

Saturday 24th March: - ScotJos Fundraising Middle Distance Race

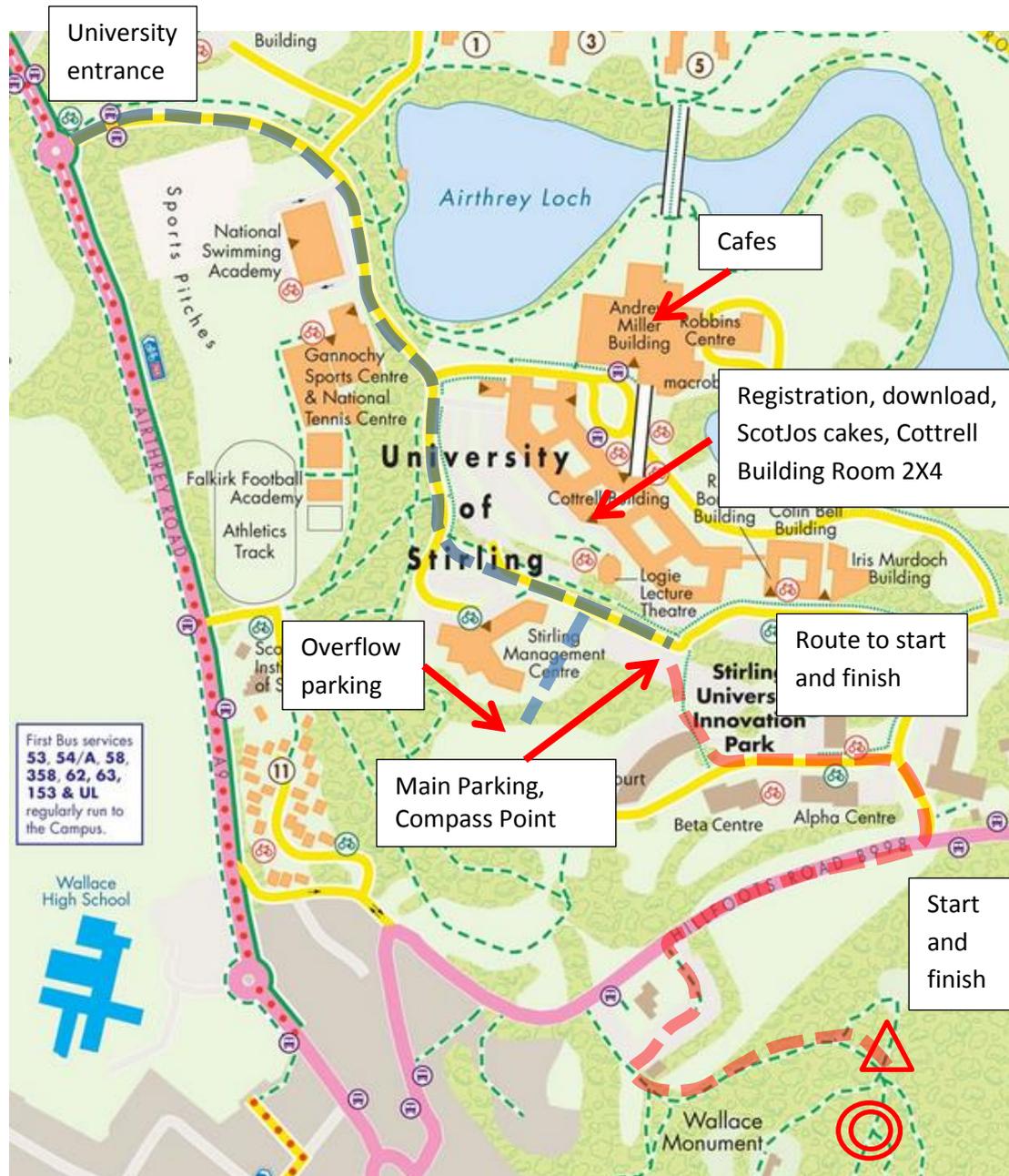
As part of the Scottish Spring Weekend we are holding a middle distance race with all money raised going towards supporting the Scottish Junior Squad activities.

Location: Abbey Craig, next to the Wallace Monument, Stirling

Directions/Parking: Parking will be on the Stirling University campus. Access will be from the main entrance of Stirling University. Please follow signs within the campus. We have been designated a car park as indicated below. This is where the Compass Point shop will be. **Please self-park.** If full use the 'overflow' parking – access just before on right.

Stirling University entrance location at: NS802966, FK9 4RJ

Parking location at: NS808962



Registration/Download/ScotJos Cake stall: These will be located in the Cottrell Building which will be about 200m from the car park. Follow signs within the building. Please **do not wear spiked or muddy footwear within the building**. ScotJos will have a cake stall. If you are looking for a more substantial meal before the afternoon sprint race there are cafes within the Andrew Miller Building.

