



Jamie Stevenson Trophy

Plean Country Park

Sunday 18th June



Venue

Plean Country Park, Cadgers Loan, Old Plean, Stirling, FK7 6BB

Directions

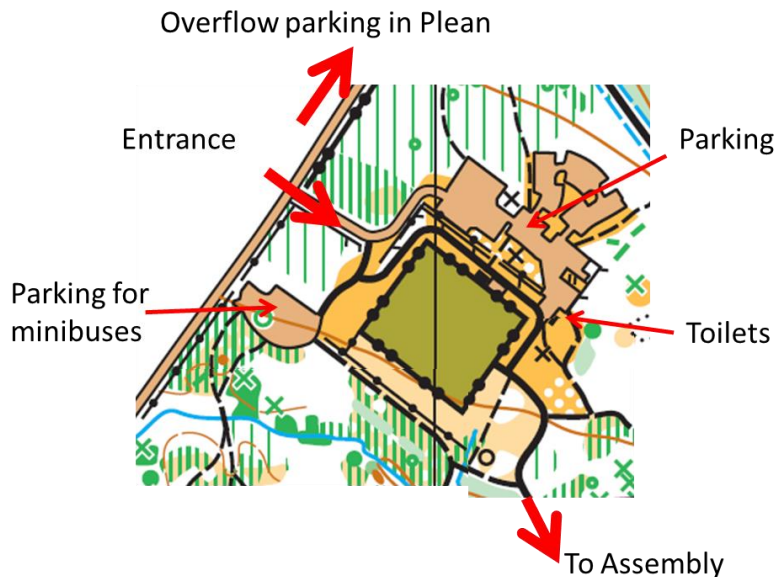
From the North/West: Leave M80/M9 at junction 9 following signs for Stirling Services, at the roundabout take the exit onto A872 after 0.7mile turn left onto Roman Road, follow this for 1.7mile and then turn left onto Cadgers Loan. Plean Country Park is on your right after approximately 0.5 miles

From South/East: Exit the M876 at junction 2 for Larbert and turn right onto Stirling Road/A9. At the roundabout take the 1st exit and stay on Stirling Road/A9. At Torwood turn left onto Glen Road and then after 1 mile turn right onto Cadgers Loan. Plean Country Park is on your right after approximately 0.5 miles

Parking

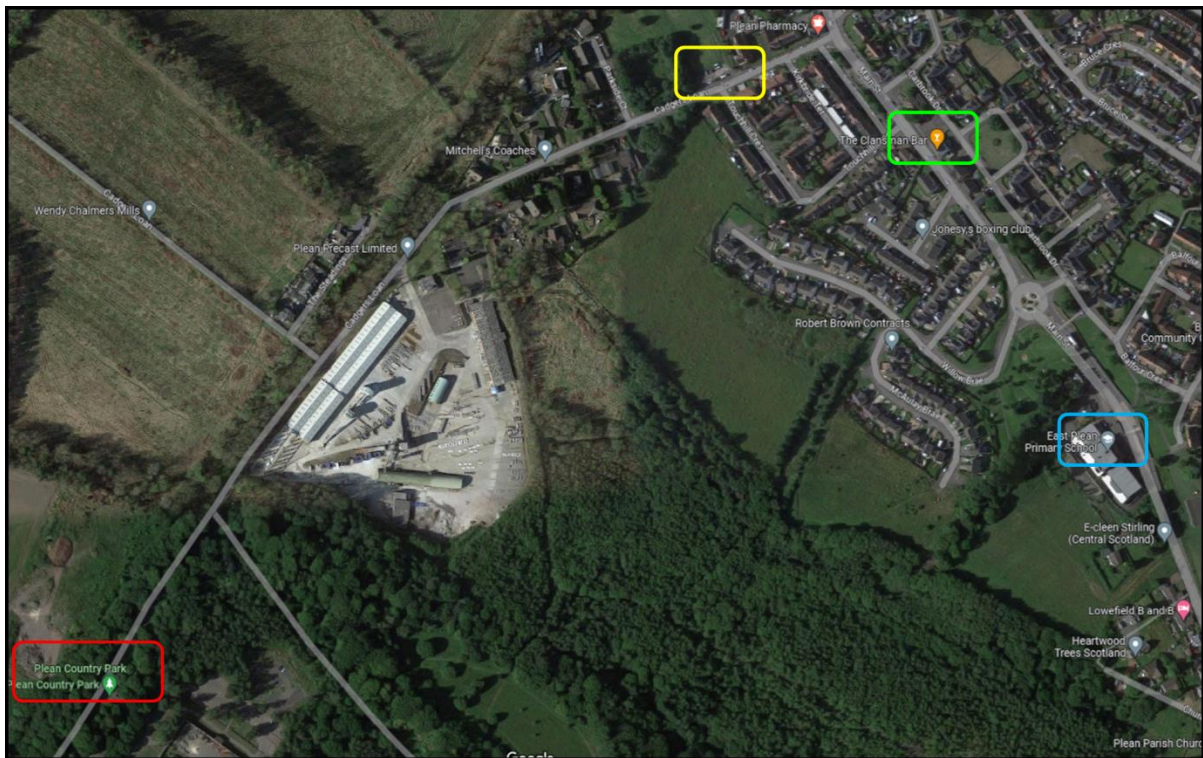
Plean Country Park is extremely popular and if busy parking is **very limited** and we are asking that teams organise themselves so as to arrive in as few vehicles as possible.

