



## MUIRVAONside LOCAL ORIENTEERING - Sunday 28<sup>th</sup> AUGUST 2022

### 1. Key points

- ❖ **Muiravonside Facilities** – there are toilets, the farm and playpark will help entertain children while they wait for you to finish, there is a food van at the car park which I expect will be open.
- ❖ **Do not attend if ill / suffering from symptoms of Covid** per usual government guidance
- ❖ **Deep water** – there is fast moving and deep water in the park (none of the courses should be very near the water's edge) but parents should consider if their children need shadowed
- ❖ **Car parking in the main car park** – costs £1 – cards accepted
- ❖ **Start** Immediately next to the main car park – punching start
- ❖ **Finish** – next to the start.
- ❖ **Courses** – Yellow, Orange, Light Green, Score
- ❖ **Score course** – 40 minutes, 10-60 points per control (listed on map), 10 point penalty for each minute (or part minute) you are late back
- ❖ **Gaffling** – Orange and Light Green courses have loops which will be in different orders for some competitors, make sure if shadowing you have the SAME map as the other person.
- ❖ **Map** – 1:7,500, 5m contours

### 2. Getting There & Parking

#### By car:

Parking at the main Muiravonside Country Park Car Park, EH49 6LW || NS 964756 || W3W: [///warrrior.committed.slams](https://warrrior.committed.slams)

Muiravonside is signposted with Brown “tourist” signs from the Linlithgow and other major routes. Head for the main car park (rather than the Woodland Car Park on arrival. If main car park is full use woodland car park and walk round).

Assembly and Start will be visible near the NE corner of the car park.

There is a **£1 charge for using the car park**. The barrier takes both coins and cards.

#### If travelling by public transport:

By Bus: Unfortunately the nearest public transport seems to take you to Whitecross or the the Bowhouse roundabout – which are quite a walk to the start – if coming this way contact the organiser and he will suggest the safest/easiest route to walk from the relevant bus stop.

By Bike: Union Canal towpaths comes close to the entrance near bridge 49, leave the tow path to the east of the bridge, cross over the bridge, and then take the second entrance on the left (~200m) and you are in the park.



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### 3. Toilets & Cafe

The normal park facilities should be open. This will include toilets, a food van, the play park and the farm.

### 4. First Aid

In the event you or someone else need first aid please come to the start/finish. This is a small event so does not have dedicated first aid provision but a small first aid kit will be available and we will be able to arrange help if you need it. If you call an ambulance directly, please inform start/finish so we may assist you and the emergency services. The nearest hospital is Forth Valley Royal Hospital in Larbert (about a 20 minute drive).

### 5. Start times

You have selected your own start time during entry. We will not be rigorous about sticking to these – the aim is to spread people out. Please let any other competitor on the same course get out of sight before starting – this may mean letting people behind you in the queue start first.

### 6. Covid /Safety Precautions

- Do not attend if you have one or more Covid-19 symptom or are in Covid-19 related quarantine or isolation or have tested positive for covid.

### 7. Terrain Notes

**Terrain:** Mix of woodland with some open areas, all crossed by a network of small paths and well made tracks. The path network is complicated. Some very small paths may not be marked on the map, some marked paths may be overgrown and less obvious.

The “sparse trees” on the SW of the map (only used for Score course) are quite tough going in places. They have grown considerably since the map was made and may really be worth considering as light green forest.

**Main park driveway** – Courses may cross the main park driveway – this is low speed traffic but the drivers are focussing on where to park so take care. It is possible to run the yellow course without crossing any roads.

### 8. Map

Map is to the ISOM 2017-2 Standard - 1:7,500, 5m contours. Printed at A4.

***On colour coded courses the control circles are standard 10mm circles (=75m diameter).***

***On the score course they are 7.5mm diameter on the map - equating to 56m on the ground, for clarity.***

Map created by Chris Smithard with last major update 2018

### 9. SI / SIAC

SI timing will be used.

**Yellow/Orange/Light Green** You must punch each control in the correct order. Some courses will visit the same control more than once and must be punched on each occasion. All numbered controls will be enabled for SIAC (Contactless Punching), if you have a suitable dibber. However the first runner to reach each control may have to wake it up by manually punching. It is your responsibility to ensure that your SIAC dibber acknowledges the control unit - if it does not, try punching it instead.



