

## ABBOTSHAUGH WEE 23/04/25

### FINAL DETAILS

**Directions/Car Parking:** Event will be on the Abbotshaugh Community Woodland, which is an area of flat, fast forest surrounded by loops of the River Carron. In order to prevent having to come through Falkirk at rush hour, it's probably best to approach along the M876 and then head southwards on the B902 into Carron. Turn left at a mini-roundabout by Lidl, onto Haugh Street, and the arena is off the street on the left side (will be marked with an orienteering kite, as it's a concealed entrance)

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**Registration and Start:** Registration and start are immediately adjacent to parking, and will be open from 1730. There will be a taped run-out of 200m on all courses (e.g. you punch the start as normal, but the start kite is 200m away, to prevent spying of the route to the first control). This distance has been calculated in the overall course length.

**Finish:** Finish and download will be located immediately west of the start, on the other side of a playpark.

**Courses close:** 1945. Assistance in gathering controls would be greatly appreciated from those on later starts, or who are keen and kind.

**Course lengths:** Abbotshaugh is more of a TD4 area than TD5. Every attempt has been made to provide courses of correct specification, but there's minimal climb on all courses.

Green – 4.9km, 45m climb, 17 controls

Short Green – 3.7km, 35m, 12 controls

Orange – 2.8km, 25m, 9 controls

Yellow – 2.2km, 10m, 6 controls

**Map:** ISOM 2017-2, 150%. 1:7500 scale with 5m contours, printed on waterproof paper. Surveyed and drawn in 2019 by Chris Smithard, with updates in 2021. There will be no loose control descriptions at the start, but these will be printed on the map and will be available from the FVO website for those who wish to print and carry their own CDs.

**Timing & Results:** SI Timing, with SIAC enabled. Start and finish are not enabled for SIAC, and must be manually punched. Results and WinSplits will be available on the FVO website on the evening of the race.

**Toilets:** There are no toilets close to the event, so come prepared

#### **Safety:**

1. There is a large river in the north of the map. Please stay clear of the edge. There are also several area of impassible marshland on all courses, so ensure you know what these look like on the map (thick blue and yellow horizontal lines)
2. Please take care of other members of the public using the area for dog walking, bike riding etc.
3. A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.
4. You have the option of downloading, completing and handing this [Medical Form](#) to the Organiser (via Registration) so that existing medical conditions are known about in the

*event of an incident. Please put in a sealed envelope with your name on it. It will only be opened if required and will be destroyed unread if you don't collect before the end of the event.*

- 5. Everyone must download at the finish, whether or not you have completed the course.*
- 6. If you have covid, or covid symptoms, or a recent positive covid test – please do not attend the event.*

**Emergency Contact Number:** 07580 708368

*Any queries prior to the event, feel free to contact Steve Scott ([stevenscott1966@yahoo.co.uk](mailto:stevenscott1966@yahoo.co.uk))*

*Welcome to Falkirk, and enjoy your race!*