

# Helix & Kelpies orienteering final information

## Last minute changes

**Please check the FVO website before leaving for the event for any last minute changes.**

Version 1 – 2019-10-02

5<sup>th</sup> October 2019

Start times 1:30-2:30 pm

Courses close 3:30 pm. Controls may be removed at any time after then.

## Download

**All participants MUST report to download even if they are retiring from the race. This is essential to ensure we know you are safely off the course.**

## Courses

Yellow – 1.9km TD2   Orange – 2.5km TD3   Green – 3.6km TD4   Blue – 4.7km TD4

All courses pass deep water and very young children should be supervised. There are no controls on the waters edge.

The Green and Blue courses will require competitors to cross the main park road. They are advised to do so at the Zebra crossing.

**Note:** due to the layout of the area the actual distance necessary for the green and blue courses are actually significantly longer than the nominal distances suggest (likely to be >5.5 and 7 km respectively).

## Parking

The Kelpies and Helix are well signposted from nearby motorway junctions. The nearest motorway junction is M9 J6.

**It is suggested you park at Falkirk Football Stadium (FK2 9DX).** This is accessed from the A904. If you park here then cross the A904 at the pedestrian lights to the North of the car park and enter the park via the path behind the bus stop. You should be able to see the registration/assembly area.

OS Grid Ref: NS 907 806

<https://w3w.co/foil.accent.keep>

If you park elsewhere then the assembly area is to the far south of the park (South of the boating pond). If you park in the Kelpies car park, parking charges will apply (£3 per day).

## Map

The map has recently been drawn and should be up-to-date, **however rainfall affects water levels dramatically in the park and areas mapped as crossable marsh may be much deeper than you would normally expect.**

The map is a sprint specification map drawn to 1:4000 scale. Contours are at 2.5m. FVO gratefully acknowledges the assistance of Falkirk Community Schools 2008 Charity in supporting the preparation of the map.

### Terrain

The park is essentially flat and there are no significant climbs on any of the courses. Large parts of the park are covered with well finished tarmac/concrete/paved surfaces however all courses will also use narrow paths which may be wet or muddy under foot. The yellow course does involve cutting across some grass and may not be suitable for push chairs with small wheels. The park has extensive areas of open ground and orange, green and blue courses will make use of these. All courses venture into small areas of woodland. Orange, Green and Blue courses may require runners to venture off paths, some areas have significant undergrowth including nettles, thistles and brambles. Whilst the worst areas have been avoided full leg and torso cover should be worn. There are board-walks on all the courses except yellow. These may be slippery when wet.

### Toilets / Refreshments

There are catering facilities and public toilets near the play park to the west of the boating pond.

### Entries

All entries are on the day. Map availability will be first come first served. The costs are:

Senior Members	£4	Senior Non-members* and families**	£6
Junior Members	£3	Junior Non-members*	£4

\*If you are not a member of BOF/SOA/FVO you may enter upto 3 events on completion of a registration form.

\*\* Families share one map and one dibber.

### Timing

The event will be timed using SI dibbers. Each control must be punched. If a control box does not seem to be working you should punch the map with the alternative pin punch provided. The equipment will **not** have SIAC (contactless punching) enabled but you can still use SIAC cards in the traditional punching style. **Results will be published on the FVO website.**

Dibbers are available to borrow. If lost/not returned they will be charged at £30.

### Beginners / coaching

Newcomers to orienteering will be able to get a brief introduction from experienced members before setting off.

FVO juniors participating in the BOF stars scheme, or other members wishing coaching should contact Nicola Melville to let her know you will be attending. Coaching starts at 2pm.