

Coast and Islands 2023 - Final Details V2

The organisation will be low key. We're focussed on providing good maps, good courses and a holiday feeling!

Important Details

Day 2/3: No parking at the events

Overview Map: [areas, parking, toilets, things to do](#).

Parking in Tarbert: If you're not staying in Tarbert please try and use the 2 car parks at the school (motorhomes/campers can park in the bus bays in the western one as labelled) - see [the map](#). Just so we don't choke up the centre/roads of Tarbert!

Health and Safety: Please make sure you bring a jacket/hat/gloves/whistle in case we have to make it compulsory to carry them due to bad weather.

Toilets: Please check details before you arrive as we don't have toilets at all events.

Mapping: Style varies between the maps... See notes on each day.

Orange: There are few paths. Pylons, fences, streams and lochs are often used.

Buses: No dobs (metal studs) or muddy shoes please.

Winning Times: Predicted winning time for GB male elite runner.

First Aid: At assembly unless written below.

Dogs: Please keep dogs on leads whilst at the events due to livestock..

Program

		Day	Area	Start Times	Courses Close	Travel Distance From Tarbert
Friday	21st					
Saturday	22nd	1	Cnoc na Cloiche	11:30-15:00	16:30	Adjacent to Tarbert
Sunday	23rd	Rest Day				
Monday	24th	2	Isle of Scalpay	09:30-13:00	14:30	6 miles - Bus or Bike
Tuesday	25th	3	Creag na Bunaig	09:00-12:30	14:00	2.5 miles - Bus or Bike
Wednesday	26th	4	Tarbert	15:00-18:00	19:00	In Tarbert
Thursday	27th	5	Torsacleit	10:30-14:00	15:30	Adjacent to Tarbert
Friday	28th	6	Lews Castle, Stornoway	10:00-12:00	13:00	35 miles

Start Times:

- 1) Please try and start within your block but they are not strict. Just try and be fair in not always starting last (or first!).
- 2) Please also bear in mind course closing times, start earlier if you want to give yourself more time.
- 3) There will be a 2 minute start interval between people on the same course on the longer days (1,2,3,5), 1.5mins on Day 4 (very open) and 1 minute on the final day.
- 4) When you get to the start please see the start official who will give you the next available time on your course. Once allocated a start time you can warm up, relax etc.

		Group					
Day	Area	1	2	3	4	5	6
1	Cnoc na Cloiche	13:50-14:25	14:25-15:00	11:30-12:05	12:05-12:40	12:40-13:15	13:15-13:50
2	Isle of Scalpay	10:40-11:50	11:50-13:00	11:50-13:00	9:30-10:40	9:30-10:40	10:40-11:50
3	Creag na Bunaig Bus Passengers	As busing allows					
	Creag na Bunaig Cyclists	9:30-10:00	10:45-11:15	10:15-10:45	10:15-10:45	10:45-11:15	12:00-12:30
4	Tarbert	17:35-18:00	15:30-15:55	15:55-16:20	16:20-16:45	16:45-17:10	17:10-17:35
5	Torsacleit	11:40-12:15	12:15-12:50	12:50-13:25	13:25-14:00	10:30-11:05	11:05-11:40
6	Lews Castle, Stornoway	10:20-10:40	10:40-11:00	11:00-11:20	11:20-11:40	11:40-12:00	10:00-10:20

Timing:

- SIAC enabled controls.
- Punching start and finish.

Loose control descriptions provided

Results: Links will be posted on the website. Where mobile reception allows (probably everywhere as it is good) they will be live.

Overall Results: Overall results will be published. 100 will be given to the winner of each class, 99 to second etc. Best 4 of 6 to count.

