

# Abbotshaugh WEE event

## Last minute changes

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

Version 1 – 2021-06-20

## Start/Finish times

Wed 23<sup>rd</sup> June 2021. First starts 17:30. If you arrive before 17:20 the start area / parking may not be signposted yet.

**Courses close 20:00. PLEASE RETURN TO FINISH IMMEDIATELY IF YOU ARE STILL OUT.**

Early controls may be removed before 20:00.

**Starts have been shifted around by a few minutes** to try and break up the people running the same courses where possible. If these no longer suit we will fit you in but you may have to wait for a suitable gap. **The final start list has been updated at**

**<https://fvo.eu.pythonanywhere.com/orienteering/view-entries?type=Abbotshaugh%2023rd%20June%202021>**

## Late entries

All entries are pre-entry only. Entries available whilst maps are listed in the drop-down box until 7pm on Tuesday evening. Entries after 10am Monday attract a £1 surcharge.

## 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.**

## Covid

Falkirk is in the Scottish Government's Covid Level 1 status. Participants are welcome from across Scotland. Participants from elsewhere please check Scottish Government website for travel restrictions.

- If you're displaying one or more Covid-19 symptoms you must not attend.
- If you are in Covid-19 quarantine you must not attend.
- People in higher risk categories as set out by the government should be aware that attending places you at increased risk.
- 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.
- Please keep young children with you at all times.
- 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.
- Please do not congregate at the start/finish/car park.
- By taking part you agree to British Orienteering code of conduct (see [https://www.britishorienteering.org.uk/COVID19\\_Safe\\_Orienteering](https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering) )

## Courses

Yellow – 1.8km TD2 (10m climb)

Orange – 2.7km TD3 (25m climb)

Green – 4.5km TD4 (25m climb)

There is deep water around and very young children should be supervised. There are no controls on the water's edge, and no reason to approach water or marshes.

Route choice via the public road is forbidden and marked on the map with red X

**Note:** The purple lines on the map have *not* been bent around the river and unmapped areas to help with the clarity on the map. On some courses they *have* been bent around other controls/numbers. The nominal distances ARE the shortest possible legal/safe distances rather than the length of the line. *Obviously do not run off the mapped areas, across the River Carron, or through any private gardens etc!*

## Control descriptions

Control descriptions will be printed on the maps. These are in IOF Symbolic format for Orange and Green, with both Text and Symbol versions on the Yellow. Loose control descriptions are not provided at the start. Control descriptions are available for you to print out at home (including a text based description for the Orange course).

## Parking

The car park is accessed from Haugh Street. Entrance to the car park is narrow and not very conspicuous – I will add an o-kite or sign on this signpost.



The start will be signposted from the car park and is approx 100m away. Follow the E path from the car park to avoid walking through the start on the way in.

Postcode: FK2 7QX

<https://w3w.co/racing.cheer.caller>

OS Grid Ref:

NS 888 822

## Map

The map has relatively recently been drawn and had a few minor updates this month so should be up-to-date. We've only used it once before and those who remember that will be

pleased to hear that dry weather means that its much drier this time, but the uncrossable marshes should still be assumed to be deep.

The map is drawn to 1:7500 scale. Contours are at 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. Some parts of the park are covered with well finished paved or gravel surfaces however all courses will also use narrow paths which may be wet or muddy under foot. The yellow course is not likely to be suitable for push chairs. **The nettles have been getting progressively worse since I first started planning this.** I've re-routed the yellow course to avoid as much as possible. All competitors should wear full leg cover though. Whilst the undergrowth markings on the map are mostly correct, there may be seasonal nettles in areas not marked with green hatching.

The yellow course includes controls which may be slightly further from the path than competitors are used to. One is on a knoll (small lump) and will be clearly visible from the nearby path junction. The other is under an electricity pylon, so will be hard to miss if you keep your eyes up!

Orange course – please make sure you are familiar with the map symbols and control description symbols for power lines and pylons. Help available at the start if needed.

**NOTE: Water features surrounded by a black border are uncrossable.**

### Cyclists, Horse riders and other hazards

Cyclists, walkers, runners etc all use the park regularly – please give them space. Horse riders are occasionally seen and horses may not expect people to run out of the woods. Dogs are common and best avoided. If you are quiet you may see some deer – but this means there will also be a “tick risk” and competitors, especially those crossing undergrowth should be aware and check when home.

### Toilets / Refreshments

There are no toilets or catering facilities in the area.

### Timing

The event will be timed using SI dibbers. Each control must be punched. The equipment will have SIAC (contactless punching) enabled but you must still punch the start and finish controls in the traditional way. **Results will be published on the FVO website.**

Dibbers are available to borrow if pre-requested. If lost/not returned they will be charged at £30. **COMPASSES ARE NOT AVAILABLE TO BORROW – useful on yellow (but you should manage without), very helpful on Orange, ESSENTIAL GREEN.**

## Beginners

If you are relatively new to orienteering or a bit rusty and want to talk through your course before you start please let me know.

## Medical conditions

If you have a medical condition you think we should know about, please ensure that someone with you is aware or inform the starter in confidence (including instructions for any emergency treatment we may need to provide).