

Beebraigs East: Wednesday Evening Event

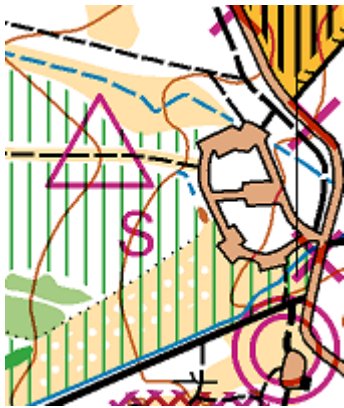
12th June 2024

Directions/Car Parking: Parking is at the Beebraigs Loch Car Park, Grid Ref NT007742. Alternative parking can be found 400m to the north at the Farm Car Park (walk down the path adjacent to road).

Toilets: There are public toilets adjacent to the Loch Car Park, however, they close at 6pm, so please plan accordingly.

Entries: Via the FVO website only (guaranteed entries close at 6pm on Sunday 9th June due to map printing requirements – some spare maps will be printed and available to those entering later, until they run out)

Registration, Start & Finish: Adjacent to the Loch Car Park, see map below. Registration is at the picnic bench next to the finish.



Start times: 17:30-19:00. Courses close: 20:00. All participants MUST report to the finish by 20:00 regardless of whether you finish the course.

Timing System: SPORTIdent will be used. Touch free punching will be activated.

Courses:

Yellow: 1.7k straight line, 40m climb

Orange: 2.3k straight line, 40m climb

Short Green: 3.3k straight line, 60m climb

Green: 5.0k straight line, 100m climb

Many thanks to Brian Bullen for reviewing the courses and providing helpful advice.

Terrain: There are very pleasant runnable areas to be found within the woods (maximised on the courses), though expect some challenging terrain also. There is a good path network offering interesting route choices. There are a few windblow trees which aren't mapped, though visibility is generally good and most can be run round without minimal time loss.

Map: 1:10,000, 5m contour interval, surveyed by Stirling Surveys 2018. Mountain Bike Tracks have been marked as out of bounds with a purple line, and crossing are points marked on the map. Out of bounds areas are marked with black vertical hatch, including the campsite, though the MTB skills area out of bounds area is marked with diagonal red hatch. All main roads are out of bounds (apart from the road crossing on the Green course), but note, there are paths adjacent to some sections of the main roads which may be used. Ruined walls are generally overgrown so may appear more like earth walls and can be indistinct in places. No loose control descriptions available, these will be printed on the map and made available on the FVO website to print off.

Safety:

1. There is a road crossing on the Green course. The gates at either side of the crossing are offset by around 40m, so you have some time to run along the verge before crossing. Please take care! Also take care if crossing any minor roads or car parks within the main forest area.
2. Please take care when crossing any MTB tracks and use the crossing points marked on the map.
3. Please be considerate of other members of the public who are likely to be using the area.
4. Whilst a risk assessment has been carried out by the organiser, participants take part at their own risk and are responsible for their own safety during the event. Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.
5. Competitors should plan for the weather and dress accordingly. Carrying a whistle is recommended.
6. Covid – Please do not come to the event if you have Covid, or symptoms of Covid.
7. Please check for ticks after you have run.

Contact: Any queries about the event or in case of emergency please contact Mark Johnston: runnermdj@gmail.com, 07717 623 344