

Braco Night Event 1st February 2023 – Final Details

Parking– There is a very small car park (3-4 cars) at the north end of the village. Other than that, please park carefully and considerately on the nearby streets. Allow a few minutes to get to registration / assembly, depending on where you end up.

Registration / assembly – We will assemble by 6.30pm at the small car park mentioned above, GR 837098, what3words: bandaged.skis.restores We will do a roll call and briefing there, before walking together a short distance to the start.

Courses -

Long course 4.8km – winning time 30-35 minutes

Short course 3.4km – winning time of 30-35 minutes

Novice course 2.4km

U16s – Note that U16s are welcome but must be accompanied by an adult willing to take responsibility. Because there is an urban element to the Long course, all U16s on the Long must be shadowed, even if they are normally 'exempt' for night events.

Map – 1:5000, 2.5m Contour interval drawn Graham Gristwood 2014.

Terrain – All courses carry out a full exploration of the Ardoch Roman fort site. This is mainly open rough grassland, tussocky and marshy in places, with small patches of gorse. Please note the 2.5m contour interval and the use of form lines means that features can be smaller than expected! The Long course also has an urban element, which is accessed via a tricky road crossing. This will be marshalled, please listen to the marshal for any instructions. Optimum footwear for competitors on the Long is probably trail shoes with studs, but trainers should also be OK, there are no tricky ascents or descents.

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 – 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.

Social – As already advertised by Vicky: “we’ve booked the function room at the India Gate restaurant... We're welcome to arrive anytime from 7:45pm onwards. There's no need for us to give orders in advance of specific numbers but it would be nice for us to know who's joining in and a rough idea of your ETA. Please email: vicsqueak@gmail.com”

Safety Info – Please also watch out for members of the public, especially on the urban section. Long course competitors should take care crossing the main road, as above, and other minor roads on the urban section. Junior competitors should be accompanied back to their cars from the finish area, due to the main road crossing.

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 Simon Hunt, simonahunt@yahoo.co.uk if you have any questions.