Day 2 Bus

- See the Start Block List for which bus you should take
- Please park at/near the school
- 50 seater coach
- Will leave from the [bus parking](#) at the school
- Journey about 20 minutes
- You should catch the bus back 3.5 hours after your outbound journey (so if you got the 9am bus out, your bus back is 12:30). There are some spare seats on later buses for those who miss either of the first 2.
- **Please don't wear dobs (metal studs) or muddy shoes on the bus**

Day 3 Bus

- See the Start Block List for which bus you should take
 - Please park at the school or in Tarbert public car park only.
 - 20 seater mini coach
 - **Different to Day 2.** Will leave from the [public car park](#) in the middle of Tarbert.
 - Journey takes about 5 minutes
 - Please catch the bus you have been assigned to on way to event
 - On way back, ask the marshal to add you to the list for the next available bus (every 20 minutes)
 - There will be no buses between 12:00-13:00 (driver break).
 - **Please don't wear dobs (metal studs) or muddy shoes on the bus**
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Coordinator: Chris Smithard - masterplanadventure@gmail.com

Things To Do

[Walk the Highlands](#) has a great selection of the best walks(/runs). If you [use this link](#) and scroll down to the bottom of the list you can click on 'view of a map' it gives you a map of where all the walks start from.

[North Harris Trust Guided Walks](#)

[The Golden Road](#) - Perfect for a cycle. Both this road and the continuation down to Rodel in the south of Harris pass through some amazing scenery (and endless potential orienteering areas).

[Luskentyre Beach](#) - Harris is home to some amazing beaches with this one often cited as the best.

[Isle of Harris Distillery](#)

Thursday - [Handmade Harris Market](#) - Tarbert Community Hall

Lews Castle - [Hosts Museum nan Eilean Stornoway](#). Exhibitions about the history and landscape of the Outer Hebrides.

[Calanais Stones](#)

[Tripadvisor List](#)

Tarbert Restaurants/Cafes/Takeaway

[Loomshed Deli](#)

[Waterside Cafe](#)

[Hotel Hebrides](#)

[Flavour](#)

[Harris Hotel](#)

[Lunchbox Hebrides](#) - Takeaway

[Island Bites](#) - Takeaway

PS The 2 grocery shops in Tarbert are small. The nearest larger shop is Stornoway.

Photography

By taking part in Coast and Islands as a participant or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by Coast and Islands organisers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organisers.

Day 1 - Saturday 22nd July - Cnoc na Cloiche

Travel

- **Bike Parking:** Once the route to Assembly leaves the road.
- **Car Parking:** At the school (2 car parks). See above.

Assembly: Just outside Tarbert. 150m and 40m climb from the road. [Signed from here.](#)

Start/Finish: In Assembly.

Toilets: [Public toilets](#) in Tarbert.

Terrain: Open, rocky, generally fast with occasional tougher sections of vegetation.

Map:

1:7500, 5m contours. ISOM 2017-2 maps enlarged to 1:7500. Mappers: Steve Smirthwaite and Alasdair Pedley

Pylons are only shown on the Orange map.

Courses

Long - 7km, 220m - 2 Parts. Part 2 on back. (estimated winning time 40-45 minutes)

Medium - 5.4km, 195m - 2 Parts. Part 2 on back.

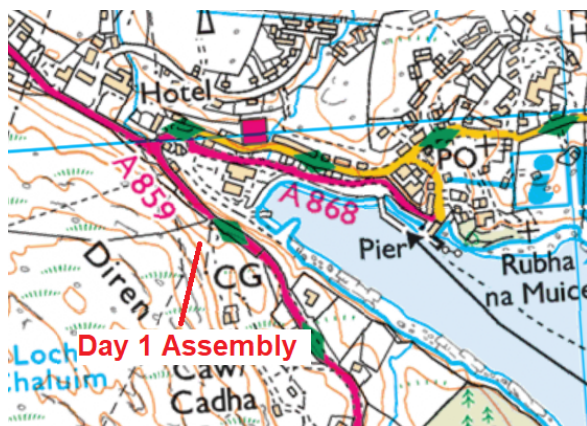
Short - 3.6km, 145m

Orange - 1.4km, 60m - mainly follows a pylon - [please show the symbol](#) to competitors beforehand!

