



BO'NESS SPRINT EVENT - Sat 29th April 2023

1. Key points

- ❖ **Traffic** - Courses 5 & 6 (Orange and Yellow) **MUST NOT** cross any roads
- ❖ **Car Parking** - please park sensibly/responsibly on the nearby streets.
- ❖ **Hire dibbers** – collect from registration before going to start
- ❖ **Registration and Finish** – immediately to North of Deanburn Primary School main gate
- ❖ **Start** Approx 150m from Registration - follow taped route
- ❖ **Courses** – SPRINT length courses
- ❖ **Map** – 1:5000, 2.5m contours ISSOM 2019 standard
- ❖ **LARGE NUMBER OF CONTROLS IN A SMALL AREA** – CHECK YOUR CONTROL NUMBERS
- ❖ **Do not attend if ill / suffering from symptoms of Covid**

2. Getting There & Parking

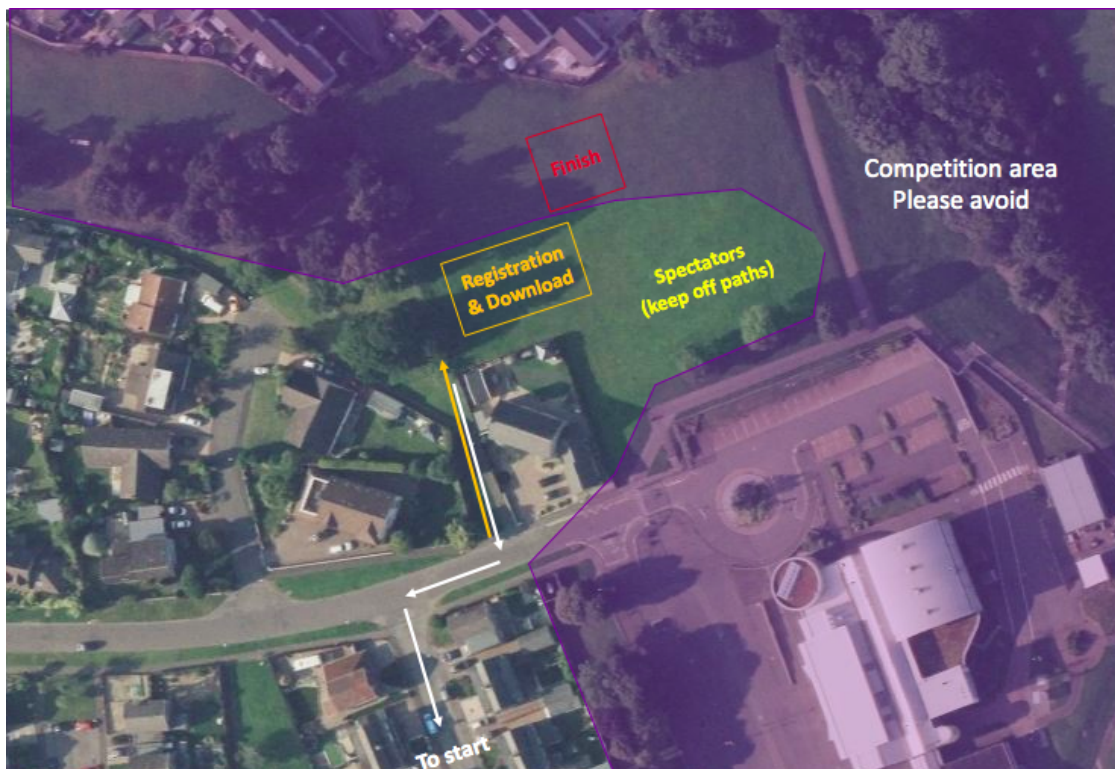
ASSEMBLY: Nr Deanburn Primary School, Hazeldean Avenue, Bo'ness EH51 0NS

NT 989 803 || W3W: [:///clays.tennis.bookings](https://www.w3w.org/:///clays.tennis.bookings)

By car: Please park responsibly / sensibly in the local side streets. It may be easiest to park on Crawfield Road and then walk along Hazeldean Avenue.

If travelling by public transport: By Bus: Infrequent busses from Linlithgow, Stirling (inc Uni). Buses from Falkirk more frequent.

3. Site Layout





Forth Valley Orienteers



4. Toilets & refreshments

There are no toilets as part of the event. The nearest public toilet is across the (busy) Crawfield Road, and requires payment.

There are Cafe's in the town (20 minute walk) but Stirling Uni Orienteering Club will be bringing cake in return for cash to support their club growth.

5. First Aid

In the event you or someone else need first aid please come to enquiries - a first aid kit will be available. If you call an ambulance directly, please inform the Organiser ASAP so we may assist you and the emergency services.

6. Safety

There will be other people on the courses including members of the public (who may be walking dogs or riding bikes). Please keep out their way, and don't expect them to anticipate runners on the courses.

Courses 5 and 6 ("Orange and Yellow") do not require you to cross any roads. Please stick to paths, pavements, open ground and do not cross any roads (even if you are an adult - to keep it fair).

Courses 2-4 all require crossings of side streets which are not expected to have traffic > 20mph. Please be cautious around all moving vehicles. Locals will not be used to runners coming from all angles - give way to cars/bikes etc.

There are the usual trip/slip hazards associated with urban orienteering - especially be aware there a significant number of stair cases. Most are in good condition, but the stairs in the woods have significant erosion and the courses which use them have been planned to go up the poorer-condition stairs for safety - take your time.

7. Start times

Start times are as per your entry - you may be asked to wait a few minutes to allow other runners on the same course to disperse. There is some flexibility if you are early / late, but please be nice to the volunteer manning the start.

8. Map

Map is to the ISSOM 2019 Standard - 1:5000, 2.5m contours. A4. Mapped by G Gristwood.

Thanks to Masterplan Adventure for agreeing access to the map.

9. SI / SIAC

SI timing will be used. 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. It is your responsibility to ensure that your SIAC dibber acknowledges the control unit - if it does not, try punching it instead. Start and Finish controls must be manually punched.

SIAC Battery Check - early SIAC devices may now be reaching the end of their battery life. Note there will not be a Battery Check in the start area - you can use a SIAC dibber with a low battery like a traditional punching dibber anyway.

SI dibbers hire are available to hire. Please collect them from registration. Please note lost SI dibbers will be charged at £30.



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We will not have compasses available to borrow / hire.

10. Starts / Finishes

Starts: ALL competitors will use the same start approximately 150m from registration/finish follow the red and white tapes. You must manually punch start and finish controls even if you are using SIAC.

Finish: Next to Registration.

Please remember to Download even if you do not complete the course to avoid an unnecessary search for missing competitors.

11. Courses closing

Courses close at 4pm and controls will begin to be collected at that point please report to download even if you retire.

12. Control descriptions

Symbolic control descriptions on courses 2-4, and text based descriptions for 5 and 6. Descriptions are both on the map and available as loose descriptions. No loose control descriptions but they are available to print and bring yourself from the website. See the control description files for course lengths and climb – note these show the shortest permitted route for each course rather than the “red line” distance.

13. Entry of the Day

A very limited number of spare maps may be available on some courses. No cash payments or registration process will operate on the day to avoid queuing at enquiries. Instead, please go to: <https://fvo.eu.pythonanywhere.com> where you will be able to register and pay for available maps. Please then go to the start area at the time you have selected and make yourself known to the start team who will fit you in at a suitable moment.

14. Officials

Organiser & Planner: Neil Polwart, n.polwart@gmx.com 07905 752 416

15. Version control

v1.0 2023-04-27