

## **DOUNE PONDS, Wed 30th June – FINAL DETAILS**

### **Important Covid Info:**

Doone is in the Scottish Government's Covid Level 2 status. Participants are welcome from across Scotland. Participants from elsewhere please check Scottish Government website for travel restrictions.

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](https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

### **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.

### **Last minute changes**

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

### **Start/Finish times**

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

### **Parking**

Postcode: FK16 6BD

Grid reference: NN725018

What3words: Visual/Trains/Deprives

Free car parking is available at Doone Ponds nature reserve car park. If the small car park is full then street parking is available in the adjacent estate but please park courteously, with the residents in mind, ensuring that any access points and driveways are not blocked.

### **Toilets**

Sorry there aren't any!

### **Terrain**

Full length trousers are required for all courses. The varied path network provides pleasant running and interesting courses. The summer undergrowth in the form of ferns, brambles and some stinging nettles has now grown up in the woodland. There are uncrossable ponds in the area. Optimum routes don't encounter any wet marshland. ONLY the Green course will include urban terrain.

### **Start**

The start will be clearly visible located at the entrance to the Doone Ponds car park.

### **Finish**

The finish is located 150m, along a path, to the north of the start.

**Please do not forget to download after finishing, even if you retired or missed some.**

### **Course Notes**

Course Lengths, difficulty and climb:-

Yellow 1.7km TD2 20m

Orange 2.2km TD3 25m

Green 4.9km TD4 60m

The Yellow course stays entirely on paths within the Doune Ponds reserve. Adventurous buggy users could get round!

The Orange course uses the Doune Pond path network for route choices with optional corner cutting requiring terrain running.

Green course competitors encounter approx. 50/50 urban/forest when considering shoe choice. There are 2 major road crossings and also minor crossings where vehicles, bikes etc will & may be moving at speed – TAKE CARE.

### Safety

There is deep water around and very young children should be supervised. There are a few controls on paths close to the edges of ponds. Swimming is not allowed and, in any case, a bad route choice!

Please be courteous to all woodland users. Where possible maintain social distancing. Watch out for the occasional mountain bike.

There are ticks present in the area, especially on the Green, so please check carefully for the wee beasties and remove correctly.

All participants take part at their own risk.

### Green course

**There are NO road marshals or timed out crossings on the green course. TAKE CARE CROSSING ROADS. There will only be some caution runner signs. Any youngsters wishing to run the green course aged under 16 on the day MUST be shadowed by an adult who is able to keep pace with the junior and all roads must be crossed safely TOGETHER. Juniors may have to wait at crossings, if necessary.**

NOTE:-If in any doubt regarding safety please run the entertaining orange. Feel free to run it twice, the second time in reverse, not timed, but choosing different routes for extra practice. If you choose to do this, then please check in and out at the finish (twice) with your name so that we know when everyone is out of the woods.

### Control descriptions

These will be printed on the maps. They are in IOF Symbolic format for Orange and Green, with text version for the Yellow. Loose control descriptions are not provided at the start. Control descriptions are available for you to print out at home.

### Map

The map is 1:5000 with 5m contours.

We updated the map three weeks prior to the event. However, at the time of writing there is still tree extraction going on in the forest to the west of the map only visited by the Green course. (Not Doune Ponds nature reserve.)

Competitors, on Green, will therefore encounter forest workings - pre-dominantly vegetation changes not all of which will have been updated. However we gained the assurance of the forest manager that the control sites we've chosen will still be in existence and that work will have ceased by the 30<sup>th</sup>!

### Courses close 20:00.

PLEASE RETURN TO FINISH IMMEDIATELY IF YOU ARE STILL OUT. Early controls may be removed before 20:00.

The final start list has been updated at:-

<https://fvo.eu.pythonanywhere.com/orienteering/signup?type=Doune%20Ponds%2030th%20June%202021>

### 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.**

**Organisers / Planners:** Heather Fellbaum and Vicky Thornton