



## THE DEVIL'S BURDENS RELAY – ENTRY FORM

Registration from Falkland Village Hall, Falkland, Fife, Scotland

**SATURDAY, 26 January 2019**

**START: \*at 9.20am (predicted time exceeds 3hrs 45mins)**  
**and 10.30am (predicted time quicker than 3hrs 45mins)**

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	Permitted Leg 4
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 .....

**Select Start Time\*** (please circle): 9.20am or 10.30am

	Name	Scottish Athletics Number	Name	Scottish Athletics Number
<b>Leg One</b>				
<b>Leg Two</b> (Run in pairs)				
<b>Leg Three</b> (Run in pairs)				
<b>Leg Four</b>				

**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 36 km consisting of 4 legs for teams of 6 (2 legs run in pairs). The race registration is in the Village Hall in the main car park in Falkland, commencing at 8.30 am. There are limited changing facilities and toilets at the Village Hall in Falkland and at the Village Hall in Strathmiglo. Portaloos are available at the changeover in Kinnesswood. After the finish, food and hot drinks will be available in Falkland Village Hall from 12.30 to 4.00 pm.

**The race is run over the Lomond Hills** in mid-winter and will require **full body cover (waterproof top and bottoms, hat, gloves)** to be carried or worn at all times on legs 2, 3 and 4. **A map of the course (1:50,000 OS sheet Nos 58 and 59), mobile phone, compass and whistle must also be carried.** There may be compulsory kit checks at each stage changeover and any team failing to comply will be disqualified.

You must not climb over any fences or walls other than via stiles. On paired legs, both runners must visit every checkpoint.

The race consists of 3 hill legs and one trail, leg 1. You will need some experienced runners who must be capable of navigation (especially legs 2, 3 and 4) in the hills in adverse weather. Short courses may apply in bad weather.

**Leg 1:** Falkland (a few hundred metres along along the estate road from the duck pond): GR 246074 to path/track junction Checkpoint 1: GR 206076, to Strathmiglo Hall Finish: GR 212098. 7.5km, climb 220m.

**Leg 2:** Strathmiglo Hall: GR 212098 to path/track junction Checkpoint 2: GR 206076, then through woods to spring Checkpoint 3: GR 194070, then up to West Lomond Checkpoint 4: GR 197066, then via stile on West Lomond to gate Checkpoint 5: GR 193050 and on to Bishop Hill Checkpoint 6: GR 185043. Descend south-east to stile Checkpoint 7: GR 185043 then follow track to gate, past White Craigs, and down to Checkpoint 8: GR 186021. Contour to Kinnesswood (above village) Finish: GR 180029. 11.5km, climb 700m. **Run in pairs.**

**Leg 3:** Kinnesswood (path above village): GR 180029, climb to gate Checkpoint 9: GR 183041 then to gate Checkpoint 10: GR 193050 (no need to visit Bishop Hill). Cross small stream to Checkpoint 11: GR 195056. Proceed to stile Checkpoint 12: GR 201060 then follow paths to junction with main West Lomond track at Checkpoint 13: GR 199068 and down track to track junction Checkpoint 14: GR 227063. Follow track to Maspie Den – do not descend Maspie Den gully, stay on track to west of gully – and then right along track to Finish: GR 239072. 11.5km, climb 420m. **Run in pairs.**

The road is completely out of bounds; any runners arriving via the road will be disqualified.

**Leg 4:** Maspie Den: GR 239072, to track junction Checkpoint 15: GR 227063 near Craigmead car park. Do not ascend Maspie Den gully, stay on track to west of gully. The road is completely out of bounds, other than the crossing at Craigmead; any runners running on the road will be disqualified. Ascend East Lomond Checkpoint 16: GR 244062 then descend down obvious path to gate at top of Douk Plantation Checkpoint 17: GR 249064. Then take path to your left to Checkpoint 18: GR 246066 at track corner, finishing on track in clearing GR 250067. 5.8km, climb 390m.

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

Entry forms must be returned by Tuesday, 22 January 2019 to Frank McLaren, Hillview, 73 Rumdewan, Kettlebridge, Fife KY15 7QP, together with a payment of **£42** per team, **cheques payable to Fife AC**, 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