

# Beecraigs West - 18<sup>th</sup> May 2024

**Directions/Car Parking:** Parking is at the Scottish Korean War Memorial car park. The area is popular with locals so please park considerately to maximise the space available.

Link to [Google Maps](#).

Link to [What3Words](#): ///flamingo.enlarge.caller

Ordnance Survey – NS 987 728

**Toilets:** There are no public toilets available near to the event, so please plan accordingly. The nearest public toilets can be found at Beecraigs [Main Car Park](#) (also visitor centre & café) and [Balvornie Car Park](#).

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

**Registration, Start/Finish, Download:** Assembly (registration/start/download) is 500m walk from the car park (5m climb – approx. 10 minutes). Follow signs/tapes from the north side of the car park. The route is along a wide and well maintained footpath, suitable for pushchairs. Finish for all courses is 200m from assembly. The route from finish to assembly will be taped/signed and has no climb.

Start times 11:00-12:30. Courses close: 14:00. All participants MUST report to the finish by 14:00 regardless of whether you finish the course.

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

**Terrain:** Beecraigs West is an incredibly diverse area. The terrain is predominantly woodland; a mix of deciduous & coniferous plantations of widely varying maturity and density. The woodland is interspersed with a network of paths and a complex mosaic of clearings, rides, marsh, undergrowth and thickets. Whilst all courses have some climb, this is predominantly along gentle slopes. However, longer courses (Blue/Green) will also visit the steeper slopes and heather clad open hillside of Witch Craig.

**Map:** 1:10,000 5m contour interval, Stirling Surveys 2018, with minor updates 2023. No loose control descriptions available, these will be printed on the map and made available on the FVO website. Several ruined walls and earthwalls are mapped in the area. Earthwalls are predominantly former ruined walls that are becoming overgrown. Likewise, many ruined walls are becoming overgrown so as to appear as earthwalls in places. Care should be taken when interpreting these features on the ground as their appearance can vary depending on the approach.

## Courses:

	Length	Climb	Controls	Difficulty
Yellow	1.9km	75m	9	TD2
Orange	2.3km	85m	12	TD3
Light Green	3.5km	105m	15	TD4
Green	4.7km	120m	17	TD5
Blue	5.7km	145m	21	TD5

## Safety:

1. Please be considerate of other members of the public who are likely to be using this popular location.
2. There are several mountain bike trails in the area. These will be marked on the map. Whilst it is permissible to cross these trails with care, participants are NOT permitted to follow them. Courses have been planned to minimise crossing these trails - Yellow, Orange & Light Green courses are planned to avoid them entirely.
3. Where necessary, walls/fences should be crossed with care and consideration. Several fences will be marked on the map as uncrossable. These should only be crossed at marked crossing points.
4. All tarmacked public roads are out of bounds to participants except in emergency.
5. Competitors should plan for the weather and dress accordingly. Note that Blue & Green courses visit the more exposed open hillside of Witch Craig. Carrying a whistle is recommended.
6. 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.

## Contact:

Any queries or in case of emergency contact Dominic Edward: [dom\\_edward@hotmail.com](mailto:dom_edward@hotmail.com) 07986 401 223

Revisions v2 – one less control on Blue; one less control + slightly shorter Green; inserted note about ruined walls/earthwalls.