

Doune Ponds Local Event Final Details Sunday 3rd March 2024 **Version 1 Updated 2024-02-24**

PLEASE CHECK FVO website before leaving for the event for last minute issues:
<https://fvo.org.uk/events/2024/mar/03/doune-ponds-local-event/>

Welcome everyone to the Doune Ponds Local Event. This is an exciting area and holds something for everyone. The compact wooded parkland of Doune Ponds area is home to a set of shorter courses and the longer course extend to also include a mix of urban and forest areas.

For veterans of the previous Doune pond events, we have a couple of surprises in store. Not only has the start been moved from the traditional location (see more info below) but we have also managed to include a blue course due to the fantastic efforts of Graham Gristwood in providing updates to the maps for the first time in a few years!

Directions/Car Parking:

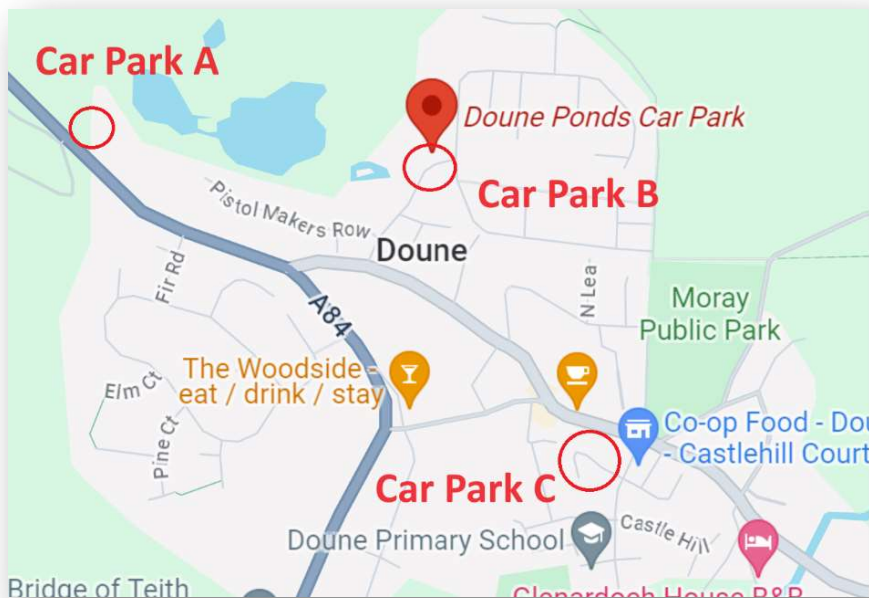
Doune Pond is situated in the in the village of Doune. The parking and assembly for the event are at the **West entrance to Doune ponds** where there is a new large car park. **It is recommended that attendees use the West entrance car park in the first instance.** If the West car park is full there is a small car park at the main entrance to Doune Ponds but this is likely to be in use by other users of the Ponds area.

Transport Sharing Options

Please use the FVO Transport Sharing Whats app group wherever possible (admin details at end of these details)

Car Parking

There are 3 public car parks all within walking distance of the event. The locations of these are shown on the map below with red circles.



Car Park A: The new Doune Ponds West Car Park

<https://maps.app.goo.gl/b986F3H2SfZyKq9m9>

NN 721019, ///plotting.classmate.dragon

This is a new car park situated at the South-West entrance of Doune Ponds. This can accommodate around 40 or 50 cars (and a small number of motorhomes!). **We kindly request that the majority of attendees use this car park.**

Attendees should enter the ponds via (South-West) entrance of Doune Ponds which is adjacent to this car park. There is a short walk of around 20m to Registration. Once you enter Doune Ponds the Start is located around 100m from the entrance to Doune Ponds.

Car Park B: Doune Ponds Car Park

<https://maps.app.goo.gl/aFo3BVx91kTx3CR96>

NN 725018, ///succumbs.stung.cuts

This is adjacent to the main entrance of Doune Ponds. This can accommodate around 20 cars. We kindly request that this **car park is used only if Car Park A is full.**

