

Final Details

Birsemore Level C (Incorporating UKEOL Long Race)

Sunday 8th March

Event Location: Birsemore Hill Aboyne Grid Ref 523 970

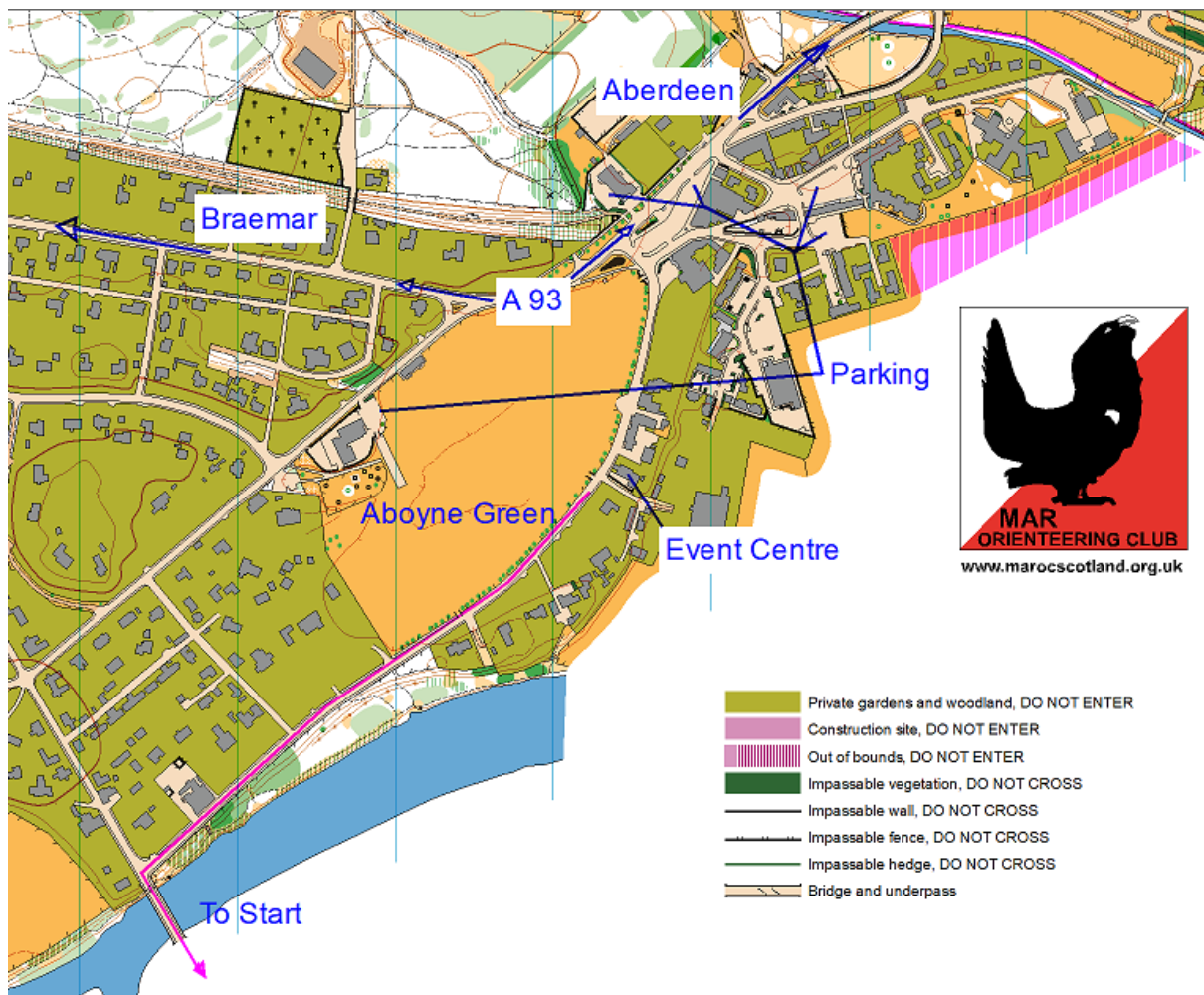
Event Centre: Enquiries/Registration/Download

Old Kirk Charlestown Rd

Aboyne

Grid Ref 528 984

Post Code AB34 5EJ



Parking: In Aboyne. There are car parks in village centre, Station Square, Business Centre, Victory Hall, (all within 300m of Event Centre), along with normal street parking.

Important Note: There will be a Duathlon taking place between 11:30 – 13:30.

Please do not attempt to park on Aboyne Bridge, this is part of the cycle route. The walk to and from Start/Finish is part of the course. Please park sensibly and take care enroute.

Entries: Closed. Limited entry on the day subject to map availability.

Start Times: 11:00 - 12:30 Courses close 15:00. There will be no allocated start times. Punching start will operate. Please be patient at the start, and try not to arrive en masse. You will be started asap as numbers allow.

There is a 2.1k 40m walk to start, almost all on pavement or hard track. This involves crossing the South Deeside road. Please cross carefully as instructed by the marshal. The final 200m in the forest will be taped.

A tent, enroute, and within 250m of Start/Finish will be provided for clothing dump.

Toilets: Inside event centre. There will be no toilets at Start/Finish

Refreshments: Soup, coffee and cakes for sale in the Event Centre. Remember to bring your cup

Courses:

Description	Length	Climb
1-Black	8.125	430
2-Brown	7.025	380
3-Blue	4.775	270
4-Green	3.050	200
5-Light Green	2.475	115
6-Orange	2.625	105
7-Yellow	2.500	95
8-White	1.650	75

Map: 1:10,000 (Deeside Orienteering and Leisure Maps) 2019, with minor updates Feb 2020

Birsemore Hill rises to 333 metres, and includes some intricate areas on the steep northern slopes, with a wealth of contour and rock detail including cliffs and crags. The majority of the area is covered with plantation and is therefore fairly sheltered, but recent forestry thinning has taken place in the northern area of the map and has left brash on the forest floor, along with unmapped extraction lanes which will affect running speed over the area. **Small unmapped mountain bike trails are present in some areas**

Planners Comments: "A family friendly start position means courses all start on the Aboyne side near the bottom of Birsemore Hill, limiting the distance from Event Centre in the village. Courses may appear modest in distance, but contain considerable climb with many covering a good portion of Birsemore Hill and beyond. Expect a demanding navigational, and physical challenge.

Forest thinning has affected some areas but is limited to the main Birsemore Hill. Additional unmapped tracks have been created by forest machines that may be muddy, and slow running in certain parts"

Yellow & White course maps to be collected at Registration

Control Descriptions: Printed on map, and available loose at the start

Timing: EMIT Collect your brikke, and backup card at registration

Dogs: No dogs in the forest

Safety: Competitors take part at their own risk, and are responsible for their own safety at all times. Suitable footwear and full body cover are essential. Cagoules and whistles may be compulsory depending on weather conditions. Be aware of other forest users. The area is popular with dog walkers, and mountain bikers. Minor Injury Clinic at Aboyne Hospital.

Officials:

Planner – Drew Tivendale (Maroc)

Controller – Ian Hamilton (Grampoc)

Organiser – Andy Tivendale (Maroc)