Fife AC Logo

### THE DEVIL’S BURDENS RELAY – ENTRY FORM

Registration from Playing Fields, Falkland Estate, Fife (GR242075)

#### **SATURDAY, 19 FEBRUARY 2022**

#### **START: at 10.00am**

Maximum distances dependent on age on day of race:-

|  |  |  |
| --- | --- | --- |
| Under 17’s | 10 km | Permitted on Legs 1 and 4 |
| Under 15’s | 7 km | Not permitted on any leg |
| Under 13’s | 5 km | Not permitted on any leg |
| Under 11’s | 3 km | Not permitted on any leg |

Please enter my team for the Devil’s Burdens Relay - 6 runners per team.

Team organiser/captain: Phone:

Email address:

Club/Team Name

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Name | Scottish Athletics Number | Name | Scottish Athletics Number |
| Leg One |  |  |  | |
| Leg Two (Run in pairs) |  |  |  |  |
| Leg Three (Run in pairs) |  |  |  |  |
| Leg Four |  |  |  | |

**CATEGORY** (please circle):

**Women:**

**Senior 40+ 50+ 60+**

**Open (any combination of men and women):**

**Senior 40+ 50+ 60+**

**Mixed (3 men, 3 women):**

**Senior 40+**

A relay race over 48 km consisting of 4 legs for teams of 6 (2 legs that are run in pairs). The race registration is in the playing fields in Falkland Estate commencing at 8.30am. There is parking available in the playing fields, together with tented changing accommodation and portable toilets. After the finish, soup and hot drinks will be available at the Stables Café Area.

The race is run over the Lomond Hills in mid-winter: the following are the mimimum requirements for every competitor on every leg. (A) Waterproof full body cover. (B) Compass and map of the leg being attempted. It is a prerequisite that all competitors are able to navigate using map and compass. (C) Mobile phone, fully charged with the phone number of Allan Harley who is responsible for First Aid and safety. Mobile number 07782 482488 Wayymark Training have been engaged to provide First Aid cover and supervise the health and safety arrangements. If you find yourself in difficulties, phone or, in the event of poor signal, text this number. Remember, your phone should be switched off until required, as an active mobile will adversely effect your compass. (D) Head cover. (E) Anything else that a competitor deems necessary to safely complete their leg (e.g. food or fluids). There will be a compulsory kit check for all competitors entering the start and changeover area and any runner failing to comply will have their team disqualified. Waterproofs will need to be carried even if runners are wearing long sleeved tops and full-length leggings. There are likely to be mass starts for Legs 3 and 4: listen for on-field announcements on the day. It may be necessary to avoid the summits on days when weather conditions are extreme and the courses will be adapted to suit.

You must not climb over any fences or walls other than via stiles. On paired legs, both runners must stay together (i.e. no more than 10 metres apart) and visit every checkpoint. The next leg runner(s) will not be permitted to start until both runners finish.

**Leg 1**: **East** **Lomond**

Checkpoints to be visited in order (1A, 1B, 1C and 1A). The route to Craigmead takes the path on the west side of Maspie Den. After a loop taking in East Lomond, return to checkpoint 1A and back down to the event field.

Detail: Head up the lane to the furniture workshop. Turn left into the wood, then turn right onto the track leading to Craigmead – the path on the west side of Maspie Den.

At the checkpoint (1A) turn left. Cross the road with care (there will be marshals) and head towards East Lomond (1B).

From the summit, take the path to the Masts Car Park (in thick mist, this is not as easy as it sounds). Go through the gate and continue down towards the car park, marked (if you can see them) by the masts. The checkpoint (1C) is at the west side of the car park.

Continue along the track leading west from the car park to the Limekilns area, west of East Lomond. From here, retrace the outward route to the start and finish area. Remember to note the checkpoint (1A) after the road crossing.

**Leg 2**: **West Lomond**

Checkpoints to be visited in order starting at 2A. Head towards the open ground north of Maidens Castle via forest tracks and paths. Climb West Lomond and descend to the Emergent Spring then traverse east to the woods and back to the event centre.

Detail: After a slightly fiddly start, picking a route up through the forest, this leg offers route choice and good, fast running to and from West Lomond.

Head up the lane to the furniture workshop. Keep going up the hill beyond using the footpath a little to the left of the estate road. The footpath joins the estate track, which is followed up to a junction south of the Monument. Go straight on, then follow the track round a sharp left turn. After the track has turned right and levelled off, a path joins from the left. Look for the slightly over-grown start of a firebreak on the right. Follow the line of the firebreak to a fixed gate at the edge of the trees; there are trods leading up the firebreak: swing right, then left to pass fallen trees. Checkpoint (2A) is at the fixed gate.

From the gate, head to the sumit of West Lomond (2B).

Descend to the Emergent Spring (2C) and from there, head down and across the hillside to the entrance to the forest. Take care crossing the stile. Follow the grassy track through the trees. The last checkpoint (2D) is where this track joins the main, stony track. Follow this east then turn up to the beech hedges, at the end of which, turn left to the finish.

**Leg 3**: **Not West Lomond**

Checkpoints to be visited in order, starting at 3A. The route to Craigmead takes the path on the west side of Maspie Den. It then heads west, taking in Maidens Castle before heading towards West Lomond, but then drops steeply to the Emergent Spring. Traverse east to the woods and back to the event centre as per Leg 2.

Detail: After an easy start route choice is everything.

Head up the lane to the furniture workshop. Turn left and into the wood, then turn right again onto the track leading to Craigmead – the path on the west side of Maspie Den. At the checkpoint (3A) turn right. Head for Maidens Castle (3B). From here, head towards West Lomond, passing through the gate on the main track en-route. Skirt north of the summit cone to drop to the Emergent Spring (3C). Head down and across the hillside to the entrance to the forest. Take care crossing the stile. Follow the grassy track through the trees. The last checkpoint (2D) is there this track joins the main, stony track. Follow this east then turn up to the beech hedges, at the end of which, turn left to the finish.

**Leg 4**: **Forest Trails**

Most of the course will be familiar to those who have run in the Mid-Trail Championships. Checkpoints to be visited in any order – the choice is yours!

Detail: Leave the start and finish field. Visit the checkpoints. Return to the finish.

**On all legs, please use the stiles and gates. You should not climb over any gates, fences or walls (except at Checkpoint 2A, where the gate is fixed into place).**

For further information contact Frank McLaren on 01337 830306 [frankmclaren26.2@btinternet.com](mailto:frankmclaren26.2@btinternet.com).

Entry forms must be returned by post or e-mail by Wednesday, 16 February 2022 to: Frank McLaren, Hillview, 73 Rumdewan, Kettlebridge, Fife KY15 7QP, together with a payment of **£42** per team, **cheques payable to Fife Athletic Club**, or online payment to ***Fife Athletic Club*** (sort code 80 16 84, account 00195231) giving club/team name as a reference.

**Prizes**:

* 1st, 2nd and 3rd Senior Female and Senior Open
* 1st in all other categories