



Christmas Cup 2023

Welcome to the 3rd edition of the Christmas Cup! We're really excited about the areas we've got lined up, all freshly mapped, now we just have to hope the weather plays ball. Organisers this year are Alasdair Pedley and Mairi Eades. If you need to get in touch, email masterplanadventure@gmail.com.

Applicable to all days:

Starts will operate as follows:

1. Get to the start, ideally within your block but no worries if you're early/late, they're just to smooth out numbers and avoid queues.
2. Speak to the start official who will assign you the next available start time (or later if you prefer).
3. Wait, warm-up, chat, then go into the box when your start time is called up.

This is the same system we used at Coast & Islands and it seemed to work well, it means you don't have to stand around queueing to start (getting cold/wet rather than doing a warm-up!)

Days 1-3: Starts are 10:30 - 12:30 (please aim for early if you think you might be out a while). **Day 4:** 11:00 - 12:30.

Day 1 - Thurs 28th Dec - Lochan Spring (Loch Ard Forest)

Parking: Aberfoyle Public Car Park. [Riverside Car Park - Google Maps](#)

Toilets: Public toilets, at the car park.

Start/finish: 1.4km (+25m) along road/track. Clothing dump possible.

Download: By Start/Finish. **Clothing** can be dumped here.



Map: Applicable to Day 1 and 2, though the Day 2 Start is an extra 400m from the crossroads.

Course	Distance (km)	Climb (m)	Controls
Long	5.2	310	18
Medium	3.6	190	12
Short	2.5	140	10
Orange	2.0	80	7

Map (both Day 1 and 2): 1:7,500, 5m contours, A4, Martin Bagness, November 2023. There is an overlap between the Day 1 and 2 areas. The Day 2 map includes new terrain, not on the Day 1 map.

Course planning: Martin Bagness

Control site checking and minor adjustments: Alasdair Pedley and Mairi Eades, December 2023

Terrain (both Day 1 and 2): This is proper challenging orienteering. Come with the right mindset and it will be rewarding as you successfully find difficult controls, but you will need to be up for the fight.

The majority of the forest is coniferous (in parts also slightly carnivorous).

Light green and mid-green are denser trees, similar to the light green at Graythwaite or Grizedale in the Lakes. The **Short** course stays out of the majority of these areas. Dense hatched green is usually fallen trees. "Fight" is either impassable fallen trees (usually surrounded by dense hatched green), super dense young Christmas trees or rhododendrons (small green circles are rhododendron bushes)

Full arm cover is recommended and eye protection may be advisable for those on Medium and Long.

Some boulders are less than 1m higher but are mapped where distinct.

Extraction lanes are shown by a pale yellow (rough open) corridor. Larger ones use the narrow ride symbol too.

Safety (both Day 1 and 2): As well as the aforementioned light green, please try not to fall off any crags. Taking a whistle is strongly recommended. Report injuries at the finish/download. Remember this is a low-key event, not the World Championships, try to be risk aware. In the event of adverse weather, cagoules may be compulsory.

Day 2 - Fri 29th Dec - Garbeg Hill (Loch Ard Forest)

Parking: Aberfoyle Public Car Park. [Riverside Car Park - Google Maps](#)

Toilets: Public toilets, at the car park.

Start: 1.8km (+30m) along road/track. **Finish** is 1.4km from parking. Route to start passes the finish. Clothing dump possible.

Download: By Finish. **Clothing** can be dumped here.

Course	Distance (km)	Climb (m)	Controls
Long	4.3	240	14
Medium	3.1	160	10
Short	2.4	130	8
Orange	1.7	65	7

Map, terrain and safety: See Day 1 notes. Day 2 is probably the tougher of the two days, reflected in shorter course lengths. The Orange course has a taped route from #2 - #3.

Day 3 - Sun 31st Dec - Falls of Leny

Day 3 offers faster running than the first two days in lovely picturesque oak forest. It has more of a middle distance feeling, with more controls than Day 1 and 2.

Parking: Callendar Public Car Park. [Station Road Car Park - Google Maps](#)

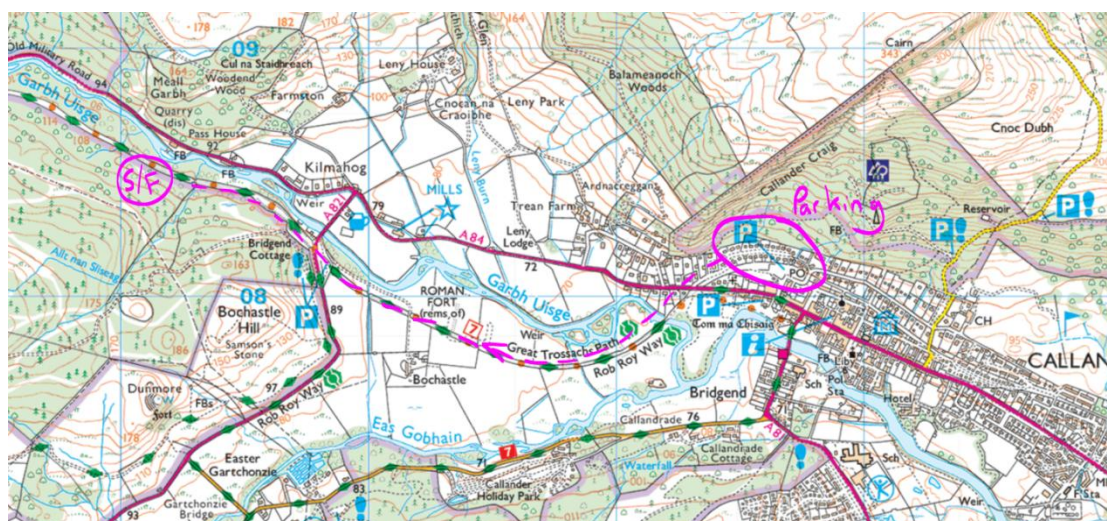
If, after seeing the distance to the start / back from the finish, you would like closer parking, please email us, we have a couple of options for a small number of cars. If you do this, please use the public toilets in Callendar on your way in.

