

## **15 February 2022 - Beginners orienteering at Beecraigs East**

**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** - The rangers have asked orienteers to please park at Hillhouse car park wherever possible and unless you have mobility issues or very young children, since Balvormie car park will be busy at half term. Map on next page shows which car park this is.

**Start** - Meet at the far (east) end of the adventure playground at Balvormie, near the spider's climbing web. This is the location for the start and the finish. It's around 15 mins walk from the car park to the start location at the playground. See map below.

Newcomers briefings at 10.30am AND 11am

**Courses** - There are 2 courses only:

Yellow course 2.3km - easy, suitable for families with young children, on paths.

Orange course 3.2km - moderate navigation difficulty, suitable for families with older children

**Newcomers** - We will explain what to do at 2 newcomer briefing sessions - at 10.30am and 11am. You are welcome to come to either one but if you have a start time of 10.30am, it would be good if you can come for the briefing 10.30. If you have a start time down after 10.30am, then please come at 11am for the briefing and we will start you after that. Please bring a compass if you have one.

We will lend you a dibber (=electronic timing device), please note that the club charges you £30 if you lose it, so make sure it is well attached to your finger!

If you have not been orienteering before, then we have some helpful tips to read and videos to watch before coming along on our website - (click on link on top left corner of our home page [www.fvo.org.uk](http://www.fvo.org.uk))

**Other participants** - please proceed to start, pick up your dibber and 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** – 1:10000 5m contours, Last updated 2018

**Terrain** – Coniferous and deciduous mixed forest. Paths are very muddy! Yellow is nearly all on paths, with some controls about 10-20m from the path. Orange - some areas of forest have significant brashings now (=cut branches left on the ground)

**Timing System** – SPORTIdent will be used. This is not a competitive event, so results will not be published.

**Starts** – see final start list

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

**Safety brief** - All participants must read the following safety briefing before attending:

- Participants take part at their own risk and should not take any undue risks. Parents are responsible for the juniors that they bring with them.
- Be careful of moving vehicles in the car park, especially if crossing Balvormie car park or the road to access the start/finish. Parents must supervise juniors in car parks and road crossings as appropriate.
- All participants should report to the finish as the organiser will check everyone out and back in, initiating a search for any missing participants after the closing time of 1pm.
- There are often dogs, mountain bikers and horse riders at Beecraigs, you should avoid the dog exercise area as well as the mountain bike red route which is shown with purple crosses (=forbidden route)
- Wear suitable footwear and clothing for a Scottish February! It is very muddy, beware slips and trips.

**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](mailto:jennifer.leonard303@gmail.com), if you have any questions.

[www.fvo.org.uk](http://www.fvo.org.uk)

Driving from  
Linlithgow  
follow red  
arrows



Hillhouse  
car park in  
blue circle  
Park here!

Visitor  
centre

Walk to start  
along paths  
following  
green arrows

Meet at the  
start/finish  
(green  
circle)

Balvornie  
playground