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**Score** You can punch the controls in any order. All numbered controls will be enabled for SIAC (Contactless Punching), if you have a suitable dibber. However the first runner to reach each control may have to wake it up by manually punching. It is your responsibility to ensure that your SIAC dibber acknowledges the control unit - if it does not, try punching it instead. Details of score orienteering are described below.

**SIAC Battery Check** - early SIAC devices may now be reaching the end of their battery life, there will be no specific battery check but you can use a SIAC dibber with a low battery like a traditional punching dibber anyway.

**Traditional SI dibbers hire** are available to borrow. Please collect at the start. Please note lost SI dibbers will be charged at £30.

We will not have compasses available to borrow. A compass is useful on any course, but particularly on the complex paths to check you have the right one.

## 10. Starts / Finishes

**Starts: ALL competitors will use the same start. You must still manually punch start and finish controls even if you are using SIAC.**

If you are new to orienteering, or need Score orienteering explained – please ask at the start – its easier than it sounds on paper!

**Finish:** Next to Start. The run from the last control the finish is not taped - navigate as you would to any other control. Please remember to Download even if you do not complete the course to avoid an unnecessary search for missing competitors.

## 11. Courses

Courses	Technical difficulty	Distance / km	Climb /m	Map Size	Gaffled?
Yellow	2	1.7	40	A4 Single Sided	No
Orange	3	2.5	85	A4 Single Sided	Loops
Light Green	4	3.7	80	A4 Single Sided	Loops
Score	Up to 4	40 min		A4 Single Sided	N/A

**Courses close at 2.45pm and controls will begin to be collected at that point please report to download even if you retire.**

**If you have been running yellow courses and want to move up to Orange – Muiravonside may not be the place to do it the first time as the paths are so complex!**

## 12. Butterfly Loops

The orange and light green courses will use butterfly loops which ensure that even if they become busy you are unlikely to be able to follow a competitor all the way round. **It is important that if you are shadowing your child etc that you make sure you get the same version of the map.** With many of these controls also being used for the score course it is even more important you don't just follow other people as you are likely to be going the wrong way.



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### 13. Score

Not every control on the map is on the score course. The points available may roughly correlate to their distance from the start, distance from other controls and their difficulty (either physical or technical) but this is not an exact science and will depend on the route you take, your experience and so you should decide which controls are worth visiting. Following other people or randomly punching any control you see is unlikely to be a fruitful activity!

The control descriptions list the points available for each control in the left column (10,20,30,40,50,60,70). There are 20 controls with a maximum possible score of 770 points.

The map also shows the points available for the control in brackets beside the control number.

The winner is the person who scores the highest number of points. If two competitors score the same points the winner is the faster of the two.

This is a 40 minute score course. If you take longer than 40 minutes, 10 points will be deducted for each minute or part minute that you are over the time. **Remember to bring a watch!**

e.g. if you visit 10 controls worth 10,40,30,20,10,50,60,10,20,10 you will score 260 points. If this takes you 41min 12 seconds you will have 20 points deducted and score 240 points overall.

The course and time limit are designed so that it is very unlikely that anyone could complete all the courses in the time limit and every competitor needs to decide which controls to visit/not visit. Visiting all controls is likely to require running > 7.5km and 200m of climb, some of it in difficult terrain.

### 14. Control descriptions

Symbolic control descriptions on ALL courses, Yellow and Orange courses also have a text based description. Descriptions are on the map. Loose descriptions are not provided.

Scores are listed in the first column of the control descriptions and shown in brackets beside the control number for the score course.

### 15. String course & play park

There is no string course at this event. However there is an excellent play park to the south of the start and Newlands Farm to the north.

### 16. Entry of the Day

Some Entry on the Day should be possible whilst maps last. No cash payments or registration process will operate on the day Instead, please go to: <https://fvo.eu.pythonanywhere.com> where you will be able to register and pay for available maps (card payments).

### 17. Officials

Organiser/Planner: Neil Polwart, [n.polwart@gmx.com](mailto:n.polwart@gmx.com) 07905 752 416

### 18. Version control

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