

## FVO Local Event – Plean Country Park – Final Details

Sunday 18<sup>th</sup> June

*NB These are not the final details for the Jamie Stevenson Trophy (JST), although there is naturally overlap. Please contact the JST Organiser Judy Bell [judy.esoc@gmail.com](mailto:judy.esoc@gmail.com) if you are looking for those.*

### Venue

Plean Country Park, Cadgers Loan, Old Plean, Stirling, FK7 6BB

### Directions

**From the North/West:** Leave M80/M9 at junction 9 following signs for Stirling Services, at the roundabout take the exit onto A872 after 0.7mile turn left onto Roman Road, follow this for 1.7mile and then turn left onto Cadgers Loan. Plean Country Park is on your right after approximately 0.5 miles

**From South/East:** Exit the M876 at junction 2 for Larbert and turn right onto Stirling Road/A9. At the roundabout take the 1<sup>st</sup> exit and stay on Stirling Road/A9. At Torwood turn left onto Glen Road and then after 1 mile turn right onto Cadgers Loan. Plean Country Park is on your right after approximately 0.5 miles

### Parking

Plean Country Park is extremely popular and if busy parking is very limited and we are asking that teams organise themselves so as to arrive in as few vehicles as possible.

Please only park in designated car parking spaces and do not park at the gates to the park or on the access road – these must be kept clear for emergency vehicle access. On entering the park the main car parking is on the left.



If the car park is full, please use parking in the village of Plean. It is approximately 1km from Plean to the Country Park.

There are a range of parking options in Plean: opposite the junction of Cadger's Loan and Touchill Crescent (yellow) there is waste land which is used for parking; there is a car park next to the doctor's surgery (green) in Main Street, there is also parking at the primary school (Blue). If parking in Plean, please respect local residents.



## Timings

The event follows the Jamie Stevenson Trophy (JST), an annual Scottish inter-club junior competition. There will be a JST prizegiving at around 1.45pm in the vicinity of the assembly area.

Start times for the local event are from 2pm – 3.30pm; courses close at 4.30pm.

## Assembly

The assembly is in an open field area approximately 300m from the car park. The route to the assembly will be taped. The finish, download, and registration will be located in the assembly field.

## Toilets

There will be toilets located at the car park. Sadly the newly refurbished toilet block will not be open but we have sourced some portable toilets.

## Start

About 100m from the entrance to the Assembly Field – follow the taped route.

A punching start system will be used, with competitors on all courses except the Yellows picking up their map after punching the start unit.

## Courses

Course Lengths

Course	Length		Climb	No. of Controls
	Straight line	Optimum route		
Yellow	2.1km	2.4km	40m	15
Orange	2.8km	3.2km	50m	14
Light Green	3.2km	3.8km	70m	13
Green	4.7km	5.3km	150m	16
Blue	5.6km	6.5km	180m	19

Control descriptions are on the map and loose descriptions are available at the start (Text descriptions for yellow, symbolic for all other courses)

Map Scale: 1: 7500

## **Terrain/Planners Notes**

The area is widely used by walkers, runners, dog walkers, horse riders and cyclists, and if the weather is nice, the park is likely to be quite busy. Please be courteous to other users of the area.

Plean Country Park has a mix of terrain, with open meadows, deciduous woods (birch and beech), coniferous areas of varying age and density, with patches of gorse and rhododendrons throughout. As we are heading into summer, the undergrowth is springing up, and competitors on the Light Green, Green and Blue courses are likely to encounter brambles, nettles and bracken. The courses have been planned to avoid the worst of these, but they can't be avoided altogether.

The event is taking place at a sensitive time for the meadows, as some relatively rare wild flowers will be in bloom. A condition of our permission to use the area is that we use the paths to cross the open areas wherever possible. The courses have been planned so that paths through the open areas are likely to be the best route. It is especially important that we stay within the lower part of the Finish / Assembly field, which is one of the wildflower meadows. The courses will approach the Finish along the main path through the field. We will mark out the area that is OK for spectators, and you will get a good view of your incoming runners from the spectator / assembly area.

## **Clothing and weather**

Full leg covering is required for tick prevention and as there is significant vegetation cover. You should inspect yourself for ticks after the event. We recommend shoes with a good grip. Bring your own water and hot drinks for after your run.

## **First Aid**

Event officials are first-aid trained and a basic first aid kit will be available at Registration. The nearest hospital is Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR

**Competitors are reminded that they take part at their own risk and are responsible for their own safety**

## **Acknowledgements**

Thank you to FVO for the use of the map and Stirling Council for access to the park.

## **Results**

Results will be posted on the FVO website as soon as practicable after the event.

## **Contacts**

Organiser / Planner: Simon Hunt 07864 585527