

Doune – Wednesday Evening Event 17/05/23 – Final Details

Parking: Doune Ponds Car Park, FK16 6EH (NN725019) or, if full, on road side in surrounding streets.

Toilets: There are no toilets at the event. Please plan ahead.

Registration/Download/SI Hire: Located on a grassy knoll next to the car park.

Start/Finish: Through the gate into the wood – both are within 50m of the car park.

Terrain: Yellow, Orange and Short Green courses stay within the wooded parkland of Doune Ponds. There are a number of ponds and wet areas, all of which can, and should, be avoided on your courses. Please be aware of other woodland users and wildlife.

The Green course uses Doune Ponds but also has a number of urban legs across the village. Spiked/Dobb shoes are not advisable. This course crosses the busy A-Road that dissects the town because of this any young juniors must be shadowed by an adult. The course has been planned so that you can safely cross the road at zebra crossings, highlighted on the map.

Map: 1:5,000 scale, 5 meter contour interval.

Control Descriptions: On the map and also available to download alongside these details.

Courses:	Yellow	1.7k
	Orange	2.5k
	Short Green	2.8k
	Green	5.6k

Courses Close: 8PM. Please ensure you finish your course or return back to download by this time.

All participants take part at their own risk. Anyone with a pre-existing medical condition which might affect their taking part should disclose them to the race organiser before they start.

Please check for ticks after you have run.

Any questions or comments please speak to Matthew or Jason.inman@wirepost.co.uk
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