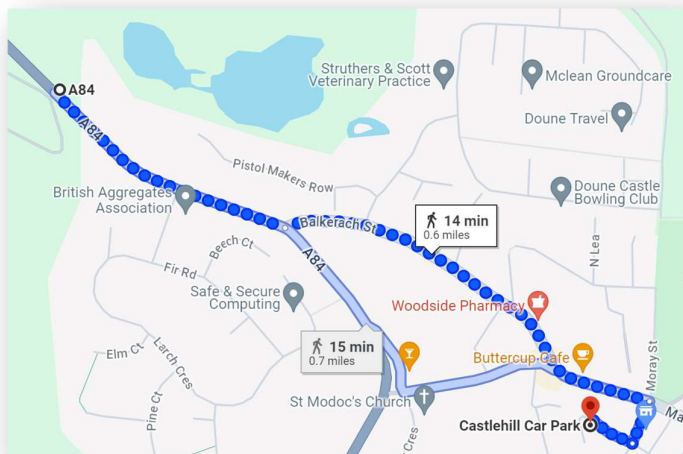
This is a walk of 450m to Registration which is situated at the South-West Entrance. Please note the walk through the Ponds area will also go through the competition area. Please be mindful of competitors who will be navigating the terrain and travelling at speed. For this reason, it is strongly recommended that attendees use Car Park A if possible.

Car Park C: Castlehill Car Park

<https://maps.app.goo.gl/yFhHbYVHXqMEWkkZ8>

NN 72781

This is a public car park situated more centrally in Doune (near the Co-Op). This can accommodate around 20 cars. Attendees will have a 900m walk to the South-West entrance of Doune Ponds. The route is not sign posted but is shown below for reference.



Additional Car Parking:

In addition, it is also possible to park on the residential streets to the East of Doune Ponds. Please park carefully and be mindful of local residents and business access.

Registration and Start:

Registration and start/finish will be in the south-west area of Doune Ponds **near the South-West Entrance**. This is just a short walk from the West car park.

Start Times

11am-12.30. Course closes at 2pm

Course lengths:

- Yellow – 1.5km, Climb 10m (TD 2)
- Orange - 2.7km, Climb 30m (TD 3)
- Light Green – 3.5km, Climb 35m (TD 4)
- Green – 5.0km, Climb 65m (TD 5)
- Blue – 6.0km, Climb 110m (TD 5)

Note there has been a slight change in final planning to length of the blue course due to the discovery of a badger's set!

The yellow, orange and light green course are all contained within the Doune Ponds area.

The green and blue courses extend outside the Doune Ponds area and both courses cross a busy A-road that dissects the town. A relevant crossing point is marked on the maps at the Pedestrian Crossing. Due to this **all juniors (under 16s) on the green and blue courses must be accompanied/shadowed by an appropriate adult**. The courses have been planned to so that you can safely cross the road at the Pedestrian Crossing.

In addition, the Green and Blue courses, pass close to fields that will be used for lambing. These fields are marked as out of bounds on the map and due to this **competitors are not permitted to run these courses accompanied by their dog**.

Map:

Scale 1:5,000, Contours 5m. ISSprOM 2019

Based on Lidar data, survey and cartography 2018 by L Taylor,
Updated by Graham Gristwood 2024.

- For the Yellow, Orange and Light Green Courses **maps are printed on A4**
- For the Green & Blue Courses the **maps are printed on A3**

Important, please take note of the **out-of-bounds areas** marked on the map. This includes a **small area in the Ponds on the east side** that will be used by a small group for Dog Training. The paths arounds this area can be used by competitors but please keep off the grass and forest areas that are being used by the Dog Training classes. The Green and Blue courses, pass close to fields that will be used for lambing. These fields are marked out of bounds on the map.

In addition, the **South-West exit of the Ponds and the paths that border the A84 to the West of the pedestrian crossing are out of bounds**. It is expected that competitors on the green and blue courses will leave and return from the Ponds areas via the Main Doune Ponds Entrance. The relevant areas to avoid are marked as OOB on the map.

Note the areas of Doune Ponds mapped with the marsh symbol are subject to flooding. Depending on rainfall and these can extend obscure some of the adjacent paths. Typical route choices are planned to avoid the majority of these areas.

There will not be any loose control descriptions available at the start. If required/preferred, these can be downloaded from the event website and printed at home prior to the event.

FVO Stars and Newcomers Series

The events will also be linked to the FVO Stars and Newcomers series. For details on these series please see separate communications from Nicola Melville/Ian Hendrie (for FVO Stars) and Mairi Eades (Newcomers).

