

Parking / registration – NW corner of main car park at Dunblane High School

FK15 9EW, NN 770 007, shrimp.landowner.reckon, <https://goo.gl/maps/YtfRbwjcPgi3uLn57>

Courses -

Long course Length 6.2km – winning time of 35 minutes

Short course Length 4.7km – winning time of 35 minutes

Novice course 2.8km

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 Stirling Surveys, updated by Graham Gristwood 2017-23.

Terrain – Mixed terrain – all courses include runnable forest, marsh, gravel/muddy paths, small amount of tarmac. The short and novice courses have a small urban section including short grass with options to cut across rough ground plus some road running. The long course requires a large ditch to be crossed twice. There is a defined crossing point (see below).

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 at 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 – A table has been reserved at the Riverside in Dunblane (<https://goo.gl/maps/AxREwaJssG4WUdja6>) for arrival between 7:45pm to 8pm. Please see email from Vicky Thornton for more details and contact Dawn Goddard dawngoddard24@gmail.com to book.

Safety Info

All courses:

- Please watch out for members of the public, dogs and mountain bikers.
- There are several areas of windblown trees, the courses have been routed to avoid the need to go through these areas.
- The courses cross the A9 using a footbridge. The A9 is marked as out of bounds, use the footbridge!
- There are a few possible fence crossings, no barbed wire fences on optimal routes. Please take care when crossing all fences.

On the long course:

- There is a large (not jumpable) ditch that is crossed twice using a log (not slippery) next to a fence. The log is not massive, so please cross one at a time and with care. It may create a bottleneck so both legs that cross the ditch will be ignored in the results.
- There is a rubbish pile near the end of a track that includes concrete and steel reinforcement. You should not need to cross it but if you find yourself approaching a pile of rubble, please take extra care as the steel is not easily visible.

The short and novice courses both cross quite residential streets.

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 John Heaton, omil@theheatons.org.uk if you have any questions