

# Hermitage Woods WEE 2024-05-01

## Final Details

– Updated 29 April. Amended car parking, parking charges and facilities.

## Assembly, Start, Finish: Airthrey Golf Car Park

OS Grid: NS 813 968

What 3 Words: offstage.documents.brands

Google Link:

<https://maps.app.goo.gl/Eq8i5brRdLD14p6y5>



## Directions:

Enter Campus from the roundabout on the A9, and take first left along Hermitage road, following it past the residences, the Airthrey Castle and just past the Airthrey Golf Pavilion bear left into the temporary overspill car park at the entrance to the Gardens and Grounds.

Alternatively enter campus from the East entrance off the Hillfoots rd (B998) and park at the South car park and enjoy a warmup jog via the east end of the loch and Airthrey castle.

There should also be some spaces at the eastern half of the Airthrey Medical Centre car park (where we normally hold WEE events), but the main car park here is closed for building works, and both Pathfoot and Cottrell car parks have reduced capacity due to construction works.

University of Stirling interactive map:

<https://www.stir.ac.uk/about/getting-here/getting-around-campus/>

## Car Parking Charges:

Car parking is free after 5pm and for parking sessions shorter than 2 hours (so if arriving after 3pm then parking is free). Otherwise charges apply all year around mon-fri -

<https://www.stir.ac.uk/about/getting-here/parking/>

## Facilities:

### Toilets

There are one or two toilets at the entrance of the Willow court residence (on left before 'Refresh' bar). More available in the Atrium (Campus Central) and Macrobert Arts Centre cafe.

### Catering

Nearest food outlet is 'Refresh' within the Willow Court residence. (Open until 10pm)

Also 'Scran' in the atrium, where there is also a supermarket open until late.

UoS Detailed map of campus buildings and facilities:

<https://www.stir.ac.uk/media/stirling/global-assets/documents/university-of-stirling-campus-map.pdf>

## Entries:

There is no entry at the event. Pre-Enter at the FVO entry system. Guaranteed maps – please enter by 10am Tue Apr 30<sup>th</sup> <https://fvo.eu.pythonanywhere.com/>

## Registration and Start:

On path on North side of Golf Car Park.

### ***Start times: 5.30pm to 7pm.***

Please note the Green course has significant climb and steep terrain. Please start early if you expect to be slow.

## Finish:

Just west of Golf Car Park.

## Download

Either at Finish or until 7pm at Start.

## Courses Close: 8pm

Note: *Controls will be progressively collected from the Yellowcraig woods from 7.30pm.*

Please ensure you report to download, especially if you do not finish your course.

## Control Collecting:

Any volunteers to help collect controls would be much appreciated ( particularly Yellowcraig!)

## Course Details:

Green: 3.4 Km, 300m climb. TD5. Double sided map.

Short Green: 2.4 Km, 175m climb. TD4. Double sided map.

Orange: 1.9 Km, 115m climb. TD3

Yellow: 1.5 Km, 75m climb. TD2

Descriptions: Printed on map and available for download at FVO website from monday 29<sup>th</sup>.

## Air Punching:

Controls will be enabled for (SIAC) air punching. Hire dibbers will not be able to do air punching. If your SIAC card fails to beep/flash with air punching you should dib and the control unit should flash/beep to confirm. If the control unit appears to have failed please use the backup pin punch on the edge of the map. **Please note the finish unit must be dibbed**

**Map:** Scale: 1:7500, Contour Interval: 5m, Magnetic North: 2024

Updated: April 2024, Graham Gristwood.

## Safety:

1. Both the Hermitage and Yellowcraig woods have steep slopes and cliffs. Please take care and not take undue risks.

2. Due to the higher cliffs, steeper and potentially slippery terrain in Yellowcraig woods, only fit and experienced competitors should enter the Green course.
3. The Green course will include a short 100 to 150m route along a minor road to cross over from the Hermitage to and return from Yellowcraig woods. Traffic is light, but there can be fast cyclists descending. Please listen and watch for vehicles and bikes and do not take undue risks.
4. There are Mountain Bike trails/tracks in the areas, particularly in the Hermitage. These have all been recently mapped – note how they twist and turn. Please be advised that it is unwise to run along these trails, to avoid collisions with descending cyclists, but also they can be very slippery. It is safer and faster to run aside them if on your chosen route.
5. Competitors are advised to check for ticks immediately after competing; general guidance on ticks is widely publicised by BOF, SOA and FVO
6. Please take care of other members of the public using the area for dog walking, bike riding, running etc.
7. A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.
8. You have the option of downloading, completing and handing this [Medical Form](#) to the Organiser (via Registration) so that existing medical conditions are known about in the event of an incident. Please put in a sealed envelope with your name on it. It will only be opened if required and will be destroyed unread if you don't collect before the end of the event.
9. Everyone must report at the finish, whether or not you have completed the course.
10. If you have covid, or covid symptoms, or a recent positive covid test – please do not attend the event.

### **Emergency Contact Number:**

*For serious incidents phone 999 and ask for Mountain Rescue*

To contact the organiser (during the event only) call: 078354 192278

A text message may work better than a phone call if the signal is weak. If you carry a phone it is recommended that you register it to send emergency 999 text messages, see this link:

[https://www.emergencysms.net/registering\\_your\\_mobile\\_phone.php](https://www.emergencysms.net/registering_your_mobile_phone.php)

Any queries prior to the event, feel free to contact Brian : [brian@bullen.uk.com](mailto:brian@bullen.uk.com)