There is a postbox and small play park here. Run another 100m and you will see Blue cabins/machinery on the opposite side of the road and a path leading to the pond. The pond is to the left of Falkland Crescent. Route is roughly a 500m loop with a wide enough tarmac path to allow paired running, changing to single file running when passing members of public, still allowing for social distancing.

Athletes should meet as shown in picture below just before session is due to begin.



## Session 4 @ 19:30

### Rab

#### Venue/route -

meeting point is the entrance to the carpark associated with the flats on the right hand side of Lennox Crescent, looking up Lennox Crescent from Crowhill Road. There are two pavement areas and a grassy strip between which will allow for meeting and pre run brief but maintaining physical distancing.

Hill loop starts at the bottom of Lennox Crescent at the junction of crowhill road (at the street sign). Run up the hill on the right hand side pavement, effort finishes at the entrance of the care home, cross the road and recover down the opposite payment back to start.

Physical distancing can be maintained throughout the session if a staggered start is used at the beginning of the session (fastest athlete start first and a 5-10 second gap left between the next fastest athlete and so on). At pre run brief determine run order.