Please only park in designated car parking spaces and do not park at the gates to the park or on the access road – these must be kept clear for emergency vehicle access. On entering the park the main car parking is on the left, but there is an area designated for parking horse boxes on the right which may be better for larger minibuses.



If the car park is full, please use parking in the village of Plean. You can drop juniors at the park and then drive into Plean. It is approximately 1km from Plean to the Country Park.

There are a range of parking options in Plean: opposite the junction of Cadger's Loan and Touchill Crescent (yellow) there is waste land which is used for parking; there is a car park next to the doctor's surgery (green) in Main Street, there is also parking at the primary school (Blue). If parking in Plean, please respect local residents.



Programme

- Registration: from 10:15
- Parade: 10:45am (remember to bring club mascots/banners)
- Mass Warm Up: 11am
- Junior Starts: 11:30 – 1pm
- Prize Giving: 1:45pm or as soon as possible after last finisher
- Local Event: Starts 2pm

Assembly

The assembly is in an open field area approximately 300m from the car parking. The route to the assembly will be taped. The finish, download, and registration will be located in the assembly field.

There is space for clubs to gather with a good view of the run-in – we hope to hear lots of cheering and encouragement for your team mates. However, there will not be space for club tents as we need to minimise the spectators area to preserve the wildflowers in the meadow. Please keep to the marked area in the assembly field.

We will not collect maps after download but please don't show your map to others in your team who have still to run. Please can team managers enforce this.

Award for the Most Supportive Team – There will be a prize for the most supportive team. A jury will be compiled to observe how teams support each other during the event and there is a big jar of sweets ready to be awarded to the most supportive team.

For those who have finished their run or are waiting there will be some O activities/games. There will also be some spot prizes on offer. If anyone has any spot prizes to donate please contact judy.esoc@gmail.com

Toilets

There will be toilets located at the car park.

Start

About 100m from the entrance to the Assembly Field – follow the taped route.

Competitors should arrive at the start before their allotted start time. Call up will be at -3 minutes. Runners on the Yellow courses will be given their map at -1 minutes. A punching start system will be used, with competitors on all courses except the Yellows picking up their map after punching the start unit.

Courses

Course Lengths (subject to final controlling)

Course	Length		Climb	No. of Controls
	Straight line	Optimum route		
Yellow	2.1km	2.4km	40m	15
Orange	2.8km	3.2km	50m	14
Light Green	3.2km	3.8km	70m	13
Green	4.7km	5.3km	150m	16

Control descriptions are on the map and loose descriptions are available at the start (Text descriptions for yellow, symbolic for all other courses)

Map Scale: 1: 7500

Terrain/Planners Notes

The area is widely used by walkers, runners, dog walkers, horse riders and cyclists, and if the weather is nice, the park is likely to be quite busy. Please be courteous to other users of the area.

Plean Country Park has a mix of terrain, with open meadows, deciduous woods (birch and beech), coniferous areas of varying age and density, with patches of gorse and rhododendrons throughout. As we are heading into summer, the undergrowth is springing up, and competitors on the Light Green and Green courses in particular are likely to encounter brambles, nettles and bracken. The courses have been planned to avoid the worst of these, but they can't be avoided altogether.

The event is taking place at a sensitive time for the meadows, as some relatively rare wild flowers will be in bloom. A condition of our permission to use the area is that we use the paths to cross the open areas wherever possible. The courses have been planned so that paths through the open areas are likely to be the best route. It is especially important that we stay within the lower part of the Finish / Assembly field, which is one of the wildflower meadows. The courses will approach the Finish along the main path through the field. We will mark out the area that is OK for spectators, and you will get a good view of your incoming runners from the spectator / assembly area. The area will be restricted with no space for club tents.

Maps

The map has been updated for the event, but an old version of the map from a previous event can be viewed at <https://route gadget.fvo.org.uk/rg2/index.php#93>

Clothing and weather

Full leg covering is required for tick prevention and as there is significant vegetation cover. You should inspect yourself for ticks after the event. We recommend shoes with a good grip. Bring your own water and hot drinks for after your run.

First Aid

Event officials are first-aid trained and a basic first aid kit will be available at Registration. The nearest hospital is Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR

Competitors are reminded that they take part at their own risk and are responsible for their own safety

Acknowledgements

Thank you to FVO for the use of the map and all their help and support and Stirling Council for access to the park.

Jamie Stevenson Rules/Guidelines

Available on the Scottish Orienteering website at <https://www.scottish-orienteeing.org/download/67/event-rules-guidelines/11988/jamie-stevenson-trophy-rules-and-guidelines.pdf>

Results

Results will be posted on the ESOC website (<https://esoc.org.uk>) and we hope to have live results available during the event.

Contacts

Organiser: Judy Bell 07866 270541 judy.esoc@gmail.com

Planner: Simon Hunt

Controller: Jon Musgrave