

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

Parking / registration – Dunblane Cemetery FK15 0FD (NOT the normal Laigh hills play park)

Courses -

Long course Length (Straight Line) 5.5km – winning time of 35 minutes

Short course Length (Straight Line) 3.6km – winning time of 35 minutes

Novice course 1.8km

U16s -

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility unless exempt.

Map – 1:4000, 5m Contour interval M Pinker / Updates Graham Gristwood 2020/21

Terrain – Mixed terrain – gravel paths, dead bracken (although slow in places), steep slopes. Fairly limited tarmac <10% so recommend studded shoes.

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

Cost –

FVO and SOA members: £5.00 seniors / £3.00 juniors and students

Non-members: £6.00 seniors / £4.00 juniors and student

Starts – Mass start at 18:30 – participants who don't feel comfortable starting in a mass start are welcome to a punching start afterwards.

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

Safety Info – Please also watch out for members of the public, dogs and mountain bikers.

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.

Future events in the series

8th Dec - Bantaskine

12th Jan - Gallamuir

26th Jan - Polmaise

9th Feb - Biggins Wood

23rd Feb - Bonnyfield

9th March - Dumyat

23rd March - West Trossachs/Achray

Contact - Please contact Roger Goddard, rogergoddard74@gmail.com