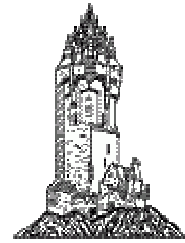


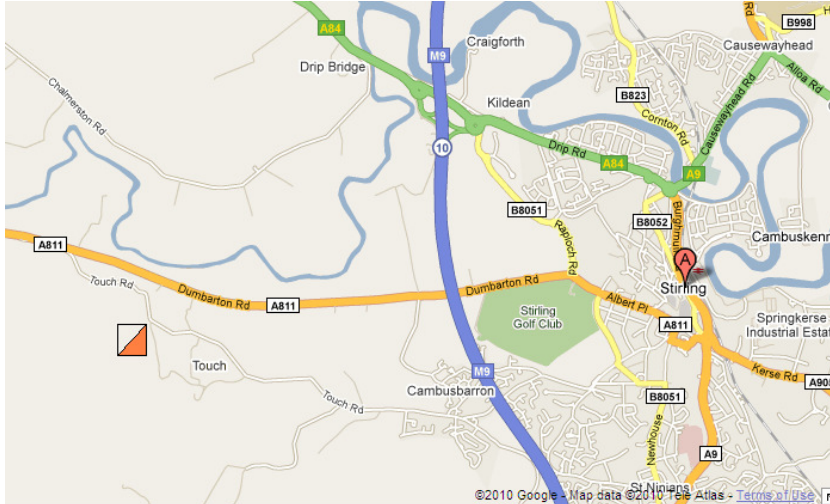
FVO Touch Middle Distance Race Final Details

UKCup Race 1, Junior Selection Race
Saturday 27 March 2010



Location

Touch Estate is approximately 4km west of Stirling (as marked by the orienteering flag in the map below).



Directions

Leave the M9 at Junction 10. Head south, following the B8051 towards the A811 and then west along the A811, over the M9. Approximately 3km after crossing over the M9, turn left onto a minor road. The event will be signposted from here. Please note that this is quite a sharp bend. Follow the minor road for approximately 1km and then turn right into the parking field and park as directed.

Grid Reference: NS749933 (Car park entrance)

Car Park

Parking is on a sloping grassy field, accessed by a track that can be rough in places. If the weather is very wet in the week preceding the race parking may be moved to some nearby forest roads. In either case, please park as directed by marshals.

NB Please note that if the parking is on forest roads please allow an additional 20 minutes to get to the assembly area.

Toilets, traders and St Andrew's Ambulance will also be in the car parking field.

Toilets

Toilets will be in the car parking field, adjacent to assembly.

Traders

Compass Point and a food stall serving burgers, pasta, etc as well as hot and cold drinks will be in attendance. Fiona Berrow will also be in attendance, selling a selection of her delicious home-made cakes.

Assembly

The assembly area is in the adjacent field to the west of the car parking field and less than 5 minutes walk from there. At assembly you will find: the finish, download, registration and enquires, results, start times, copies of the map and Fi's cakes. There is an excellent view of a spectator control, which

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is midway round the courses, as well as the finish control and run in. With a very high quality field we are expecting some exciting racing, please come along and cheer on your favourites. We hope to provide commentary to add to the excitement.

Registration and Enquiries

Registration and Enquiries will be located in the assembly area.

Entry on the Day

Entry on the Day, subject to map availability, will be available on the orange course only. Please go to enquiries.

Terrain

Touch Estate has been used in the past for both the Scottish Championships and Scottish 6-Days orienteering, and will offer fast running speeds over a semi-open and wooded slope with much rock and contour detail, cut with many marshes and streams.



Courses

There are 4 middle distance courses available: men's open, women's open, veteran men and veteran women, plus an orange course. The middle distance courses have been planned to a winning time of 30-35 minutes for the top competitors.

Please note that if you are an M/W14 competing in the open class then this will probably be quite a long course for you. Also note that the middle distance courses will be planned to be as technically challenging as possible. Please ensure that you are both physically and technically equipped to meet the challenge.

Course	Distance	Climb
Men's Open	5.3km	220m
Women's Open	4.0km	155m
Veteran Men	4.3km	195m
Veteran Women	3.2km	120m
Orange	1.9km	50m

(Subject to final controlling.)

SportIdent electronic punching will be used.

Start

There is one start. It is 850m from assembly, uphill on a good track. Starts will be called up at -3. Race numbers and loose control descriptions will be available at the start.

Start times

Start times are from 1230 to 1600 and will be seeded. As a result of the high entry, early starters will have a start interval of 1 minute, whilst later starters will have a start interval of 2 minutes. Also as a result of the high entry, if you miss your start you may have to wait a very long time for a suitable gap to start, therefore please be on time.

Race Numbers

Race numbers and pins for the top 60 competitors on the open courses will be available at the start.

Control Descriptions

Pictorial control descriptions will be available at the start.

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Map

The map has been updated by Stirling Surveys for this event and will be printed on waterproof paper. The scale will be 1:7500, to aid clarity, with a contour interval of 5m. Due to the complex nature of the courses, each course will be split into parts A and B and these will be printed back to back. Please ensure that you do part A first.

Spectator Control

All courses (except Orange) will pass through the spectator control which is visible just above the finish.

Crossing Points

All crossing points are compulsory and are clearly indicated on the course overprint.

Safety

You are responsible for your own safety whilst orienteering. These will be challenging courses so please ensure you are suitably proficient for the course you have entered. Please remember to download, even if you do not complete the course.

Finish and Download

Finish and download are in the assembly area. Please remember to download, even if you do not complete the course. Water will be available at the finish.

Other Information

Please take care when crossing dry stone walls and report any damage at the finish. Dogs are allowed in assembly and car parking fields as long as they are on leads. Many thanks to the landowners for their assistance in putting on this race.

Protests and Complaints

If you feel the need to complain, please follow the standard BOF procedure.

String Course

There will be no string course.

Prize Giving

There will be prizes for the top 3 men and women on the open courses. The prize giving will be held in assembly, as soon as possible and hopefully before 1700. Please stay and support the top competitors.

First Aid

We expect St Andrew's Ambulance to be in attendance and they will be located in the car parking field. In addition, there is an A&E unit at Stirling Royal Infirmary, contact details:

Stirling Royal Infirmary

Livilands, Stirling

FK8 2AU

Tel: (01786) 434000

Event Officials

Organiser: Ross McLennan (FVO) 07734 319079, rossmclennan@hotmail.com

Planner: Steve Barrett (FVO)

Controller and Elite Advisor: Colin Eades (Interlopers)

Happy Racing!

www.fvo.org.uk/WRE.shtml