



THE DEVIL'S BURDENS RELAY – ENTRY FORM

Registration at Falkland Community Hall, Back Wynd, Falkland, Fife KY15 7BX

SATURDAY, 3 FEBRUARY 2024

START: at 10.00am

Maximum distances dependent on age on day of race:-

| | | |
|------------|-------|--------------------------|
| Under 17's | 10 km | Permitted on Leg 1 only |
| 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 (minimum of 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 Falkland Community Hall commencing at 8.30am. Leg 1 starts in Falkland and finishes in the Playing Fields, Falkland Estate, Fife (GR242075), where the changeovers and finish will be, together with club tents and portable toilets. No parking will be allowed in the changeover field. After the finish, soup and hot drinks will be available at the Falkland Community Hall.

The race is run over the Lomond Hills in mid-winter. The following are the minimum requirements for every competitor on each 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 the person who is responsible for first aid and safety (number to be advised). Community Resilience Volunteer Service 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 affect your compass.
- (d) Head cover.
- (e) Anything else that a competitor deems necessary to safely complete their leg (eg 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, starting at 1A.

Follow the marked route up the wide track in the forest to a hairpin bend. The first checkpoint is at the top of the track. Continue to the top of East Lomond.

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 towards the car park, marked (if you can see them) by the masts. The checkpoint (1C) is at the west end of the car park.

Continue along the track leading west, via the Limekilns towards Craigmead. Drop right to cross the road just north of the Craigmead car park. Take care crossing the road (there will be marshals). The checkpoint is at the start of Maspie Den path.

Descend Maspie Den. Follow the marked route through the trees, emerging onto a lane by the large gas cylinder. Turn right to the finish.

Leg 2: West Lomond

Checkpoints to be visited in order, starting at 2A.

Head up the lane to the furniture workshop. Keep going up the hill beyond on a 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. The checkpoint (2A) is at the high point of the track.

Soon after the checkpoint, 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 (2B) is at the fixed gate. From the gate, head to the summit of West Lomond (2C).

Descend towards the Emergent Spring. The checkpoint (2D) is slightly above the spring itself, where the descent route crosses the Bonnet Stane path. 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 (2E) is where this track joins the main, stony track. Follow this east, turn up to the Beech Hedges, at the end of which turn left down the lane to the finish.

Leg 3: Not West Lomond

After Checkpoint 3A, the checkpoints can be visited in any order.

Follow the marked route to the bottom of Maspie Den. Turn right towards the furniture workshop then left, up the path to Craigmead. Checkpoint 3A is at the top of this path, where it meets the track from Craigmead to West Lomond,

The remaining checkpoints are at the top of Maidens Castle (3B), in Wilkie's Quarry below West Lomond (3C) and on the Bonnet Stane track just above the emergent spring (3D).

Leg 4: Forest trails

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 2B, where the gate is fixed into place).

For further information contact Frank McLaren on 01337 830306, frankmclaren26.2@btinternet.com.

Entry forms must be returned by post or e-mail by Wednesday, 31 January 2024 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 Women and Senior Open
- 1st in all other categories

Charity Appeal: Do you have any good quality used running shoes no longer needed?

Peebles-based runner, Lucy Colquhoun, has recently started an initiative called ShoeShare to send good quality used trainers to athletes in Malawi, aiming to collect 1,000 pairs by the end of February to ship in early March ([Malawi sports clubs need good quality used running shoes | Peeblesshire News](#)).

In an effort to assist ShoeShare to reach their target, there will be a collection bin at registration within the Falkland Community Hall for quality used running shoes. They need road shoes, trail and fell shoes, size four and upwards, men's and women's, of reasonable quality, clean-ish, and tied together, if possible.

There will also be an opportunity to give a cash donation to cover shipping costs (£2 to ship one pair of shoes).