Alternatively, drop people off then the driver goes and parks in Callendar.

Toilets: At Callendar Public Car Park

Download: A couple hundred metres from the start/finish, on the cycle path, where the routes to start / from finish diverge. (On the map below, it's where the stream crosses the cycle path).

Start/Finish: 2.7km along flat tarmac cycle path. It's 2.1km to the A821 crossing then a further 600m to the start. Dropping people off is fine.



Map: 1:5,000, 5m, ISSPrOM symbols, A4. Martin Bagness November 2023.

- Note the scale - you will make progress on the map quickly. This makes it really rather fun but take care not to overshoot controls, you have been warned!

Course shapes: Martin Bagness Nov 2023.

Control site checking and adjustments: Alasdair Pedley and Mairi Eades, Dec 2023.

Terrain: Despite using sprint spec. symbols, this is a proper forest. Predominantly oak woodland with some marshes and patchy light green, which usually coincide. One section of fence has purple overprint - please cross this at the gate. Other fences, without purple overprint, may be crossed anywhere.

Some areas of marsh near the end of the courses are marked with OOB purple cross-hatching. This is because of sensitive sphagnum moss. They will not be marked on the ground, so just try to avoid them please.

Course	Distance (km)	Climb (m)	Controls
Long	4.0	165	23
Medium	3.0	130	15
Short	2.5	95	14
Orange	1.8	60	10

There are very few paths in the majority of the area. The Orange course has a taped route to #1 and then predominantly uses fences and streams as line features.

Safety: All courses cross a fence, please take care crossing it. If you climb it, do it near a fence post. You can also go through it, the strands are wide enough.

The Long course goes into a small area of light green plantation, but it's not as dense as on Day 1 and 2. Taking a whistle is strongly recommended. In the event of adverse weather, capoules may be compulsory. **Courses close 13:45.**

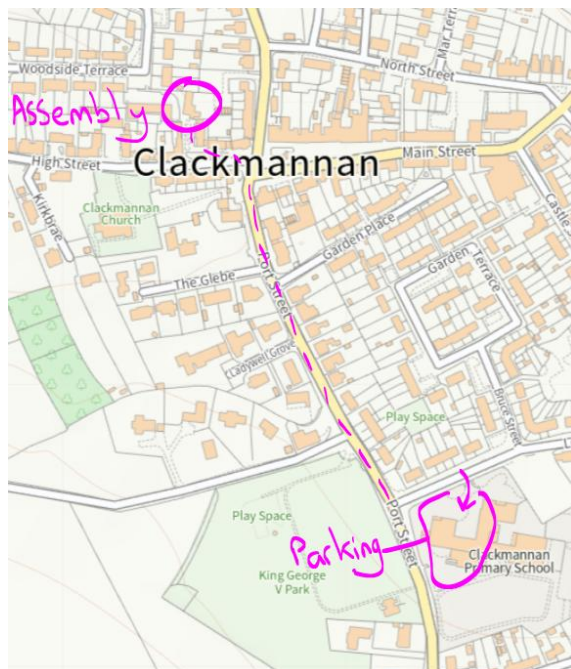
Day 4 - Mon 1st Jan - Resolution Sprint - Clackmannan

Parking: Clackmannan Primary. [Clackmannan Primary School - Google Maps](#)

Assembly: Clackmannan Church Hall, just off the Main St, 400m from parking.

Toilets: At Assembly. None at the school.

Start: 500m from Assembly, to the North, so 900m from parking. **Finish:** At Assembly.



Yes, this walk is through part of the competition area. Just don't look around too much.

Course	Distance (optimum) (km)	Climb (m)	Controls
Long	4.1	65	23
Medium	3.2	50	19
Short	2.3	35	17

Map: 1:4,000, 2.5m, ISSprOM, Alasdair Pedley Dec 2023

Course planner: Frank Townley

A mixture of intricate Scottish housing estate and some town centre terrain.

U16s run Short. There is no separate Orange course.

The **Short** has a 1min timed-out road crossing because of this, over the 30mph B910. It will be marshalled.

Safety: Please watch out for cars and other road traffic. If the temperature is below zero, watch out for ice on pavements and roads. If the ice is really bad we may have to make a decision voiding courses (a la Big Weekend 2018) or cancellation.

Courses close 13:00.

Prizegiving: Approximately 13:00 in the Church Hall. Prizes for top man and woman on each course, 4-day combined times.

If you are in the running for a prize, it would be a good idea to start late so you don't have to hang around waiting for prize giving. Don't worry about the start blocks.