

Entry – Via the FVO Website by 10am the Tuesday before the event

Parking / registration – The Balfour Community Centre, Balfour Crescent, Plean FK7 8DS

Grid Ref: NS8361987096 W3W: include.dignity.skies

(NB: Do Not Use the Plean Woodland carpark – gates locked at 7pm prompt). Parking is limited; please use on-street parking and maybe the Primary School car park (no permission sought by FVO).

Courses -

Long course: 4.9k – winning time of <35 minutes

Short course: 3.2 – winning time of <35 minutes

Novice course: 2.3km

U16s -

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility, unless exempt.

Map – 1:7500, 5m Contour interval, drawn to ISOM 2017 by Chris Smithard 2020.

Terrain – Mixed terrain – gravel/muddy paths, tarmac, short grass with options to cut across rough ground. Some vegetation is very high but well mapped and can be avoided.

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

Cost – FVO and SOA members: £5.00 seniors / £3.00 juniors and students

Non-members: £6.00 seniors / £4.00 juniors and student

Starts – There is a remote start/finish/download tonight – we will do the people checking at the Balfour Centre then all walk out to the woods – approximately 400m to the start/finish area on the edge of the wood. This route will be taped so you can return to your vehicles after download.

Mass start shortly after 18:30 – participants who don't feel comfortable starting in a mass start are welcome to a punching start afterwards.

Courses Close – 20:00. All participants **MUST** report to the finish by that time.

Safety Info – Please watch out for members of the public and dogs walkers. Please avoid all areas of wet and marshy ground which are especially full and slow going right now. Both the Long and Short course cross a burn, which can be deep (up to knee) in places. Seek somewhere safe to cross and check before you leap! There are slippery wooden bridges and boardwalks out there – please take care on them. The courses have been planned to avoid crags and cliffs and stay away from the main car park and the road into the site. Please avoid. In the event of adverse weather conditions we may cancel the event (check web page for details) or advise carrying a whistle and insist on carrying a waterproof.

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 Matthew & Jason Inman: Jason.inman@wirepost.co.uk if you have any questions