

Forth Valley Night Series 2023/24

Race #2 – Falkirk Wheel, Wednesday 22nd November 2023

Entry – Via the FVO Website . Maps will be printed in advance, There will be a maximum of 24 spaces on the Long course, and 20 on each of the Short and Novice courses. Please don't leave your entry until the last minute if you have a preference for which course you want to run.

Parking / registration– Upper car park at Falkirk Wheel, on the southern side of the Forth & Clyde canal. FK1 4RS. There is additional parking on the northern side of the canal, but note if you park here, a bridge over the canal is removed at 8pm, and it's a 5km run back to your car via Lock 16 if you're late!

Courses-

Long course – 4 variations. 5.6km with 145m climb and 22 controls

Short course – 2 variations. 3.9km with 105m climb and 14 controls

Novice course – ungauffed. 2.6km with 70m climb and 8 controls

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 Chris Smithard 2020, and updated March 2022 by Lewis Taylor

Terrain – Mix of open/semi-open land and birch woodlands. Lots of contour detail around the Roman fort. Electricity pylons have been removed from the map to aid legibility.

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 students

Starts– Callup and safety brief at 18:25, and 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.

Safety Info– Please watch out for members of the public in the area, particularly when bisecting paths from wooded area.

Although no controls are located close to the canals, there are still a number of streams and ponds in the area – please don't fall into them; it's late November and you may get cold and wet

There is an unmapped temporary construction site 200m west of the aqueduct. This has been marked as “out of bounds” on the map until we determine whether it will be a permanent feature.

Fences around the Roman fort area should only be crossed at the marked crossing points, which are on obvious route choices.

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 Steve Scott stevenscott1966@yahoo.co.uk if you have any questions

