

## Bantaskine – Wednesday Evening Event – 22/06/2022 – Final Details

**Parking:** on-street parking in residential estate off B803 Slammanan Road, Falkirk. A footpath from the junction of Craigleith Avenue and Craighorn Drive leads direct to the start. There is plenty of space but please do not obstruct pavements or driveways and be very considerate of residents. This includes thinking about where you get changed afterwards, if at all.. no one wants to look out of their lounge window and see you hopping about at the boot of your car in your underpants...

FK1 5NW

OS Grid reference 872 790

Google maps: <https://goo.gl/maps/EetHJzbnor2xqg1v5>

The start is adjacent to the small public car park for the Bantaskine estate, accessed down a narrow driveway directly off the B803. This only has space for approximately 12 cars and has a long narrow, driveway, hence why we are recommending parking in the adjacent housing estate.



**Start/Finish:** 100m along a footpath from the junction of Craigleith Avenue and Craighorn Drive. Please be aware that cars may be entering/leaving the public car park beside the Start/Finish.

**Terrain:** Mix of deciduous and coniferous woodlands. Mostly runnable, although the Rough Open is quite rough with long grass, and there are patches of brambles and nettles - none impenetrable as of last week. There are cliffs in the area, from old quarry workings, and a collapsed cave in the middle of the map, which is marked on both map and terrain as out of bounds. Some of the slopes are

steeper than they appear on the map. Please take care, especially when descending. Runners on the Green course will also use the map extension to the North of the canal for an urban orienteering section around Summerford Park – this involves some pavement running so dobs are not recommended. Runners on the Yellow and Orange courses remain in the main Bantaskine estate throughout their courses.

**Toilets:** There are no toilets at the event. The nearest public toilets can be found at Falkirk High Station – limited opening hours.

**Safety:** Bantaskine 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 canal and is fenced to the East, so the safety bearing would usually be South.

**Map:** 1:5,000 5m contour interval, surveyed by C Smithard 2018.

**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

Orange 2.8 km

Yellow 2.5 km

Courses close at 8pm. 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 Jonathan or Rona Molloy – [molloy@blueyonder.co.uk](mailto:molloy@blueyonder.co.uk) 07803 616471