

FWTN #3 – Braids – 10th October

Entries:

Entries are online: <https://racesignup.co.uk/fwtm-3-braids>

They will close at 23:59 on Wednesday the 9th of October.

There will also be entry on the day where maps will be given out on a first come first served basis. If entering on the day it would be great if you could have cash but if not you can arrange to bank transfer.

Prices:

Seniors	£4.00
Juniors (under 20) & students	£3.00
Novice course	Free

Location:

Assembly, start and finish will be in the car park for braids hill golf course. We do not have permission for use of the car park, any parking you do here and nearby is at your own risk, if you do park please do so responsibly and not in a way that would jeopardise this event or any future events in this area.

A google pin is here: <https://maps.app.goo.gl/7qQw7QLUCtnX5w4z8> and the postcode is EH10 6JY.

Lothian buses 11 and 15 have a stop ~600m away from assembly. 5 and 16 have a stop ~1k away. We strongly encourage you to take public transport.

Courses:

Courses this week are planned by Thomas Laraia.

Courses	Length (optimum)	Climb
Long	5.3k	210m
Short	2.7k	120m
Novice (TD3)	1.6k	70m

Starts:

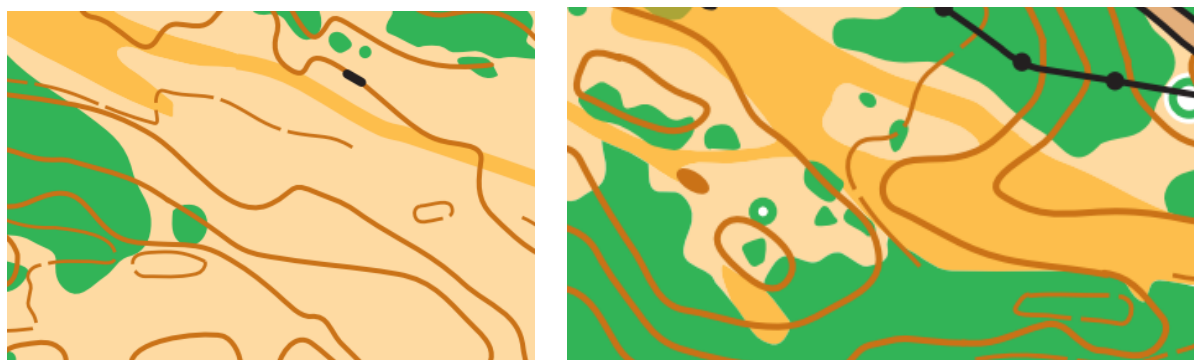
This week starts are back to being earlier (**and so probably in the light/dusk**). I think next time in Leith they will be back an hour later.

Starts will be from 18:00 – 18:45 with an optional mass start at 18:30

Courses close at 19:45, please try to finish before this.

Terrain:

FWTN #3 takes us into the skog for everyone's favourite event, Braids! The terrain comprises of open golf course with complex contour detail as well as patches of runnable forest. Map extracts are below:



Additional info:

Remember to bring a headtorch. It will likely still be light for early starters then get dark quickly after that.

Small paths have been omitted from the map on the long and the short. This is to increase technical challenge and (hopefully) enjoyment.

U16s are permitted to enter any course this week as there are no road crossings.

The long course contains phi loops, make sure to visit the controls in the correct order on your map, especially as you may be running with people who have controls in a different order to you.

As usual, there will be no SI boxes at the controls, you will only need to punch the start and the finish. We trust you to be honest about visiting all the controls in the correct order.

Maps will not be printed on waterproof paper so you should bring a polypocket/map bag just in case of rain.

EUOC have a limited number of spare compasses, SI cards and headtorches, just email us at events.euoc@gmail.com if you need anything.

You compete at your own risk.