Safety: Jacket, hat, gloves and whistle may be compulsory if bad weather.

First Aid: At Assembly/Finish

Thanks: Dieraclate and Ceann Diabeg Common Grazers



Day 2 - Monday 24th July - Scalpay

Travel

- Bikes - around Community Hall. Please don't cycle to the start (bike parking issue).
- Buses - See info above.
- Cars - we have a limited amount of parking available. Please contact us if you need it.

Assembly: At [Scalpay Community Hall](#). PS There are no shops/cafes on Scalpay.

Toilets: At the hall. There is also a shower or two.

Terrain: Open, lumpy. Mixed runnability, ranging from very fast to moderately slow. Fences should only be crossed at crossing points.

Map: 1:7500, 5m contours. ISOM 2017-2 maps enlarged to 1:7500. Mapper: Alasdair Pedley

Start: 900m from assembly along a quiet road. There is no bike parking at the start.

Finish: Near to start.

Courses

Long - 6.4km, 260m (estimated winning time 40 minutes)

Medium - 4.8km, 185m

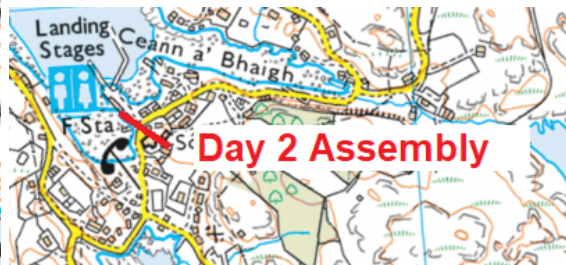
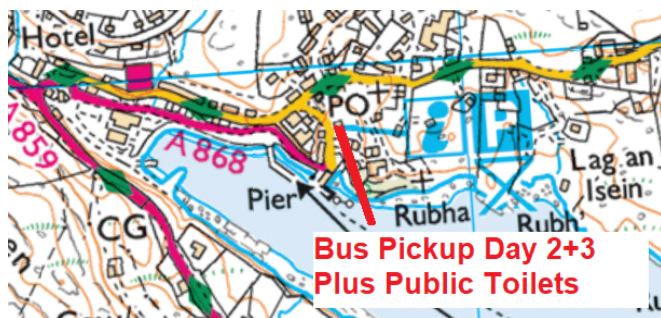
Short - 3.5km, 145m

Orange - 2.3km, 60m

Safety: Jacket, hat, gloves and whistle may be compulsory if bad weather.

First Aid: At Assembly

Thanks: To North Harris Trust, Scalpay Grazers and Scalpay Community Hall



Day 3 - Tuesday 25th July - Creag na Bunaig

Travel

- Bikes - parking at Assembly
- Buses - See info above.
- Parking - we have a limited amount of parking available. Please contact us if you need it.

Assembly: [Here](#)

Toilets: We have 1 portaloo so please go before you come (public toilet by bus pickup)

Terrain: Open plateau with many small hills, fast. A lot of rock.

Map:

Long, Medium, Short: 1:7500, 5m contours. ISOM 2017-2 enlarged to 1:7500. Mapper: Chris Smithard.

Orange: 1:4,000, 5m contours. ISOM 2017-2 enlarged to 1:4,000. Mapper: Chris Smithard.
For clarity/consistency, cairns are not mapped.

Start: 900m uphill, some in terrain. (Except Orange course which is at Assembly)

Finish: 1300m along the road. Please take care. (Except Orange which is at Assembly)

Courses:

Long - 6.3km, 350m (estimated winning time 35-40 mins) - 2 Parts. Part 2 on back.

Medium - 4.9km, 230m - 2 Parts. Part 2 on back.

Short - 3.0km, 115m

Orange - 1.7km, 20m

Warm Up Map: For those wanting a slightly longer warm up, we'll have some extra orange maps you can use.

Safety: Jacket, hat, gloves and whistle may be compulsory if bad weather.

