

Entries – Pre-entry through online system.

Covid-19 Rules – All participants are expected to comply with the latest rules.

Parking – Carpark alongside Kings park, FK8 2RF

What.3.words- city.yoga.natively

Start location-

Grass areas behind the Pavilion

Courses -

Yellow-1.3km

Orange-2.2km

Short urban- 3.4km (optimal running distance)

Long urban- 6.0km (optimal running distance)

Start times-

11:00 -13:30

Map – 1:4000, 2.5m contours, Last updated 2020

Terrain – Open parkland, some areas of woodland. Urban courses enter housing estates

Timing System – SPORTIdent will be used. Touch free punching will be activated.

Courses Close – 14:30 All participants MUST report to the finish by that time.

Safety Info –Please watch out for members of the public, dogs and cyclists. Urban courses cross roads, traffic should be moving fairly slowly but please take your time 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 organisers before they start.

Contact - Please contact Kieran Watts developmentofficer@fvo.org.uk, if you have any questions.