

## **Informal Orienteering – Muiravonside 28<sup>th</sup> Nov – 1st Dec 2020**

Important information:

### **Availability**

The controls will be out from 10:00AM on SAT 28<sup>th</sup> until 10:30AM on TUE 1<sup>st</sup>.

### **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](mailto:paul@thehammonds.org.uk)

### **General safety**

Some parts of the courses will be muddy and slippery – take care. There is standing water in parts of paths or dry ditch/erosion gullies likely to be encountered on the Green Course – although all were passable with care during a mid-week inspection.

The courses intentionally avoid the main driveway/road through the park, to keep them suitable for unaccompanied juniors. There are however some significant open water areas in the proximity of courses and so parents should judge the suitability for their own young children – there is no need to cross any open water nor go close to the waters edge.

### **Lone running**

Unlike a normal event there will be no 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.

The courses were design to be run in daylight – they've not been risk assessed for things you might fall down or trip over in the dark. Keep in mind it will get dark about 4pm this weekend.

### **COVID safety**

Falkirk Council Area is Level 3. Only participants who are in Falkirk Council or West Lothian Council Areas should participate.

- Do not participate if you or anyone you live with has a cough, fever, 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 at an event, including when warming up, while on the course, while warming down.
- There are no controls to punch – avoid touching the markers.
- 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.

## Starts

All courses start at the footpath at the SE corner of the main car park.  
The start is unmarked.

## Finish

The yellow course finishes at the same place it started.

The orange and green courses finish at the barrier across the forest road which you pass on your right as you enter the park on the main driveway.

The finishes are unmarked.

## Directions (EH49 6LN)

The access road is on the B825.

Pedestrian access is possible from the Union Canal near Bridge 49 or by following the Avon Heritage Trail

OSGB NS 96368 75563 (for start)

## Parking

There are two car parks in the woods. The “woodland” car park on your left just after you enter is free of charge. The “main” car park is at the end of the driveway. This is barrier controlled and costs £1 (cards are accepted). The revenue from the car park goes to the trust who maintain the park – and I’d encourage you to use the paid car park to contribute to the upkeep.

## Control Markers

There are a mixture of permanent orienteering markers (which may be free standing or attached to an existing structure) and small orienteering training kites – orange and white fabric (smaller than normal competition sized markers). They should all be numbered so you can check you have the right control. Start and Finish are unmarked.

Controls numbered 59-69 inclusive are orienteering training kites (fabric)

Controls 0-49 and 70-99 and permanent markers on small plates screwed to a post or object.

## Courses

YELLOW – TD2: 1.5km. (50m climb) 1:5000 scale, 5m contours. Overprint not at ISOM-2017 standard for clarity.

ORANGE – TD3: 2.4km. (80m climb) 1:7500 scale, 5m contours.

GREEN – TD4: 4.5km. (180m climb) – will require to climb small fence (no barbed wire)  
1:7500 scale, 5m contours.

## Important information for yellow course

In order to tightly contain the area the course had been set in, and keep it interesting, the course has been set so that it crosses itself (figure of 8 style). This is unusual at yellow

standard and it may be the first time inexperienced runners have seen this. It may be helpful for a parent to discuss this with any younger runner before they set off.

The path network at Muiravonside is quite complex and it will definitely help to keep your thumb on the point you think you are at all times. With their being no start kite the least experienced orienteers might be feeling a little lost to start with (which is never a good beginning) so if you want to let them roam free it's probably worth making sure that they are on the big path heading East from the car park (down the side of the allotments to get started). I'd also make sure they have their map set correctly (facing the direction they are going) before they leave. Their first control will be on that road and marked with a small fabric kite style control.

#### **Important information for green course**

The area on the side of the hill - marked as rough open land with scattered trees (South of the Map) – has grown considerably since the map was made. The trees are fairly dense, and sufficiently short that running through them is probably more like light green forest. You might want to keep this in mind for your route choices.