## FVO Newcomer Series Doune – Saturday 17 September 2022 Final Details

**Parking:** At the Doune Ponds car park, OS Grid reference NS 726022, whilst space is available. If the car park is full please park elsewhere in Doune (with consideration to residents please!) and walk back to the Ponds car park.

When approaching the car park please watch out for competitors crossing the roads in the vicinity.

There is a spectator control on the Green course, adjacent to the car park.

Google maps: Doune Ponds Car Park

What 3 words: what3words /// The simplest way to talk about location

**Start/Finish:** The start and finish are a short distance apart, just inside the Doune Ponds woodland. Please go through the pedestrian gate at the SW corner of the car park. Start times are from 1130-1300.

**Terrain:** The Yellow and Orange courses are wholly within the Doune Ponds woodland area. The Green course also uses some of the adjacent urban terrain. The woodland has a good network of small and large paths, as well as some contour detail. As the name would suggest, the area has some large ponds so please take care near these!

**Toilets:** There are no toilets at the event. There are public toilets near the play area in Moray Park around 500m SE of the parking.

**Safety:** The Green course crosses some lightly used minor roads with a 20mph limit, and at one point uses the pavement alongside a more major road. Please make sure any juniors on the Green are aware of this - under 16s do not require to be shadowed by a responsible adult this week, but you may do so if you wish. If you need help finding someone to shadow a junior please ask at the event.

Please be sensitive to local residents and observe out of bounds areas. Take particular care on narrow passageways with restricted visibility ahead.

If you are unwell with COVID-19 symptoms or have a high temperature, you should follow the 'Stay at Home' guidance available on NHS Inform.

**Map:** 1:5000 5m contour interval, surveyed by L Taylor 2018 with minor subsequent updates. The map is drawn using sprint map specification ISSPrOM2019.

**Control Descriptions:** will be printed on the front of the map. No loose control descriptions but a pdf will be available for printing from the FVO website.

**Courses** (based on straight line measurement):

Green: 3.4km with 16 controls Orange 2.1km with 14 controls Yellow 1.7km with 10 controls

The Green course has a spectator control adjacent to the car park.

Courses close at 2pm. All participants MUST report to the finish by that time.

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.

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