

Entries – Pre-entry through online system.

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

Parking – Main Muiravonside Country park car park, EH49 6LW

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Parking is £1 per Car

Start location-

South east corner of car park

Courses -

Novice- 1.8km 50 Climb

Short- 3.5km 100m Climb

Long- 5.0km 150m Climb

Start times-

Mass start 6:30pm

Map – 1:7500, 5m contours, Last updated 2018

Terrain – Open woodland, with good path network, some areas of thicker undergrowth. Areas of open parkland and newly planted trees.

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

Courses Close – 20:00 All participants MUST report to the finish by that time.

Safety Info –Please watch out for members of the public, dogs and cyclists. Courses go near a river, care should be taken on banks as it may be slippery. The road which accesses the car park will be crossed by some courses, care should be taken.

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.