

## **FVO Wednesday Evening Event**

**Minewoods; 19/04/2023**

### **Final Details**

**Covid Safe Orienteering:** Please be aware of the relevant guidance and code of conduct (see [https://www.britishorienteering.org.uk/COVID19\\_Safe\\_Orienteering](https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)). By taking part you agree to adhere to the Code of Conduct.

**Parking:** Parking is at the western end of Sunnylaw Road in Bridge of Allan at grid reference NS788981, what 3 words army.done.whizzing. The parking is very limited, so please park considerately. If the western end of the road is full, there is limited further parking towards the Eastern end of Sunnylaw Road, or down the hill towards Bridge of Allan main street.

**Registration/Start/Finish:** Registration, start and finish are all at the western end of Sunnylaw Road, just at the entrance to the quarry, on the North side of the road. Please take care when crossing the road from the parking to the start/finish and vice versa.

**Toilets:** There are no public toilets at the event, so please go before you come!

**Terrain:** Generally fast open runnable forest, but steep! The Green course in particular has a significant amount of climb involved, so anyone considering running up a class, from Orange to Green, should bear this in mind. The area has become popular with mountain bikers and some mountain bike routes have appeared that look like paths but are not and are not marked on the map, so please be aware.

The Green Course also has a road crossing of the minor Sunnylaw Road and a short section of urban, so is not suitable for under 16s unless they are accompanied for this section.

**Map:** 1:5,000 5m contour interval.

**Control Descriptions:** These are printed on the front of the map. There are no loose descriptions at the event, however they are attached to these details for you to print off and bring with you.

**Start Times:** Available on FVO website (<https://fvo.eu.pythonanywhere.com>)

**Timing:** SPORTIdent will be used. Touch free punching will be activated but all dippers must be dipped manually at the start and finish.

**Courses:**

Green: 4.3km 220m

Orange: 2.6km 120m

Yellow: 1.8km 70m

**Courses Close:** 20:00 All participants MUST report to the finish by this time.

**Safety Info:** Minewoods is popular with dog walkers, ramblers and mountain bikers, so please watch for other users of the area and be considerate towards them. Whilst the undergrowth is still low, underfoot conditions can still present a hazard, especially if coming downhill, so please take care.

There has been a recent fallen tree across one of the main paths through Minewoods, at the eastern end of the area, which has resulted in a section of the path being closed by Stirling Council. The section of path is shown on the map as a Forbidden Route. This has necessitated some last minute course re-design and has been managed through the Orange and Green courses now having a mandatory route onto an alternative path, also shown on the map. Please adhere to this mandatory route. The Yellow course avoids this part of the area.

There are a number of trees in the area that are considered unsafe and are to be taken down. These trees are marked with an orange X on the trunk. If you come across any of these trees, please avoid them.

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.

**Contact:** Please contact Rhys Stanwix at [rhys.stanwix@hotmail.com](mailto:rhys.stanwix@hotmail.com) if you have any questions.

I hope you all enjoy the evening's orienteering!




Rhys Stanwix

Mine Woods						
Green	4.3 km		220m			
▷						
1	183	↙	▲	1.0	○	
2	184		∪			
3	186		▲	1.0	○	
4	187		∩			
5	189		∩	—		
6	182		⤴		○	
7	187		∩			
8	206		∪			
9	205		≡	1.5	└	
10	187		∩			
11	193		⤵		○	
12	195		≡	1.5	└	
13	197		⤴		○	
14	199	↖	⊗		○	
15	198		∩			
16	200	↖	▲	1.0	○	
17	196		▲	1.0	○	
18	194		●		○	
19	201	↖	●		○	
20	202	↙	≡	2.0	└	
21	204		∕ ∕	×		
22	187		∩			
23	185		∨			
24	208		≡	2.0	○	
25	209	↓	⤴		○	
○ < 100 m > ○						

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Mine Woods						
Orange	2.6 km		120m			
▷						
1	184		∪			
2	188	↓	↗		┌	
3	182		⤴		○	
4	190	→	∕ ∕	∕		
5	203		∕ ∕	∕		
6	196		▲	1.0	○	
7	197		⤴		○	
8	198		∩			
9	201	↖	●		○	
10	202	↙	≡	2.0	└	
11	204		∕ ∕	×		
12	181		∕ ∕	∕		
13	207		∕ ∕	∕		
○ < 120 m > ○						

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<b>Mine Woods</b>		
<b>Yellow</b>	<b>1.8 km</b>	<b>70m</b>
		
<b>1</b>	<b>184</b>	Small depression
<b>2</b>	<b>188</b>	Southern Wall, North End
<b>3</b>	<b>191</b>	Path Earth wall Crossing
<b>4</b>	<b>190</b>	Eastern Path Path Junction
<b>5</b>	<b>188</b>	Southern Wall, North End
<b>6</b>	<b>192</b>	Path Bend
<b>7</b>	<b>204</b>	Path Path Crossing
<b>8</b>	<b>205</b>	Cliff 1.5, Foot
<b>9</b>	<b>181</b>	Middle Path Path Junction
<b>10</b>	<b>207</b>	Path Path Junction
	<b>120 m</b>	

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