

Abbey Craig Local Event 15th January

Final Details

Parking / registration– in the Wallace Monument car park. We will be based near the car park entrance at the East end of the car park.

Courses-

Blue course 4.6km

Green course 3.4km

Orange course 2.6 km

Yellow course 1.9 km

Map – 1:4,000, 5m Contour interval. Updated May 2022 by Martin Bagness, mainly adding all the damage caused by the storms of last winter.

Terrain - Most of you will know Abbey Craig well. Steep open woodland with one big area of windblow and many smaller windblow patches. There is a slow running vegetation screen on much of the map indicating mainly bracken and ferns. However the ferns and bracken are currently low and much less an impediment than in the summer. Plenty of paths.

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

Starts– 11.00 to 12.30

Courses Close– 14.00. All participants MUST report to the finish by that time.

Safety Info–There are steep cliffs in Abbey Craig. Mainly on the South side and around three quarries. All are clearly marked on the map in heavy black. Please take care.

A minibus shuttle runs to and from the Wallace Monument. Be aware and watch out for it if using the road up to the monument.

Please take care crossing the car park between the start and the main area.

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 want any further information or have any questions please contact Gareth Bryan-Jones,

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