



**Forth Valley
Orienteers**

SOL 2 Polmaise & Sauchie, Stirling

Sunday 3rd April 2011

Final Details (as of 1/4/2011)

Car sharing

Due to the large number of entries and the sloping nature of the car parking field, **PLEASE SHARE TRANSPORT**. Single occupancy cars will be frowned upon! If you need to arrange car sharing buddies please use the travel forum on www.nopesport.com.

Venue

Polmaise & Sauchie are on the west side of Stirling, NS773908, ~FK7 9PX.
From the north:
Leave the M9 at J10 and follow signs to Stirling city centre and Stirling Castle. After a number of roundabouts turn right on the inner ring road signposted to St Ninians and Torbrex. Travel along the east side of Kings Park and turn right at the double roundabout along the south side of Kings Park. At the next roundabout keep straight on towards Torbrex. After 800m take a right at the mini roundabout signposted Cambusbarron, over the motorway, then follow signs to car park.
From the south:
Leave the M9 and J9 and take the A872 towards Stirling (no road sign on the roundabout turnoff). After 2.5km take a left at the roundabout onto the B8051 and after 300m turn left (Cambusbarron & Torbrex). After 1km turn left at the mini roundabout signposted Cambusbarron, over the motorway, then follow signs to car park.

Parking

Parking and Assembly are together in the same field accessed through a fairly narrow gate. Please share transport as per note above. £1 per car.

Assembly

Registration 1030-1230, **Starts 1100-1300**, Courses close 15.45
Registration/Enquiries and Download are in the same large blue hoop tent where you can also enter on the day and hire SI dibbers. White and Yellow course competitors should collect their maps from Registration. There will be no maps for these courses at the start.
There will also be 3 portaloos, Compasspoint, Scotjos' cake stall and Callum White's hot drinks stall raising funds for the World Schools Champs.
Dogs: please keep them on a lead in the field.

Terrain &
Map

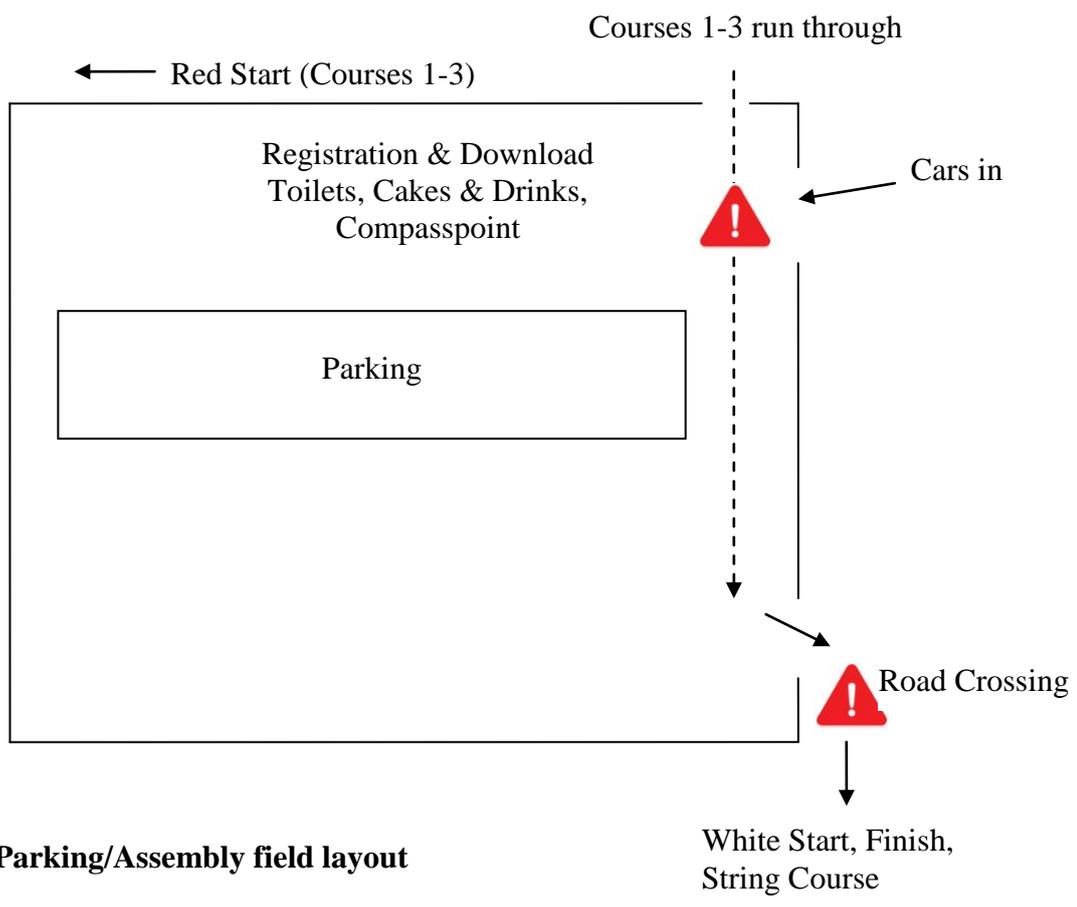
A variety of terrain including mature and runnable mixed forest, pockets of old mining detail, detailed rock and contour features and an area with an extensive minor path network. A brand new map has been produced for the event. Maps will be pre-marked on waterproof paper. Scales will be 1:10000 or 1:7500 depending on course, 5m contours.

