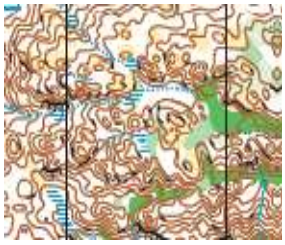
Sunday 28th March
The Trossachs, near Aberfoyle.
World Ranking Event, Scottish O League, UK Cup and Future Champions Cup

Entries:
Entries (which close on Sunday 14 March) are available via
http://www.oentries.com/multi/events/8-fvo-world-ranking-event-and-middle-race/details
Entry fees are £14 for seniors and £8 for juniors and students, with a £2 discount for members of the British Orienteering Federation.
The event will be using the SportIdent punching system.

Start Times:
Start times will be from 1000-1400 on Sunday 28th March.



Terrain:
The Trossachs is one of Britain's very best areas, with lots of rock and much intricate contour detail, often with open marshes offering the best running as an alternative to the heather ad steep slopes. The Trossachs was used for a World Cup race in 1988, where Øyvin Thon proved himself the toughest and won the men's race by over 5 minutes.
An old map of the competition area is available here

Courses:
The event offers the full range of courses from Black (longest) to White (shortest).

The World Ranking Event courses are Black for men (shown on the entry system as Black - M21L) and Short Brown for Women (shown on the entry system as Short Brown -W21L).
The map scale for the World Ranking Event courses will be 1:15,000 with a 5m vertical contour interval.
The World Ranking Event courses have been planned for a winning time of 85-95minutes (men) and 65-75minutes (women).
The UK Cup courses are the M21L and W21L courses being used for the World Ranking Event.

Future Champions Cup competitors should run the course appropriate to their age class. The mappings of age classes to courses is given in the following table:

Difficulty	Course	Junior		Adult	
		Men	**Women**	**Men**	**Women**
5	Black			M21L	
5	Brown	M18 M20		M35L M40L	
	Short Brown – W21L				W21L
5	Short Brown - Men			M45L M50L M21S	
5	Blue	M16	W18 W20	M55L M60L M35S M40S	W35L W40L
5	Short Blue			M65L M45S M50S	W45L W50L W21S
5	Green		W16	M70L M60S M55S	W55L W60L W35S W40S
5	Short Green			M75 M80 M70S M65S	W65 W70 W75 W80 W50S W55S W60S W45S
4	Light Green	M14	W14		
3	Long Orange				
3	Orange	M12	W12		
2	Yellow	M10	W10		
1	White				

Training and Accommodation:

There is also much possibility for training in Scotland either before or after the races, and we can help arrange accommodation and training maps. If you are interested in this then please contact Scott Fraser - highland.scotia@gmail.com

Other information on accommodation possibilities and further tourist information can be found on the Scottish tourist organization website at http://www.visitscotland.com/guide/where-to-stay/

Event Officials:

Organiser: Jon Cross (FVO) jon.cross@tinyworld.co.uk 01786 860301

Planner: Brian Bullen (FVO)

Controller: Jon Musgrave (MAROC)

IOF Elite Adviser: Gordon Ross