



THE DEVIL'S BURDENS RELAY – ENTRY FORM

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

SATURDAY, 25 JANUARY 2020

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, food and hot drinks will be available in Falkland Village Hall from 12.30pm to 4.00pm and the prize giving will be held here.

The race is run over the Lomond Hills in mid-winter: the following are the minimum 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 Waymark 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. The route to Craigmead takes the path above Maspie Den on the west side. After a loop taking in East Lomond, return to checkpoint 1A and back down to the event field the same way.

Head up the lane to the furniture workshop. Turn left and descend into the wood, then turn right again onto the track leading to Craigmead – the path above Maspie Den on the west side.

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

Take the path to Falkland from the top of East Lomond (in thick mist, this is not as easy as it sounds). The next checkpoint (1C) is at the first gate, right below a steep section. Turn right and head towards the car park, marked (if you can see them) by some masts. The checkpoint (1D) is towards 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 clip the checkpoint (1A).

Leg 2: West Lomond

Checkpoints to be visited in order starting at 2A. Head towards Craigmead via the forest plantations; take care on the stiles (barbed wire and slippery wood). Climb West Lomond and descend to the emergent spring and traverse eastwards to the woods and back to the event centre. After a slightly fussy start, picking a route up through forest plantations, this leg offers plenty of good, fast running to and from West Lomond.

Head up the lane to the furniture workshop. Keep going up the hill beyond, using either the estate track or the footpath a little to the left. These come together south of the Monument. At the track junction (2A) go straight on and then follow the track round a sharp left turn. After the track has turned right and levelled off, look for a trod climbing the steep bank on the right. Follow this to reach a low stile across a fence (barbed wire – take care, especially as the stile is slippery when wet).

Cross the gap and use the stile to cross the deer fence. Follow the path through the trees to a second high stile (2B).

Make for the main track from Craigmead leading towards West Lomond and head for the top of the hill (2C).

Descend to the Emergent Spring (2D) and from there, head 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 then turn up to the beech hedges and turn left at the end and drop down to the finish.

Leg 3: Not West Lomond

Checkpoints to be visited in alphabetical order, starting at 3A. Take the same route to Craigmead as leg 1. Then it is up to you! After an easy start, route choice is everything.

Follow the route up to Craigmead used by Leg 1 (3A). Get beyond the trees and head for the distinctive mound of Maidens Castle (3B). From here, head west to find the checkpoint at the gate on the fence on the approach to West Lomond (3C).

Skirt north of the summit cone to drop off near the emergent spring, at a large block, part buried, that has a cube-like shape.

The last checkpoint (3E) lies further down, at the junction of a wall and fence. A solitary tree serves as a useful guide. From here, head back 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!

The first choice is whether to go up to visit the Monument, or drop down to the Track Junction near Chancefield. With that done, head west for a loop around the far end of the forest. Having completed the loop, head back along the main track and pick up the checkpoint omitted on the way out, then sprint to the finish.

On all legs, please use the stiles and gates. You should not climb over any gates, fences or walls.

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

Entry forms must be returned by Tuesday, 21 January 2020 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