Registration: 10:00 to 11:30. There will be very limited entry on the day for most courses. Please attempt to enter online before the day if at all possible. Note that White and Yellow course maps will be available at registration to look at, but should be collected at the start for your race.

SportIdent (SI) punching timing will be used. We are not sure if there will be SIAC (touch free) available, but it may be, please ask at registration. If you do not have an SI card and need to hire this is free. Lost SI dibbers will be charged at £30.

Start times: 10:30 to 12:00. We are having a **self-help punching start**. So please just go to the start and start as you wish. There will be an official there to ensure 1 minute between starters

Start location: The start will be about a 10 minute walk from the registration/parking. This will include a walk up a hill. The route will be taped from the car park and will involve a road crossing, **so please take care**. The road crossing has good visibility in both directions, but please be aware of fast moving traffic. We are not planning on having a marshal at the road crossing, so **please ensure all children are accompanied**. Please follow tapes all the way. When you pass the Wallace Monument visitors centre please use the path beside the road climbing the hill, this will be taped.

Finish location: The finish will be located approximately 100m from the start. So you will have a 10 minute walk back to the car park/download.

Clothing dump: There will be a tent at the start in which clothes may be deposited at your own risk. Please provide a bag to put them in.

Toilets: Toilets will be available in the Cottrell Building. Please do not wear spiked or muddy footwear within the Cottrell Building.

Courses close: 13:30

Map: By Graham Gristwood, 2016. 1:4000, 5m contours. Map symbols use urban style mapping, including larger paths drawn as brown lines with intermittent black edging. Individual fallen trees are mapped as a root stock (green cross) and solid green vegetation for the fallen trunk/canopy. There may have been recent extra fallen trees in the heavy snow. There has been some recent path upgrade work which may not be on the map.

Terrain: Abbey Craig is a wooded area of mature forest with variable undergrowth. There is an extensive path network, but also detail of rock and contour features. The more technical courses will be planned to minimise path use. The vegetation has been flattened by the recent snow, so going should be good. The area is quite hilly.

Safety: The University campus has many roads which have traffic. **The route to the start crosses a road**, please take care and ensure all children are accompanied. The competition area contains several crags and the usual forest hazards. There are **very high cliffs** on one side of the area. The junior/shorter courses have been planned to avoid going near these cliffs. If you are on one of the longer courses please be aware that you must take great care not to go near the cliffs on the west of the area. These are naturally marked as out of bounds on the map! The area is used by tourists visiting the Wallace Monument a minibus may be in operation transporting less able visitors up the tarmac road to the monument, dog walkers and cyclists frequently use the wooded area. Please be courteous at all times. **Please dress appropriately for the weather conditions.** In the event of serious snow or ice please check the event web site before travelling.

Courses and entries: The following middle distance courses will be available. The age categories are given as a suggestion in line with British Orienteering guidelines. Note that the very short green course age categories have been rolled into the Short Green course. You can enter which ever course you fancy..

Course	Male	Female	Distance (km)	Climb (m)	Controls
Black*	M21 M35 M40 M18 M20		3.8	245	27
Brown*	M45 M50	W21 W18 W20	3.4	170	24
Blue*	M55 M60 M16	W35 W40	2.8	145	21
Green	M65 M70	W16 W45 W50	2.3	120	17
Short Green	M75 M80 M85	W55 W60 W65 W70 W75 W80 W85	1.9	95	17
Light Green	M14	W14	1.8	100	14
Orange	M12	W12	1.3	90	10
Yellow	M10	W10	1.2	60	7
White**	Not applicable		1.0	40	9

*Blue, Brown and Black all have double sided maps. **The white course has one taped leg along an indistinct path.

Fees:

- Adult BOF £7 / Non-BOF £9 (£2 on the day surcharge)
- Junior/student BOF £3 / Non-BOF £5
- Adult White, Yellow or Orange BOF £3 / Non-BOF £5
- When making your entry you are welcome to add a donation to Scottish Junior Orienteering Squad funds.

There will be a first aid kit at Registration and the Finish for anyone in need.

Insurance: Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

Medical Conditions: If you have any medical conditions that you think the organisers should know about, please inform the registration desk before your run. Please leave your name and sufficient information for the organiser to act if you are in need of help.

First Aid: There will be a first aid kit at Registration and Start/Finish.

Privacy: When entering this event your name will appear in the results which will be published online.

Event Officials:

- Planners: Ben Stansfield, FVO
- Organiser: Ben Stansfield, FVO
- Controller: Fraser Purves, FVO

Entries: <https://scottishspring.weebly.com/>

Any queries to: bstansfield@phoncoop.coop