First Aid: At Assembly

Thanks To: Urgha Common Grazers, Carragreich Common Grazers and the North Harris Trust



Day 4 - Wednesday 26th July - Tarbert

Travel

- Bikes - parking at Assembly
- Parking - in Tarbert, see notes on page 1.

Assembly: [Tarbert Community Centre](#) open from 15:00

Toilets: Yes

Terrain: 80% open, rocky / 20% urban

Map: 1:4000, 2.5m contours. ISSprOM2019-2 - Sprint Specification. Mapper: Martin Bagness (open), Alasdair Pedley (urban)

For a simplified full specification see the [maprunner website](#) including the **symbols which are forbidden to cross (in purple writing)**..

Start: 700m

Finish: At Assembly

Courses

Long - 3.0km, 75m climb (estimated winning time 15 mins)

Medium - 2.3km, 70m climb

Short - 1.7km, 35m climb

Orange - 1.3km, 25m climb - Includes some taped routes at the beginning.

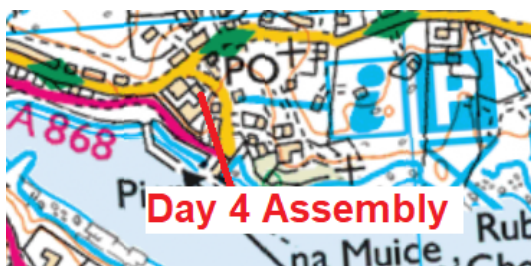
U16s: All under 16s should start between 15:30-16:00 (to reduce road marshalling time).

Safety: All courses cross minor roads towards the end of the course.

First Aid: At Assembly/Finish

Post Race Food: We have the hall until 8pm. So feel free to bring food/[takeaway](#) and socialise..

Thanks: Tarbert Common Grazers, The North Harris Trust and Tarbert Community Hall



Day 5 - Thursday 27th July - Torsacleit

Travel

- Bikes - near to the finish there is a fence between the business park and the road you can tie bikes to ([see the map](#))
- Parking - in car parks as described on page 1. Please don't park by/near start/finish.

Assembly: None. We will be at the [finish](#) though if you want to leave something there.

Start: [Here](#).

Toilets: Not provided. There are toilets at the public car park for those who park there.

Terrain: Open, rocky, generally fast.

Map: 1:7500, 5m contours. ISOM 2017 maps enlarged to 1:7,500. Mapper: Martin Bagness using lidar. **Just to confuse you... unlike other days the map shows rough open in white. Bare rock is not mapped.**

Courses

Long - 7.0km, 325m (estimated winning time 40-45mins)

Medium - 4.9km, 240m

Short - 3.0km, 130m

Orange - 1.6km, 45m - taped line feature as shown below - the tapes **DO NOT** go to the controls.

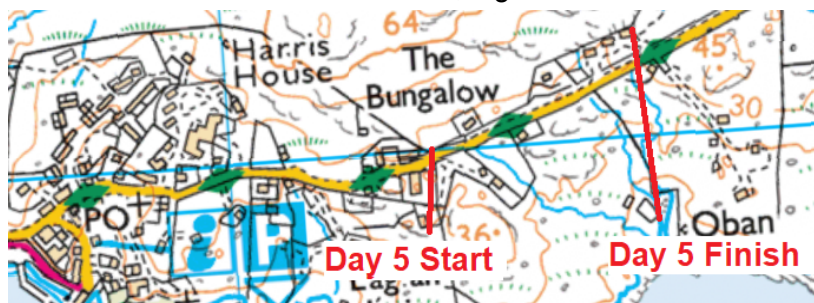
Safety:

- There is a stream in a steep re-entrant/gorge which is difficult to cross, see below for map extract.
- Jacket, hat, gloves and whistle may be compulsory if bad weather.

