

# Abbey Craig

## Wednesday Evening Event

### 8<sup>th</sup> May 2024

**Directions/Car Parking:** Parking is at the Wallace Monument Visitor Centre, Hillfoots Road, Stirling, FK9 5LF. NS 808 958. [Link](#) to Google Maps. [W3W](#): ///pods.vocally.shadowed Please note the clockwise one way system.

**Toilets:** There are no public toilets available near to the event, so please plan accordingly.

**Entries:** Via the [FVO website](#)

**Registration, Start & Finish:** Head to the southern corner of the car park - Registration/Start/Finish will be just behind the café/visitor centre. 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.

**Terrain:** A small area of mixed deciduous wooded hillside with some steep slopes and plenty of paths. Woodland is predominantly runnable; with areas of undergrowth being well mapped. The area suffered significant windblow damage following Storm Arwen. This is shown on the map and makes for some interesting features and route choice. There is a SSSI along the SW boundary of the area which has been marked as OOB. All courses avoid this area.

**Map:** 1:4,000 5m contour interval, surveyed by G Gristwood 2016 with minor updates by Chris Smithard 2020/2021, Martin Bagness 2022 and Graham Gristwood 2024. Note that black crosses on the map indicate wooden statues; benches are not mapped. No loose control descriptions available, these will be printed on the map and made available on the FVO website to print off.

#### Courses:

	Length	Climb	Controls	Difficulty
Yellow	1.6km	100m	12	TD2
Orange	1.8km	125m	14	TD3
Short Green	2.5km	145m	15	TD5
Green	3.1km	210m	21	TD5

Planned by James Edward, with thanks to Gareth Bryan-Jones for helpful advice. Courses have been shortened to account for climb. Note the large scale of the map - features may come up sooner than you expect! Courses will have a 'forest sprint' feel.

#### Safety:

1. There are steep cliffs in Abbey Craig. Mainly on the south side and around three quarries. All are clearly marked on the map in heavy black. All courses are planned to avoid these. Please take care.
2. Vehicles may be using the tarmacked road to the Wallace Monument. Be aware and watch out if following this road. Yellow and Orange courses are planned to avoid this entirely.
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.

#### Contact Number:

Any queries about the event or in case of emergency please contact Dominic Edward: [dom\\_edward@hotmail.com](mailto:dom_edward@hotmail.com)  
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