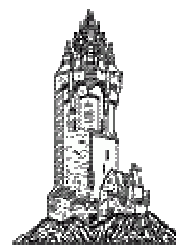


FVO World Ranking Event and Scottish O League The Trossachs, 28 March 2010



Final Details

*World Ranking Event, UKCup Race, Future Champions Cup Race
Senior and Junior Selection Race*



**Please remember that the clocks go forward one hour overnight
between the Saturday and the Sunday!**

**Please also note that if the car parking field becomes too wet to use
then there may be up to 3km additional walk to assembly. If this is
known in advance then we will advertise it on the FVO website,
however if the weather is bad then please allow additional time.**

Location

The Trossachs is approximately 40minutes drive west of Stirling (marked by the orienteering flag in the map below).

Grid Reference: NN505066 (Car park entrance)



Directions

The event may be approached from either Callander/Strathyre to the east/north or from Aberfoyle to the south. The approach roads from all directions have many bends and can be slow going: they are popular with tourist coaches so be patient if you are stuck behind one and beware oncoming coaches in the middle of the road if you are not!

In addition the route from the east through Callander may encounter roadworks operating a convoy system on the east side of Callendar. Please allow enough time for your journey.

The most scenic approach with dramatic views is via the A821 from Aberfoyle over Duke's Pass **but please be aware that this road is not treated in bad weather.**

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Car Park

The car park is a rough grassy field beside Loch Achray. If the field is too wet to use then car parking will use a variety of forest roads and small car parks in the vicinity. In either case, please park as directed by marshals.

Please note that if the field becomes too wet to use for car parking then there may be up to 3km additional walk to assembly. If this is known in advance then we will advertise it on the FVO website www.fvo.org.uk and (if known in time) at the Touch middle distance race on Saturday.

Toilets

Toilets will be in the assembly area.

Traders

Compass Point and a food stall serving burgers, pasta and hot and cold drinks will be in the assembly area, as will a cake stall raising funds for the Scottish Junior Squad.

Assembly Area

Assembly is in the Forestry Commission car park just north of the car parking field, within 5 minutes walk. The route to assembly crosses the main road so please obey marshals and beware of traffic.

The route to all starts leaves from Assembly.

Assembly is intended to be the hub of the event and is the location of the finish, download, and results, as well as enquiries, entry on the day, the string course, the toilets and the traders. In addition there will be commentary at the finish, so please stay around after your run and watch the conclusion of what we hope will be an exciting day's racing. We are sorry but the compact nature of Assembly means there is no room for club tents.

Registration and Enquiries

Registration and Enquiries will be located in the assembly area.

Enquiries, Entry on the Day and SI hire

The enquiries tent will be in Assembly. Please collect any hire SI cards from here and pay any outstanding entry or hire fees.

Entry on the Day, subject to map availability, will be available at Enquiries and is offered for all courses other than the two World Ranking Event courses.

Competitors on the Yellow and White courses should collect their maps from Enquiries before proceeding to the start.

Terrain

The Trossachs is one of Britain's very best orienteering areas, offering a notable physical and technical challenge with lots of rock and much intricate contour detail on steep slopes. The area has much bracken and deep heather and although flattened in places by the harsh winter this may still be slow going. Some marshes and streams can be surprisingly deep in places, particularly now the ground has thawed. There are almost no distinctive paths or tracks, however there are indistinct animal trails (deer) which are of course not mapped but which may offer better running.

In addition there are many dangerous crags in the area, please take care. In particular there is a dangerous crag immediately to the right of the run-in from the final control on some courses. This will be taped with yellow/black tape but please take care.

The course lengths reflect the nature of the terrain: despite the shorter than normal lengths, courses have been planned with the guideline winning times in mind.

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Starts

There are three starts, the Far Start, the Near Start and the White Start.

The White Start is immediately adjacent to Assembly and is for competitors on the White Course only.

White Course competitors should report to the String Course tent to be allocated a start time and taken to the White Start.

The Near Start is 300m and 30m climb from Assembly (please obey marshals at the road crossing) and is for competitors on M21E, W21E, Light Green, Orange and Yellow only. Elite competitors will have a separate start lane.

The Far Start is for all other competitors and is 2.4km from Assembly, almost all along flat roads. Please beware of traffic (including bicycles on the private road alongside Loch Katrine) and obey directions from marshals at all times. The route also passes the manned road crossing on the courses: please give way to competitors on their courses. The Far Start start kite is just over 60m from the M21E drinks/map change control which is a spectator control visible to competitors waiting at the Far Start. M21E competitors will see the Far Start start kite after exiting the map changeover control.

Start times

Start times are from 1000 to 1330 and are seeded for the selection race courses (M21E, W21E, Brown, Blue).

It is a timed start not a punching start and some courses are very busy so please do not miss your start time as you may have to wait some time for another free slot.

Call up will be at minus 3 minutes.

Control Descriptions

Pictorial control descriptions will be available at -3 after call up at the start. They will be printed on waterproof paper.

