

Covid-19 Rules

All participants are expected to comply with the latest rules, including:

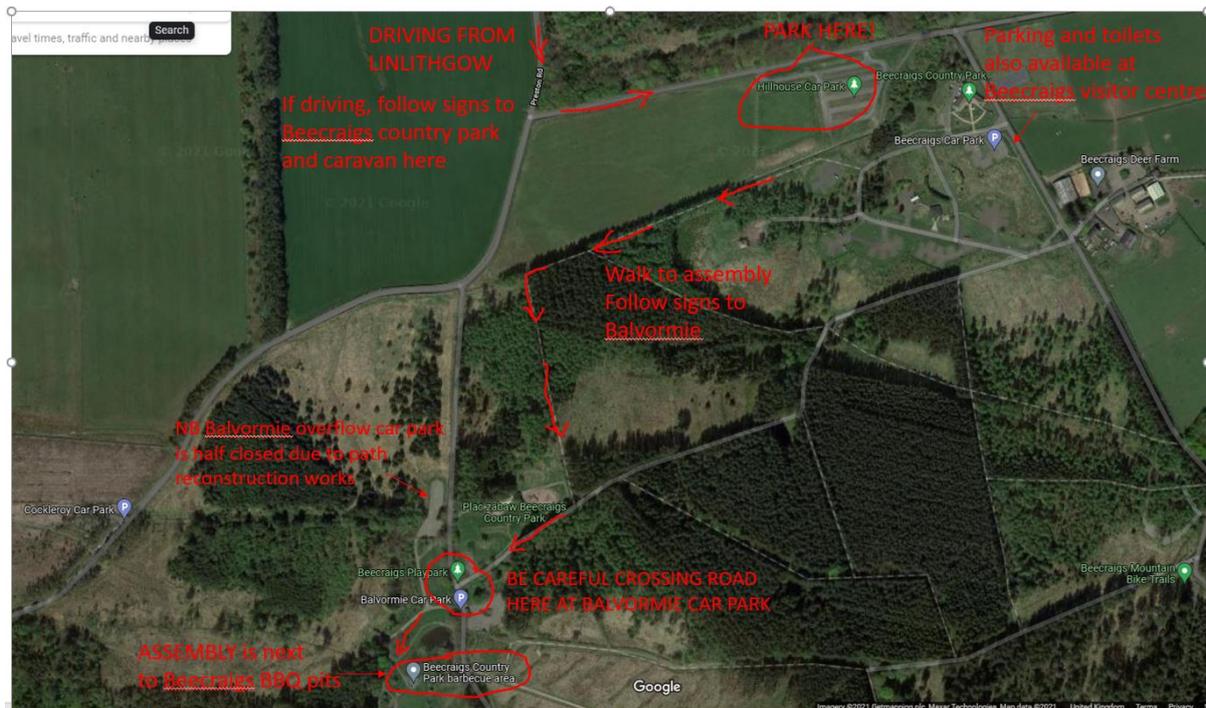
- please do not attend if you have any symptoms
- please respect social distances including during coaching sessions
- pre-entry only through online system, please do not attend on the day if you have not pre-entered

Parking

The Beecraigs rangers has asked us not to park at Balvornie car park (or the overflow car park which is currently half closed due to construction works), but you can do this if you have young children or need to park nearer.

Everyone else please park at Hillhouse car park - see attached map. And then walk to assembly which is next to Balvornie.

If you use What3words app (recommended!), then the assembly area is at “Duet.Driftwood.Sheds”



Assembly

Assembly is located adjacent to the Beecraigs BBQ pits. Please be careful crossing the road at Balvornie. Start and finish are at assembly.

Toilets at Balvornie are closed, please go before you attend or go to the visitor centre.

Courses

Green: 3.8km 120m climb

Orange: 2.7km 75m climb

Yellow: 1.8km 35m climb

Starts

Final start times will be published on the FVO website event page on 11/10/21 by 9pm. Please check your start time before you travel as it may have been changed from the start time you entered for, particularly if you have attending the coach briefings. If you have any specific time constraints, please let me know before Monday evening.

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

Coach briefings

All coaching briefings will happen at assembly. Please arrive in plenty of time to attend your briefing and/or course start time. During all briefings participants should remain socially distanced

11am+11.30am – Newcomer briefings

12pm – Green coaching for club members

Map and Terrain

Map – 1:10000, 5m contours, Last updated March 2018. Farmland and areas of forestry work have been marked as Out of Bounds using red hatching. Roads are not marked as such but are also out of bounds. Mountain bike trails, paths under reconstruction and some fences are marked with red boundary lines and should not be crossed.

Terrain - All courses go through woodland with a good path network, some areas of thicker undergrowth. Green course goes up to Witch Craig, which has areas of open moorland covered in heather.

Courses Close

Courses close at 15:30. All participants MUST report to the finish by that time.

Safety Info

Please be aware of traffic in the car parks and route to assembly.

Please be alert for mountain bikes as there are several fast trails in the area and they may be traversing between trails.

Please also watch out for members of the public, dogs, and horses.

There are some crags in the area, please take care near these.

It has been wet recently so terrain can be slippery, participants should wear suitable footwear and clothing.

Participants take part at their own risk.

Contact

Please contact the organiser Jen Leonard Jennifer.leonard303@gmail.com or 07979 530879, if you have any questions.