

Entries – Pre-entry through online system.

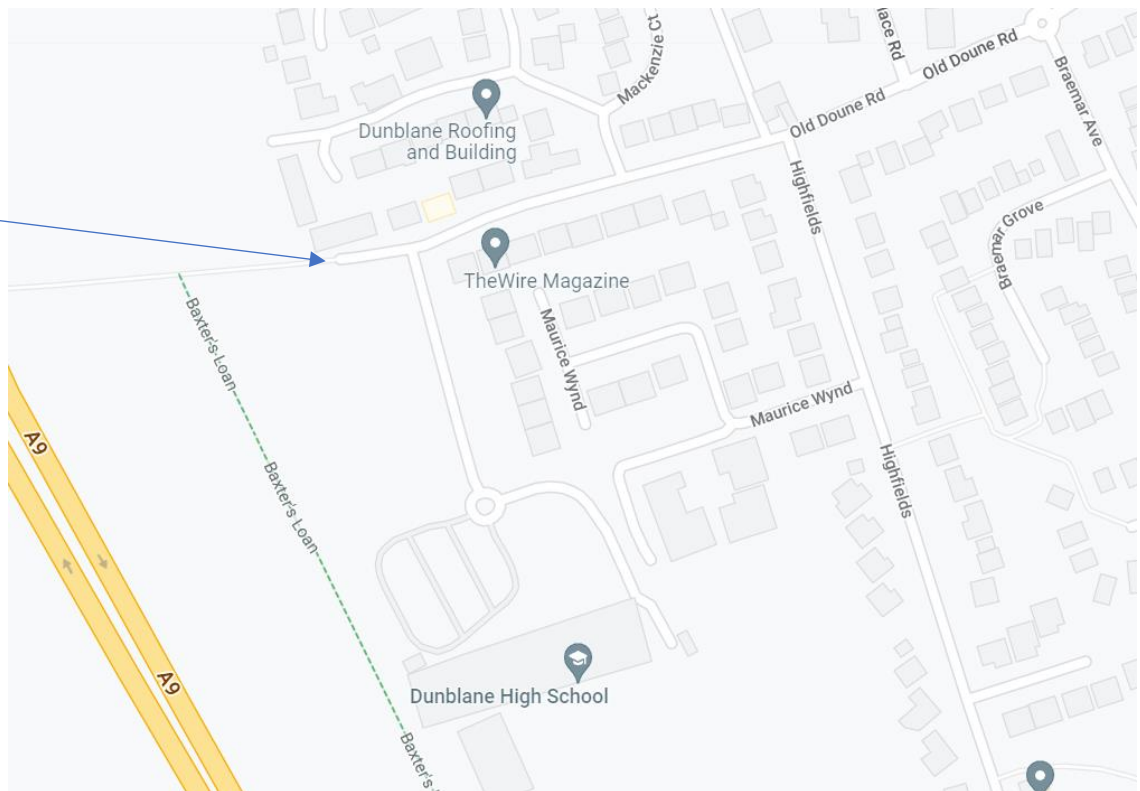
Covid-19 Rules – All participants are expected to comply with the latest rules.

Parking – Along Old Doune Road and surrounding side streets

Please park considerably in this residential area. Please do not block driveways etc.

Start location-

Start located
at west end of
Old Doune
road



Maps and Hired Dibbers will be available to collect at the start

Courses -

Yellow-1.7km

Orange-2.3km

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

Start times-

11:30 -12:30

Map – 1:7500, 5m contours, Last updated 2018

Terrain – Open parkland and woodland, mixture of small and large paths/tracks

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, if you have any questions.