

LOCAL EVENT FINAL DETAILS

Directions/Car Parking:

Quarry Road/Drove Road in Cambusbarron – Please park considerately.

<https://maps.app.goo.gl/bB239d5HKi29LqSA6>

Registration and Start: Start times 17:30 – 19:00

Registration, download and directions to start from Cambusbarron Primary School.

<https://maps.app.goo.gl/Z6mdYuYxwQBx2Kzv6>

Finish: Close to the Start.

Courses close: 20:00

Course lengths:

Course	Length, km	Climb, m
Green	4.0	175
Short green	3.0	95
Orange	2.2	70
Yellow	2.1	65
White	1.4	50

Map: Green course is 1:10,000, all other courses 1:5,000 scale. 5m contours.

There has been significant tree felling and rhododendron clearance recently leading to significant changes to vegetation mapping and paths in some areas. The map has been updated to reflect the changes that have been observed but some details may have been missed. Be prepared to use your powers of deduction – if you can't find a mapped thicket but there is a fresh pile of branches on the ground – you might be in the right place...

Toilets: There are no toilet facilities at the event, please plan accordingly.

Safety:

1. The area is popular with dog walkers and for mountain biking. Courses have been planned to avoid mountain bike trails but do cross some trails and coincide with trails on the approach to the finish. Keep an eye and ear out for cyclists and be prepared to move out of their way – you are more manoeuvrable than they are. **Please be courteous to all other users**, everyone has an equal right to be there.
2. We are entering tick season and there are a few about in the woods, please check for ticks after the event.
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: 07977 216969

Any queries prior to the event, feel free to contact omil@theheatons.org.uk