

Dark Spring Final Details – Polmaise

Location

Parking/start/finish are located [here](#). Old Drove Road, Cambusbarron, Stirling, FK7 9NB.

Courses

Long – 6.0km

Short – 3.4km

Orange – 2.2km

The controls will be reflective canes without flags.

Starts - Start when you want between 18:45 and 19:15

Courses close - 20:15

Safety - You must carry a whistle and a spare torch. You should carry a waterproof jacket.

Planner/organiser - Chris Smithard

Map - 1:10,000 5m contours