

Muiravonside, Sat 19th June - Final Details

Important Covid Info:

1. If you're displaying one or more Covid-19 symptoms you must not attend.
2. If you are in Covid-19 quarantine you must not attend.
3. People in higher risk categories as set out by the government should be aware that attending places you at increased risk.
4. The 2-metre rule applies at all times, including at controls, so please move away from controls as soon as you have punched. Please also maintain distancing on the route between parking and Start/Finish.
5. Please keep young children with you at all times.
6. You need to turn up for your starts on time. There is minimal room for rescheduling late starters, and you may have to wait to get an available start slot.
7. Please do not congregate at the start/finish/car park.
8. By taking part you agree to British Orienteering code of conduct (see https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

Terrain

Full length trousers are required.

Yellow course stays entirely on paths.

Orange stays primarily on paths however it does have some parts in long grass.

Blue and Green courses enter areas of dense summer undergrowth, gaiters advisable.

Parking and Start

Car parking is available in either of the two car parks at Muiravonside country park.

The Woodland car park is the first car park on the left and is free. It is approx 700m to the start. There won't be signs – follow the park road to get to the Farm car park and follow orienteering signs from there.

The Farm car park is at the end of the park road and is nearest to the start (100m) and costs £1 parking charge (gated machine at entrance, pay by £1 coin or contactless cards accepted). This car park may be busy with other users

Courses

Course	Length
Yellow	1.3km
Orange	2.5km
Green	4.3km
Blue	6.2km

Start/Finish

The start is adjacent to the Farm car park. The finish is a short distance away from the Farm car park and passes by the Start on return to the car parks. Please do not forget to download after finishing, even if you retired or missed some.

Map

The map is 1:7,500 with 5m contours. The map is up to date however there may be minor differences with the vegetation boundaries.

Farm and Cafe

The Falkirk Community Trust farm and surrounding fields containing farm animals is out of bounds whilst orienteering. If you would like to visit beforehand (current opening hours believed to be 10.30-2.30pm), please note that there is a 1-way system in place – access from the Farm car park. We think that the toilets and the steading café are still closed.

Safety

River Avon – Orange, Blue and Green courses go near the river, do not cross the river. Orange – Note that the red line between #3-#4 does cross the river to clearly show where the next control is. DO NOT cross the river! You should stay on the same side of the river using paths to go round the river bend.

Roads - There is only one road running through the site, the one you drive in on. This is a slow moving road with good visibility however runners should still be careful when crossing. Yellow runners do not cross the road on their course. All other courses do. Parents are responsible for judging whether juniors are able to cross this road.

Gorge path closed - There is a closed off path on the south side of the map that is closed off for safety reasons due to the dangerous gorge. Do not use this path, it is marked as out of bounds on the map and is clearly fenced off.

Burns – Green and Blue courses have a route choice of crossing the small burn. It is expected to be low flow, but do not cross in locations where it is too deep or flowing faster.

People and Dogs - Please be courteous to dog walkers and maintain social distancing.

Farm – courses are planned to avoid the farm and its field containing farm animals. Please do not approach farm animals whilst orienteering.

Trips/slips – take care on steep slopes and any small bridges over burns

Closing time

Courses close at 4pm. Please head to the finish if you are still out at this time as the event team will start to collect in the controls

All participants take part at their own risk

Planner – Stanley Flint

Organiser – Jen Leonard 07979 530879