

Abbotshaugh Local Event
24/07/2022
Final Details

Parking: off-street parking from Haugh Street, Langlees (signposted “Community Woodland”). The entrance to the car park is between two rows of houses, and it not particularly distinct, but will be signposted with an orienteering kite.

FK2 9QX

OS Grid reference - NS 889 822

what3Words - ///hangs.worry.copies

Google maps: [168 Haugh St - Google Maps](#)



Start/Finish: adjacent to parking, just north of a public playpark.

Terrain: Mix of deciduous and coniferous woodlands, relatively flat, and recently thinned. Mostly runnable, although the Rough Open is quite rough with long grass. There is little thorn and bramble on optimal running lines, although there are nettles around the edges of several of the major paths.

Toilets: There are no toilets at the event. The nearest public toilets are at the Kelpies (1.2km away)

Safety: Abbotshaugh is popular with dog walkers, runners and cyclists so please be considerate of other park users. The area is bounded to the North by the River Carron. No controls are placed within trip distance of the river, but please supervise young children (if in your party) when near the water.

Map: 1:7,500 5m contour interval, surveyed by C Smithard 2019.

Control Descriptions: will be printed on the front of the map. No loose control descriptions but a pdf will be available for printing from the FVO website.

Courses:

Green 4.6 km with 40m climb & 16 controls

Orange 2.9 km with 35m climb & 12 controls

Yellow 2.1 km with 25m climb & 10 controls

Courses close at 1pm. All participants MUST report to the finish by that time.

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: if you have any questions, please contact Steve Scott – stevenscott1966@yahoo.co.uk or 07580 708368