Courses

Course No	Course	Length (km)	Climb (m)	Map Scale	Start
1	Black	9.4	365	1:10000	Red
2	Brown	7.7	335	1:10000	Red
3	Short Brown	6.2	305	1:7500	Red
4	Blue	5.0	225	1:7500	White
5	Short Blue	4.0	180	1:7500	White
6	Green	3.5	160	1:7500	White
7	Short Green	2.7	100	1:7500	White
8	Light Green	3.0	125	1:7500	White
10	Orange	2.4	85	1:7500	White
11	Yellow	2.0	90	1:7500	White
12	White	1.8	70	1:7500	White

Please note there is no course 9.

Starts & Finish	<p>There are two starts.</p> <p>Red start (north) for courses 1-3. The route to the red start leaves the top of the field and follows the track westwards. 1.3km, flat apart from one sharp 50m climb. Competitors will run through the assembly/car park field on their course to get between the two areas. Please follow the taped route, and watch out for cars and people. In particular take care at the entrance to the field and at the minor road crossing at the bottom of the field.</p> <p>White start (south) for courses 4-12. The route to the white start leaves the bottom of the field via a gate. 2.1km fairly flat. Please take care crossing the minor road at the bottom of the field (there will be a marshall). The woods near the white start are out of bounds due to it being the competition area; please obey any signs and taping, and use the path for warming up.</p> <p>For both starts, call up is -3 minutes. There will be loose control descriptions printed on waterproof paper in the start box.</p> <p>The route back from the finish is 800m and joins the early part of the white start route, i.e. back over the minor road crossing and through the gate at the bottom of the field. Again take care crossing the road. Please give way to competitors on Courses 1-3 on their run-through between areas. Don't forget to download at the blue tent. Courses close 15:45.</p> <p>There will be no water at the finish/assembly; please bring your own.</p>
String Course	<p>The string course is in the same direction as the white start; leaving the bottom of the field via a gate and crossing the minor road (there will be a marshall). The start & finish are then within 200m. SI will be used.</p> <p>Open from 10.45 (free).</p>
Entry on the day	<p>Entry on the day will be available at Registration subject to map availability. This includes a £1 surcharge for late entries.</p> <p>SI-dibbers can be hired for £1 but the full price (£30) will be charged for any lost hired dibber.</p> <p>Fees: Seniors (except those below) £11 Seniors running White, Yellow, Orange £6 Students & Juniors (except those below) £6 Juniors running White, Yellow, Orange £4</p>
SOL 2010 Prizegiving	<p>The 2010 SOL Prizegiving will take place at 2pm in the assembly field.</p>
Officials	<p>Organiser Janine Inman Planner Steve Barrett Controller John Emeleus</p>
Safety	<p>Competitors take part at their own risk and are responsible for their own safety. Whistles should be carried. In the event of bad weather, cagoules may be compulsory.</p> <p>Please note the following safety issues and take appropriate care:</p> <ul style="list-style-type: none"> • Competitors on Courses 1-3 pass significant quarry workings on the way to the start. These are out of bounds. • The shorter courses have been planned to avoid the steepest slopes. • There are many significant crag features and quite a few ruined fences, all of which are mapped. • Please be aware of other forest users: mountain bikers and walkers (mainly in the northern area) and motorbikes (possibly in both areas). <p>First aiders will be present in the assembly field with a first aid kit. The nearest A&E hospital is Stirling Royal Infirmary in the centre of Stirling, 3 miles away.</p> <p>For last minute updates, particularly in case of bad weather check www.fvo.org.uk</p>



Parking/Assembly field layout