**FVO Night Event – Sheriffmuir, 21st February 2024**

**Final details**

**Venue**

The area is the open hillside to the west of the Sheriffmuir road, opposite Dumyat hill and includes a small wooded area known as Cocksburn Woods.

**Parking**

Parking will be at the Cocksburn Woods car park, grid reference NS815986, what3words replied.series.limitless. The car park is not often used and should have sufficient parking, however there is further parking available at Dumyat just down the road at NS813979. If you use this, please take care walking back up the road.

**Toilets**

There are no public toilets available, so please plan accordingly.

**Start/Finish**

These are both at the gate at the western edge of the car park. The clear, check and SIAC check will be adjacent to the gate – please ensure you have cleared and checked before you run.

There will be a call up at 18.25 for a roll call, safety brief and map handout. There will then be a mass start at 18:30 – participants who don’t feel comfortable starting in a mass start are welcome to a punching start afterwards.

**Terrain**

The terrain is mainly rough but fast undulating open hillside. There are some marsh areas which are generally very passable, but care should be taken if it is very wet. There is a small area of sparse woodland near the start and finish. There are some small trods on the area that are not marked on the map, so please bear this in mind.

The area is bounded on the eastern side by the Sheriffmuir road and on the western side by agricultural land. Both of these are out of bounds and are marked as such on the map. The road may only be used in case of emergency to return to the car park.

**Map**

1:10,000, Contour interval 5m, last updated by Graham Gristwood, Chris Smithard and Lewis Taylor in 2021.

**Courses**

Long – 5.4km, 130m climb.

Short – 3.4km, 85m climb.

Novice – 1.9km, 30m climb.

The Long and Short courses are both gaffled, to divide runners up, whereas the Novice course is not.

**Safety**

Sheriffmuir is relatively high and exposed and in bad weather at night can quickly become treacherous, as was demonstrated the last time this area was used for a night event! Competitors should plan for this possibility.

Any accidents out on the course could lead to competitors getting exposure very quickly. It is therefore strongly recommended that all competitors bring with them the following items:

* a spare head torch;
* a cagoule; and
* a whistle.

If the weather is expected to be very bad, carrying these items will be made compulsory. An e:mail will be sent out on the day if this is to be the case.

In the event of a competitor becoming lost, the main Sheriffmuir road can be found using a safety bearing of due east. The road can then be followed south back to the car park.

Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the event organiser before they start.

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

**U16s**

Note that U16s are welcome but must be accompanied by an adult willing to take responsibility unless exempt. There are no road crossings on any of the courses.

**Control descriptions**

These are printed on the front of the map. There will be no loose descriptions at the

Event.

**Timing System**

SPORTIdent will be used and touch free punching will be activated. All competitors are reminded that they must download before leaving the event, even if they have not completed the course.

**Courses Close** – 20:00. All participants MUST report to the finish by that time and please make sure you download.

**Social** – Natasha Conway has very kindly booked Corrieri’s Restaurant for after the event (on the large roundabout at the northern end of Causewayhead Road, Stirling, beneath Abbey Craig). She will be circulating a google poll to see who would like to attend. Numbers and food choices need to be confirmed by Monday evening.

**Contact** - Please contact Rhys Stanwix (rhys.stanwix@hotmail.com or 07767 852697), if you have any questions.

I hope you all enjoy your evening’s orienteering.

Rhys