

**FVO Wednesday Evening Event
Polmaise, Cambusbarron
27 April 2022**

Final information

Covid Safe Orienteering

Please be aware of the relevant guidance and code of conduct (see https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering). By taking part you agree to adhere to the Code of Conduct.

Parking and Registration/Download

Parking will be on Quarry Road and Old Drove Road, Cambusbarron. This is a residential area: please park considerately and do not block any driveways. Please also be considerate of the residents by being suitably discreet if you need to change before/after your run!

Registration/download will be at the top of Quarry Road, at the barrier with access to the woods. Grid Ref NS7729230, what3words inch.damp.noted.

Toilets

There are no public toilets. Please go before you come.

Start/Finish

The start is adjacent to the registration/download. Please avoid congregating around the start area and aim to arrive at the start no more than 5 minutes before your start time. Please respect distancing while waiting.

The finish is 200m walk from registration/download. The route is obvious on the ground (and on the your competition maps) but parents are asked to make sure their children are aware. Please remember to download after you finish!

Map

1:7,500, Contour interval 5m, last updated by Lewis Taylor in 2022.

Courses

Green – 3.5km, 170m climb.

Orange – 2.0km, 90m climb.

Yellow– 1.5km, 45m climb.

The distances for Orange and Green may seem a little shorter than is often the case, however (particularly for the Green) the terrain is technically and physically challenging and you are unlikely to feel short-changed!

Control descriptions

These are printed on the front of the map. There will be no loose descriptions.

Start times

These are published under 'entry lists' at <https://fvo.eu.pythonanywhere.com/> and should also appear at <https://fvo.org.uk/events/2022/apr/27/polmaise-wee/>

Terrain and Safety

Polmaise is undergoing significant forestry operations which prohibit access at present to the runnable white forest directly above Cambusbarron: an extensive programme is underway to clear larch trees after the discovery of a stand of diseased trees, and a new lorry access route to the quarry is under construction. Courses have been planned to avoid these areas and the associated vehicles. Despite this, the area of the map being used offers some good orienteering suitable for all courses, as well as providing physical challenge with some steeper slopes and rougher terrain for Orange and Green.

The area has a large number of big crags. The Yellow course remains below these whilst the Orange and Green have been planned for competitors to be guided onto appropriate routes. Nevertheless please take care.

Medical conditions

Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the event organiser before they start.

Timing system

SPORTIdent will be used. Touch free punching will be activated.

Courses Close

Courses close at 20:00 . All participants **MUST** report to the finish by that time. Earlier controls on the courses may be removed prior to 2000.

Future events

The next event in the series on Wed 4 May is at Falkirk Wheel.
The full list is at <https://fvo.org.uk/events/>

Contact

Please contact Jon Cross (crossjq@gmail.com or 07803 796773) if you have any questions