

Linlithgow Local Lockdown League 2.0

Beecraigs West – 5/6 Dec 2020

Availability

The control flags will be out (on Yellow and Orange courses) from 1000 on Sat 5 Dec to 1600 on Sun 6 Dec. Any GPX tracks submitted before 2000 on Sun 6 Dec will be included in the results.

Timing

There is no SI timing equipment on the course – it will be interesting to compare notes though, so everyone is encouraged to use a GPS watch or Smartphone App and track how they got on. Please email your .gpx file to paul@thehammonds.org.uk

General Safety

The Yellow, Orange and Green course do not cross any roads so are suitable for unaccompanied juniors. The Blue course crosses the Bathgate road twice in order to access Cockleroy, so under-16s must be accompanied for this. **Please take great care when crossing this road**, remember this is not serious event so don't take any risks!

There are several mountain bike tracks that are marked with red Xs on the map – you must not run along these but you can cross them. However, you should watch out for mountain bikers (and other people, dogs, horses...) on any of the tracks in Beecraigs.

With the recent weather, some parts of the courses will be muddy and slippery – take care.

Lone Running

Unlike a normal event there will be no-one at download to spot if you don't return. You are responsible for your own safety out on the course – but we recommend you let someone know you are going and when you expect to be back; it would be a sensible precaution to take a phone with you.

We would recommend running the courses in daylight, so keep in mind it gets dark before 4pm. If you do decide to run at night remember that there are some reasonably big crags on the West side of Cockleroy (Blue course only).

COVID safety

West Lothian council area is Level 4. To comply with Govt travel restrictions, only participants who live in Falkirk Council or West Lothian Council Areas may participate.

- Do not participate if you or anyone you live with has a cough, fever, or loss of taste/smell.
- Do not participate if you have been told to self-isolate because of a close contact, a household member with symptoms in the last 14 days or travel to another country – even if you are symptom free, or if you are awaiting the outcome of a Covid test.
- Only share transport to an event with other members of your household.
- Observe social distancing requirements at all times, including when warming up, while on the course, and while warming down.
- There are no controls to punch – avoid touching the flags.
- Give way to members of the public on narrow paths and at gates etc. – and don't block the path if you need to stop and look the map.

Start/Finish

All courses start and finish at the path junction to the North of the pond on the West side of the road, opposite the Balvormie car park. **The start/finish is unmarked.**

Control Markers

There will only be flags on the Yellow and Orange courses (control codes 55-69); the Blue and Green courses (control codes 200+) will have no flags. The flags are standard orienteering kites (orange and white fabric) and will have the control code attached to them so you can check you're in the right place. It is possible that some flags will go 'missing' over the weekend, so don't spend ages looking for one if you think you are in the right place.

Courses

- Yellow: TD2, 2.2km (quite tricky in places so inexperienced juniors may wish to be accompanied)
- Orange: TD3, 3.0km
- Green: TD4/5, 4.6km
- Blue: TD4/5, 6.2km

Parking

Recommended car park is Balvormie (NS998741).