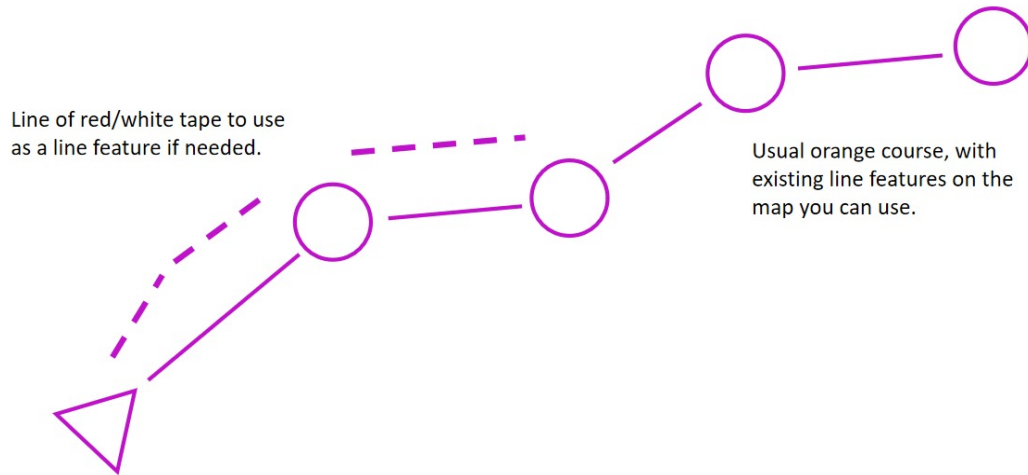
First Aid: At Finish

Other: [Handmade Harris Market](#) will be in the Community Centre during the day.

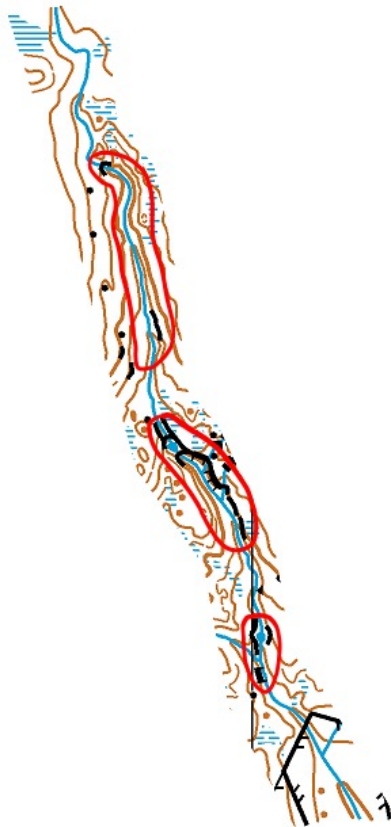
Thanks: Tarbert Common Grazers, Urgha Common Grazers and the North Harris Trust



Orange Taped Section



This valley/gill is difficult to cross in the areas highlighted in red (those areas are not marked in the competition map).



Day 6 - Friday 28th July - Lews Castle

Travel

- Bikes - at/near Assembly
- Car Parking - [In Stornoway](#). Please don't park in the Castle Ground as parking is limited.

Assembly: [On edge of field](#) just south of the Woodlands Cafe. (PS there is also another cafe at the castle)

Toilets: At cafe

Terrain: Forest/Garden Sprint. Hardly any tarmac. Shoes with some grip recommended. In the gardens large areas are olive green (out of bounds). It can be hard to tell the difference on the ground, please take care to avoid - we will tape some areas. Tapes will also show the start of small paths that run through olive green areas.

Map: 1:4000, 2.5m contours.

ISSprOM2019-2 - Sprint Specification. Mapper: Alasdair Pedley and Chris Smithard
Distinctive fallen trees are mapped as linear thickets.

For a simplified full specification see the [maprunner website](#) including the **symbols which are forbidden to cross (in purple writing)**..

Start: 100m north from Assembly (near cafe)

Finish: At Assembly.

Courses

Long - 3.5km, 100m (estimated winning time 15 mins)

Medium - 2.6km, 80m

Short - 1.7km, 55m

Orange - 1.6km, 30m

Safety: Courses cross minor roads

Thanks: Stornoway Trust