Map

The map has been updated by Stirling Surveys for this event. The scale will be 1:15,000 for the three longest courses and 1:10,000 for all other courses, with a contour interval of 5m. The 1:15,000 maps are offset litho printed on paper and will be bagged (M21E bag contains two maps back to back). The 1:10,000 maps are printed on waterproof paper and will not be bagged.

Road Crossing Points

ALL courses except WHITE cross the A821 at a mandatory crossing point, and then all except Black and the various Brown courses will have a mandatory 100M run along the edge of the A821 facing on-coming traffic to another road crossing over a Private Water Board access road. Red/White streamers on canes will guide competitors.

The Black and various Brown course competitors have the choice of route once over the road crossing but we advise against running on the road itself, where this is explicitly forbidden it is indicated with purple crosses (the Forbidden Route Symbol).

WRE Competitors seen on these Forbidden sections will be challenged and disqualified.

The road sections not marked with Forbidden Route may be used as valid route choices or for relocation.

Built-Up Areas

All built up areas, including private houses and the Trossachs Pier complex are marked with the purple Out of Bounds symbol. WRE competitors in particular will be subject to disqualification on entering these areas - others who may be lost should retire if they find themselves in one.

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Courses

Number	Course	Map scale	Start	Distance (km)	Number of controls	Climb (m)	Men	Women
1	M21E / Black	1:15,000	Near	10.6 (back-to-back maps)	30	735	M21E	
2	Brown	1:15,000	Far	7.3	22	545	M18, M20, M35L, M40L	
3SB	W21E / Short Brown - Women	1:15,000	Near	6.9	18	470		W21E
3	Short Brown - Men	1:10,000	Far	5.6	16	250	M45L, M50L, M21S	
4	Blue	1:10,000	Far	4.9	18	345	M16, M55L, M60L, M35S, M40S	W18, W20 W35L, W40L
5	Short Blue	1:10,000	Far	3.7	13	300	M65L, M45S, M50S	W45L, W50L, W21S
6	Green	1:10,000	Far	3.3	14	240	M70L, M60S, M55S	W16, W55L, W60L, W35S, W40S
7	Short Green	1:10,000	Far	2.8	12	185	M75, M80, M70S, M65S	W65, W70, W75, W80, W50S, W55S, W60S, W45S
8	Light Green	1:10,000	Near	3.2	13	200	M14	W14
10	Orange**	1:10,000	Near	2.9	16	125	M12	W12
11	Yellow**	1:10,000	Near	1.9	12	95	M10	W10
12	White	1:10,000	White	0.7	6	40		

**** Please Note for Yellow and Orange **** The nature of the terrain means that both the Yellow and Orange courses are on the technical side. The Yellow course:has two legs with red/white streamers to guide competitors where the standard of navigation is considered too technical for yellow standard. These streamers will be at roughly 10m intervals on short canes. Please note the course is planned to follow streams and marsh edges in the absence of any paths.

The M/W21E courses incorporate the normal SOL classes for M/W21L.

SportIdent electronic punching will be used.

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Additional World Ranking Event Information

Race numbers and pins for the competitors on the World Ranking courses will be available at the start. There is a warm up map for elite competitors, available at the Near Start (with the race numbers) There is a drinks control for both M21E and W21E shortly before the road crossing, and an earlier drinks point for M21E at the map change point.

The Far Start start kite is just over 60m from the M21E drinks/map change control which is visible to competitors waiting at the Far Start. M21E competitors will see the Far Start start kite after exiting the map changeover control.

Safety/Hazards

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.

Black/yellow hazard tape will be used to mark a dangerous crag on the run-in and may also be used to mark old remnants of fences and wires.

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.

Protests and Complaints

If you feel you have a reason to lodge a protest or complaint, this can be done at the Enquiries tent on payment of the relevant fee. All protests and complaints will be dealt with under BOF rules, except in circumstances for the World Ranking Event where IOF rules take precedence.

String Course

The String Course is adjacent to Assembly, and not to be outdone by the grown-up courses, the String Course is certainly the physically toughest your youngster will ever encounter. The string is not long (about 300m), but passes through extremely rough terrain with 2 steep uphill, which will give your wee one a taste of typical Trossachs terrain as well as an insight into the elevated mins/km of their parents! Parents should note that they are responsible for ensuring that any unaccompanied children understand that they should not approach the road, since one part of the the string passes within 15m of the tourist road up to Loch Katrine. Alice and her Wonderland friends will be on hand to encourage you on this Mad Hatter escapade. Look out for the White Rabbit's hole!

Prize Giving

There will be prizes for the top 3 men and women on the World Ranking Event courses. The prize giving will be held in assembly as soon as possible and hopefully around 1515. Please stay and congratulate the top competitors.

First Aid

We expect a first aid unit to be in attendance and they will be located in Assembly. 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: Jon Cross (FVO) 07803 796773, jon.cross@tinyworld.co.uk

Planner: Brian Bullen (FVO)

Controller: Jon Musgrave (MAROC)

IOF Adviser (for World Ranking Event): Gordon Ross (AROS)

Happy Racing!