

The race starts at 12:00 - **please meet in the Assembly area at 11:30 for briefing.** We expect to be finished by around 2 p.m. There will be a short and slightly silly 'Awards Ceremony' at the end so please stay for the full event if you can.

Course Lengths:

- Short (TD 2) - 1.7km
- Medium (TD 3) - 2.6km
- Long (TD 4) - 3.6km

Courses planned all the way from Sweden by **Grace Molloy** - thanks Grace!

Travel

The B825 is closed between Linlithgow and the entrance to Muiravonside Country Park. The best approach for anyone arriving by car is to travel East on the B825 to the park entrance, from the roundabout with the BP garage. This roundabout is approached from the M9 Junction 4 by travelling South on the A801.

It is also possible to reach the park by the canal towpath, on bike or foot, from either Linlithgow or Polmont train stations.

Parking is in the main Muiravonside car park. You need to take a ticket at the barrier and drive through the woodland car park, continuing on till you get to the main car park. **On exit you will need to scan your ticket and then pay £4.50 to leave.**

Follow the tapes from the car park to the Assembly area (approx. 250 metres).

Facilities

Mrs Ted Finch - the lovely Val - has made lots of yummy cakes to reward you all for running around the woods! Thank you Val!

Muiravonside also has an excellent cafe, some toilets, a recently refurbished playpark and a mini demonstration farm with loads of really cool animals!

Safety

There are some steep cliffs above the river, but the courses don't go anywhere near these. Slopes in the woods can be slippery - studded shoes are highly recommended for Medium and Long courses.

The weather is forecast to be sunny but with 'gusty winds'. Please bring lots of warm clothing to wear while you are waiting excitedly for sightings of your team mates!

Other useful info:

- Bibs will be issued so if you have safety pins please bring these along. If not, we have a box with approximately 1 million spare ones.
- No loose control descriptions - only on the map. Course descriptions for the Short course will be text; pictorial for Medium and Long.

Rona Molloy ronamolloy@icloud.com