

FVO Night Event – Muiravonside – Wednesday 7th February

Venue

Muiravonside Country Park

Directions / Parking

Car parking will be at the main car park for the country park (<https://w3w.co/dumps.notch.sublime>). The barrier may be in operation in which case you will need to bring a £1 coin, or you can park for free in the woodland car park on your left as you head into the country park and jog round to the main car park.

Timings

Meet at the main car park ready to run at 1830. The pre-event briefing / roll call / SI clear and check will take place in the car park and then we will jog to the start. There will be a single mass start for all courses, followed by a punching start for anyone not wanting to go in the mass start.

Courses close at 2000. Finish is adjacent to the main car park.

All competitors must report to download in the car park, even if they do not complete their course.

Toilets

The public toilets in the country park will be shut, please plan accordingly.

Courses

Long – 6.2km, Short – 3.8km, Novice – 2.0km

Terrain / Planners Notes

Mix of deciduous woodland and open parkland, with steep slopes in places, generally very runnable. None of the courses cross the park access road or the burn but do please take care when running alongside the main river.

The park is popular – you're unlikely to meet any walkers or cyclists but please be courteous to any that you do.

First Aid

Event officials are first-aid trained and a basic first aid kit will be available at the start assembly. 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.

Results

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

Contacts

Organiser: Paul Hammond (07979 432544), Planner: James Hammond

Post-Race Food

Anyone interested in going for a curry after the race at The Ashmaan in Linlithgow (<https://www.theashmaan.co.uk/>) please advise Alice McDaid on 07762 120834.