

Entries – Pre-entry through online system.

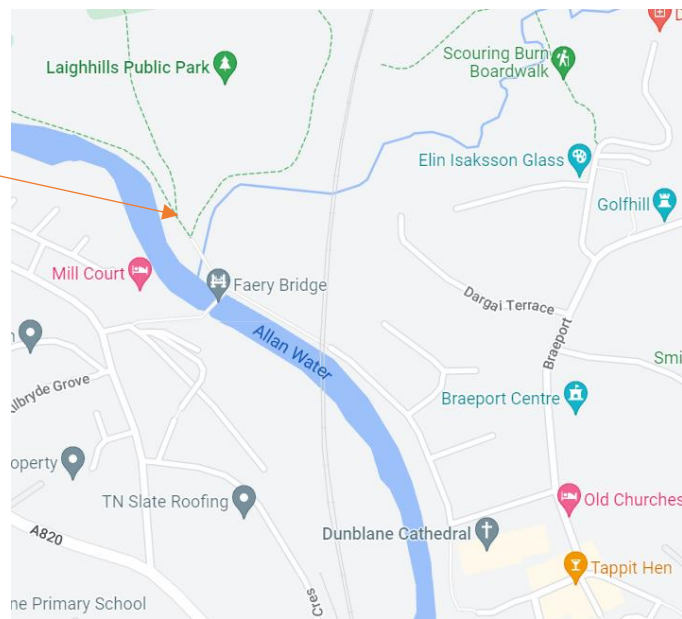
Covid-19 Rules – All participants are expected to comply with the latest rules.

Parking – Dunblane Cathedral car park

<https://www.google.co.uk/maps/place/Cathedral+Car+Park/@56.1899288,-3.965427,18.96z/data=!4m5!3m4!1s0x4888893baefbbc85:0x22e0d328b1726115!8m2!3d56.1899156!4d-3.9653714>

Start location-

Play park at Laigh hills



Courses -

Yellow-1.2km

Orange-2.0km

Coach will be on hand at start/finish to discuss courses/answer any questions

Start times-

11:30 -12:30

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

Terrain – Open parkland, some areas of woodland.

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

Safety Info –Please watch out for members of the public, dogs and cyclists.

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](mailto:developmentofficer@fvo.org.uk), if you have any questions.