

14 February 2022 - Beginners orienteering at Linlithgow Loch

Entries – Pre-entry only through online system.

Covid-19 Rules – All participants are expected to comply with the latest rules. Do not attend if you have covid. Please maintain a good social distance from club coaches, helpers and other households during the newcomer briefings.

Parking – Preferably park at Linlithgow Tesco car park (see map on next page), accessible from the A803 Blackness Rd. Note that this is free but is max 2 hours parking and they are very strict (CCTV in place). The long stay station car park is also free but often full, it is the same entrance as Tesco car park, but over to the east side. If both those car parks are full, then suggest parking in the residential streets off Baron's Hill Avenue (northeast) or at the Vennel car park next to Linlithgow Cross/Palace (charges apply).

Start location- See map on next page. From Tesco in Linlithgow, locate St Michaels RC church to the east along the A803 Blackness Rd (NB this is a different church from the St Michaels parish church which is next to the Palace). On the right of the St Michaels RC church, there is a footpath signposted towards the loch. Go down this footpath, the start is ; located next to the playpark on the loch shore at the east end of the Peel (palace parkland). The finish is also located here.

Courses -

Yellow- 1.0km

Orange- 1.9km

Newcomers - We will explain what to do at 2 newcomer briefing sessions - at 10.30am and 11am. You can come to either one. We have a lot of folk down for 10.30 at the moment, so feel free to change to 11am if you wish.

Other participants - please proceed to start, ensure that we have ticked you off as having started.

U16s -Note that U16s are welcome however they will need to be accompanied by an adult due to road crossings

Map – 1:4000 2.5m contours, Last updated 2019

Terrain – Open parkland, small section through urban area

Timing System – SPORTIdent will be used.

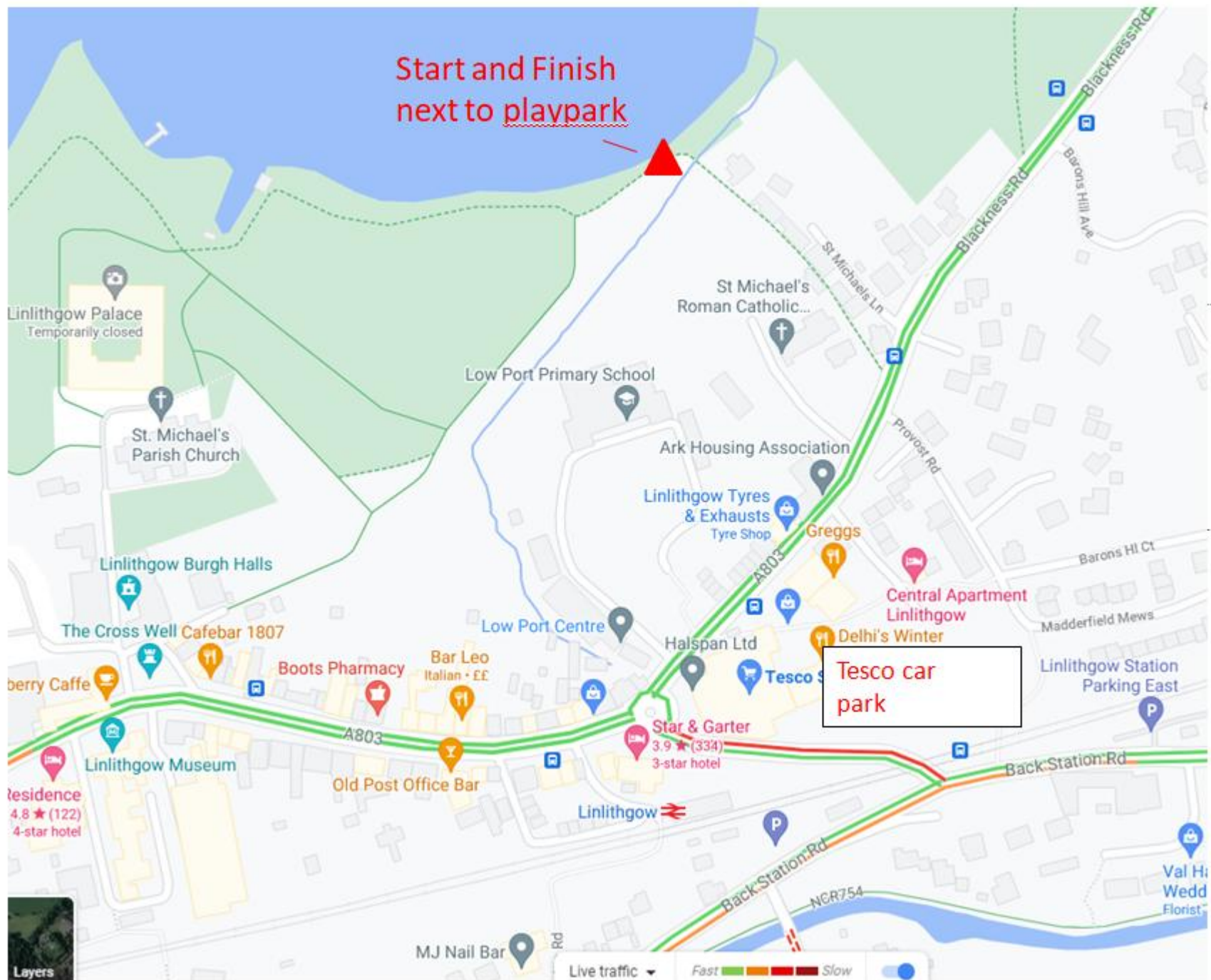
Starts – 10:30 for pre-course and safety brief

Courses Close – 13:00. All participants MUST report to the finish by that time.

Safety Info –Please watch out for members of the public, dogs and cyclists. Also watch out for any vehicles in car parks, driveways and at the Cross. It is also February, please dress appropriately for the weather.

Participants take part at their own risk – Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start. Adults are responsible for the juniors that they bring with them to the event.

Contact - Please contact Jen Leonard, jennifer.leonard303@gmail.com, if you have any questions.



Footpath to start with finger signpost from Blackness Rd:

