

FVO WEE – Dumyat, 17th April 2024

Final details

Venue

The area is the open hillside to the east of the Sheriffmuir road, opposite Cocksburn reservoir. The area extends about 2/3 of the way up Dumyat hill, but does not cross the new fence.

Parking

Parking will be at the Cocksburn Woods car park, grid reference NS815986, what3words replied.series.limitless. The car park is not often used and should have sufficient parking, however there is further parking available at Dumyat just down the road at NS813979.

Toilets

There are no public toilets available, so please plan accordingly.

Start/Finish

These are both on the lower slope of Dumyat in between the two car parks at grid reference NS814983. From the Cocksburn Car Park, cross the Sheriffmuir road, taking care when crossing, and go through the gate on the opposite side of the road, from which the start is taped along a small trod. The start is about 10mins walk.

The start is not taped from the Dumyat car park, but is about 5 mins walk along the road to the north and through a gate on the right. Please take care on the road.

Starts are from 17:30 until 19:00. Enter via the FVO web site.

Terrain

The terrain is mainly rough but fast undulating open hillside, with steeper slopes higher up the hill on the eastern side of the map. There are some marsh areas which are generally very passable, but care should be taken if it is very wet.

There are some larger crags on the higher slopes, so please take care when navigating through these areas. Only the Green and Short Green go across these areas and the courses are planned so that the optimal route choice avoids the crags.

There are some small trods on the area that are not marked on the map, so please bear this in mind.

Map

1:10,000, Contour interval 5m, last updated by Graham Gristwood, Chris Smithard and Lewis Taylor in 2021.

Courses

Green - 5.2km, 215m climb. TD5

Short Green - 3.6km, 160m climb. TD5

Orange – 2.3km, 75m climb. TD3

Yellow – 2.0km, 75m climb. TD2

The nature of Dumyat means that there is always going to be a fair bit of climb involved. To maintain course quality, I haven't shortened the longer courses much, so they are slightly above regulation. This means that the Green is harder than a normal Green and there is also quite a jump between Orange and Short Green. I hope you enjoy the courses and the challenge, but please bear this in mind when entering.

Safety

Dumyat is relatively high and exposed and in bad weather can be treacherous. Competitors should plan for this possibility, dress accordingly and bring a cagoule if the weather is expected to be wet. Carrying a whistle is also recommended.

In the event of a competitor becoming lost, the main Sheriffmuir road can be found using a safety bearing of due east. The road can then be followed back to the car park.

Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the event organiser before they start.

The organiser is first-aid trained and a basic first aid kit will be available at the start/finish. The nearest hospital is Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR.

Competitors are reminded that they take part at their own risk and are responsible for their own safety.

U16s

Note that there are no road crossings on any of the courses, so U16s are welcome to compete unaccompanied at the discretion of their responsible adult.

Control Descriptions

These are printed on the front of the map. There will be no loose descriptions at the Event, but they are at the end of these details and can be printed off and brought to the event.

Timing System

SPORTIdent will be used and touch free punching will be activated. All competitors are reminded that they must download before leaving the event, even if they have not completed the course.

Courses Close

The courses close at 20:00. All participants MUST report to the finish by that time and please make sure you download. If you are entering the longer courses, please enter sufficiently early to be able to complete the course by 20:00.

Contact

Please contact Rhys Stanwix (rhys.stanwix@hotmail.com or 07767 852697), if you have any questions.

I hope you all enjoy your evening's orienteering.

Rhys