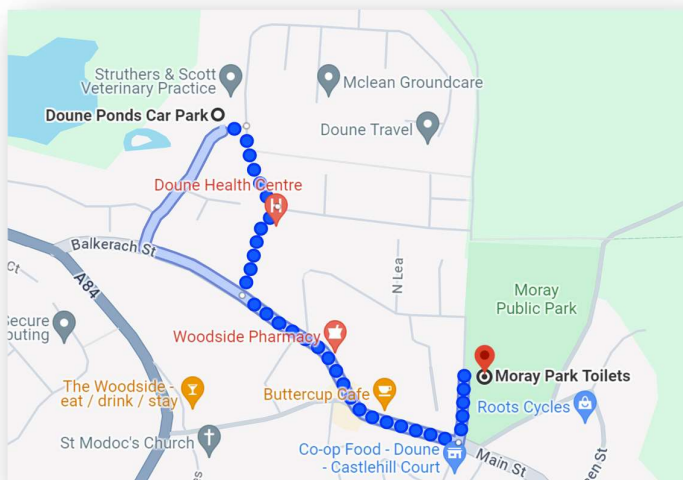
Entry Costs

- Seniors £7 per event
- Juniors & students £5 per event
- Members of British Orienteering will get a £2 discount per entry (i.e. cost is £5/£3)
- Members of Scottish Orienteering will get a £1 discount per entry (i.e. cost is £6/£4)
- Late entries will continue to have a £1 premium
- Shadowers who require their own map will continue to pay £1.

Toilets: Moray Park Toilets, Moray St, Doune FK16 6DJ

<https://maps.app.goo.gl/dKe7xhV8Pk8HN4rU7>

The nearest public toilets are 700m away (from the Main Doune Ponds entrance) at Moray Park. These include 2 large disabled toilet facilities.



Terrain and Conditions

Yellow, Orange and Short Green courses stay within the wooded parkland of Doune Ponds.

There are a number of ponds and wet areas, all of which can, and should, be avoided on your courses. Please be aware of other woodland users and wildlife.

The area provides a varied set of path/track networks. At this time of year this can be muddy and slippery, particularly on wooded bridges or walkways. Competitor should take care when crossing wooden bridges and walkways. In addition, there is undergrowth in the wooded areas and brambles/nettles are present and can extend across the paths/tracks. Full length trousers are required for all courses.

The green and blue courses will include a small amount of urban terrain and forest running. Please select an appropriate choice of footwear that is relevant for the potential wet and muddy terrain and also for urban running. Spiked/Dobb shoes are not advisable.

Safety:

1. There is deep water around (ponds and uncrossable marshes) and young children should be closely supervised. There are no controls on the marked water's edge, and no reason to cross unmarked water or marshes. Routes have been planned to avoid uncrossable marshes and there is no reason to use them in a route choice.
2. Please be aware of other woodland users and wildlife. In particular there is a Dog Training class that will be ongoing throughout the event. This is located in the eastern part of the ponds and is marked as out of bounds on the map. Please note due to this that there will be dogs (and their owners) in the area and competitors (particularly juniors) are advised to slow their pace and give plenty of room to other users of the Ponds. In addition, the Ponds are home a various wildlife, including swans. Competitors should look to avoid interaction with the wildlife and give them ample space so as not to startle or frighten them if encountered.
3. Please take care of other members of the public using the area for dog walking, bike riding etc.
4. Note, that ticks can be present in the forest area. All participants are advice to check for ticks. Advice on how remove them can be found here: <https://forestryandland.gov.scot/visit/activities/walking/check-for-ticks>
5. The terrain in the ponds areas is compact and there will be many runners in the areas covering a variety of course and route that may intersect each other. Please be courteous to other runners (particularly those running in the opposite direction to you) and allow space for runners to pass safely.
6. The green and blue courses cross the busy A84. All competitors should cross with care at the marked crossing point (pedestrian crossing). All juniors on these courses must be shadowed by an adult.
7. A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.
8. You have the option of downloading, completing and handing this [Medical Form](#) to the Organiser (via Registration) so that existing medical conditions are known about in the event of an incident. Please put in a sealed envelope with your name on it. It will only be opened if required and will be destroyed unread if you don't collect before the end of the event.
9. **Everyone must download at the finish, whether or not you have completed the course.**
10. If you have covid, or covid symptoms, or a recent positive covid test – please do not attend the event.

Contact Number:

Any queries prior to the event, feel free to contact:

- Jack Cheyne (on 07798 887261 or by email jack.cheyne@yahoo.co.uk or
- Gareth Bryan-Jones on (07801 1057315 or by email gbryanjones@yahoo.co.uk)

FVO Transport Sharing Details:

Get yourself added to the FVO Transport Sharing Whats App Group by contacting the admins:

- Andy 07868 9949125
- Brad 07921 290594
- Neil 07905 752416