Muiravonside Country Park: Sunday 7th April 2024

Muiravonside Country Park has a website with useful information here.

Parking
There are 2 car parks available, see map below; there is a £1 charge for using the one nearest to the farm and the start. Google maps: https://maps.app.goo.gl/Z75EvbMEftBS5Cq39

Courses

Course	Approx. length (straight line)	Technical difficulty
Yellow	1.5 km	TD 2 – suitable for beginners
Orange	2.1 km	TD 3
Light Green	3.2 km	TD 4
Green	4.2 km	TD 5
Blue	5.7 km	TD 5

Map
1:7500, 5m Contour interval drawn to ISOM 2017-2 surveyed by C Smithard 2016 – updated 2023.
Control Descriptions will be printed on the front of the map. No loose control descriptions will be available.

Terrain
Lovely mixed deciduous woodland with an open area. There are many wind-blown trees (the largest are mapped) plus some gorse bushes and a few areas with dense vegetation. Due to visitor activity, small paths have appeared and disappeared since the map was last updated.

Start
Start times: from 11:00 to 12:30. Look for a table/tent near to the South Eastern corner of the farm car park:

Controls
SPORTIdent will be used. Touch free punching will be activated, any dibber will work. All dibbers must be dibbed manually at the start and finish.

Finish
Courses Close at 14:00. All participants MUST report to download (next to the start) by 14:15.

Safety Information
The area is popular so please show courtesy to other users, avoid approaching dogs & beware of cyclists and walkers. Take care on the steep slopes and be careful crossing fences and the burn. Do not enter the river Avon which forms the Eastern border of the map and stay away from the large crags. The Light Green, Green and Blue courses cross the estate road so pease take care when crossing.

Participants take part at their own risk
Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organiser before they start.

Contact
Matthew.a.smith@live.co.uk or 0742 306 6358 if you have any questions.