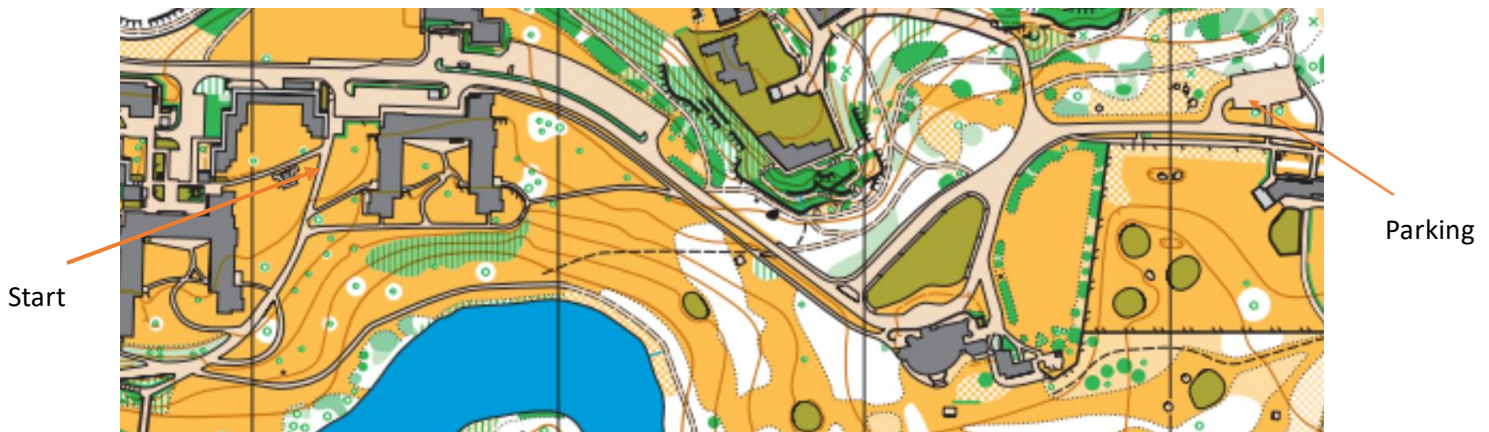


Entries – Pre-entry through online system.

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

Parking – Stirling uni golf pavilion car park, What3Words [///causes.decoded.evidently](https://www.what3words.com/#!/causes.decoded.evidently)

Start- Located 400m from the car park, route to start from parking will be taped.



Courses -

Green course: 3.6km

Orange course: 2.4km (No shadowing U16's required)

Yellow course: 2.0km (No shadowing U16's required)

U16s -

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety on the green course, yellow and orange course have no road crossings

Map – 1:4000, 2.5m contours, drawn to ISSOM 2018 by Graham Gristwood 2018.

Terrain – Mix of urban and parkland, may be slippery if wet. Hilly.

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

Starts – From 10:30-12:00, available on Orienteering Signup - View Entries

Courses Close – 13:30. All participants MUST report to the finish by that time.

Safety Info – Please be aware of traffic, which may be fast moving. Please also watch out for members of the public, dogs, and cyclists. The courses run close to a loch, please take care when running along the banks. There are quite a few steep slopes, which may be slippery if wet. The long course crosses a small campus road, but care should still be taken.

Participants take part at their own risk – Any participants with relevant preexisting medical conditions which might affect their participation should disclose them to the race organisers before they start.

Future events in the series

September 29th – Bridge of Allan

October 9th- Abbey Craig

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