

## **Muiravonside 26/11/2023 – Final Details**

Parking – Parking in main car park of the muiravonside country park (continue along driveway to the farm). There is a £1 charge to park in this car park. The woodland car park (first turning on left) is free, but approx. 2km away from registration.

### **Muiravonside country park**

Linlithgow

EH49 6LW

///bump.pushing.eggshell (w3w)

**Toilets:** There are public toilets at the visitor centre, a short walk from the carpark and right next to download and registration.

**Start/Finish:** These are both very close to the car park and to the visitor centre and will be signed from both. On some courses the Start and Finish areas are on potential route choices during the courses, this could provide some spectating fun, but please take care to avoid collisions! We will have a small amount of sheltered space at the centre where we will have the download.

**Terrain:** Lovely mixed deciduous woodland with an open area, some interesting contour detail and intricate paths in the open. Some steep slopes and a few dangerous crags – courses are planned to avoid these. There are a number of fences, fortunately without barbed wire– take care crossing these. There are many gorse bushes and a few areas with dense vegetation to look out for. Due to continuous visitor activity, small paths have appeared and disappeared since the map was last updated. Some courses will have to cross a large burn, we advise using the crossing points.

**Map:** 1:7500 5m contour interval, surveyed by C Smithard 2016 – updated 2023

**Control Descriptions:** Are printed on the front of the map. Loose control descriptions will be available.

**Timing:** Sportident in Contactless mode (SIAC) but any dibber will work. All dibbers must be dibbed manually at the start and finish.

### **Courses:**

Blue: 5.8 k 150m

Green course: 4.3k 110m

Light Green course: 3.3 k 90m

Orange Course: 3.1k 80m

Yellow 1.5k 40m

Courses Close – 14.30. All participants MUST report to the finish by that time.

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.

Do check for ticks after your run!



## **Café**

Please support Muiravonside cafe which is located at the steading next to the start. They will be open 10am-4pm on Sunday, serving soup, scones and cakes: <http://www.weecoffeecabin.co.uk>.

There is also a great farm visit with Highland coos, lamas and giant pigs next to the main car park, as well as a playpark, sculpture and poetry trail.

Contact – if you have any questions, please contact Sam Hunt:

[Samahunt17@gmail.com](mailto:Samahunt17@gmail.com) 07922 470081