

Hi all,

Hope you are well?

Just sending a wee update from Grangemouth stadium.

As most of you are aware the outdoor track has been closed for refurbishment the last few months to replace our existing track with the commonwealth games one.

Well I can now say after a long few weeks the work is almost done.....and outdoors is looking rather good.

For those of you that have bookings made already for the new season can you please note that the new track is a Mondo surface and not rubber crumb, so unfortunately there will be No needle/pin spikes allowed outdoors. Can you please make sure that all athletes are aware of this change before your events take place.

The recommended spike usage for a Mondo surface is Christmas tree or Pyramid spikes (These can be ceramic or steel), and are available to purchase from reception at a cost of £9.00. For more information on Mondo surface and spikes I have attached a couple of leaflets for some light reading!

Please note that staff will be checking athlete's spikes when outdoors is open again and any athlete found to be wearing needle spikes will be asked to remove them immediately.

We would appreciate your full cooperation on this matter as we don't want the track being damaged in any way.

If you require any further information then please don't hesitate to contact myself or Natalie.

We hope to see you all soon, when we open our doors again in a couple of weeks' time.

Kind regards

Dianne Morrison



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