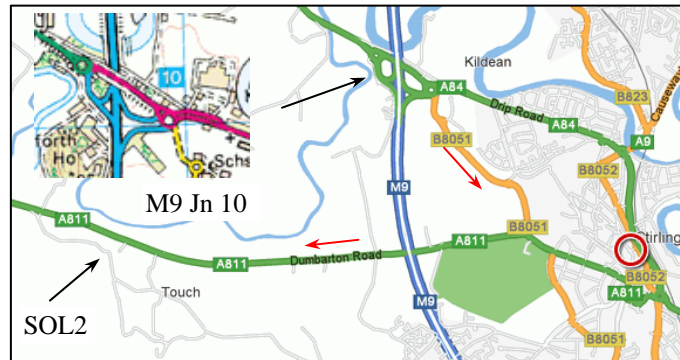
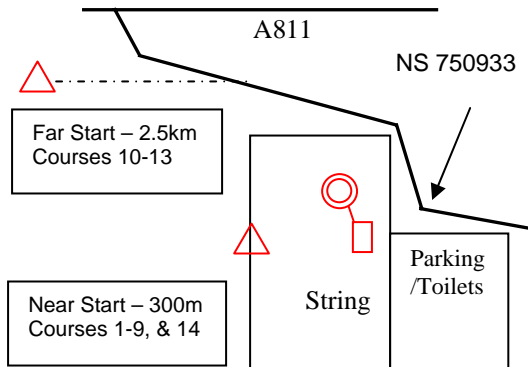




Scottish O League 2: Touch: 11th May 2008: Final Details - 6th May

Directions and Parking

Exit M9 at Junction 10, following the A84 signed to Stirling. At the roundabout on the east side of the motorway, take the B8051 signed Stirling & Erskine bridge (A811). At the 3rd roundabout turn right onto the A811 signed Erskine Bridge and Loch Lomond. Follow this road for approx 3 miles, and take a left at the junction signed Cambussbarrow/Touch Business Centre. Follow road for approx 3/4 mile and turn right into field as directed by marshals. Take care as you approach as runners will be walking to far start.



Assembly

Registration is in a field adjacent to parking. Please use the gate in the wall to cross between the fields. Registration will be open from 10:00 – 12:30.

Toilets will be provided in the parking field, en-route to assembly.

Neil MacLean will be present from Compasspoint with a limited range of Orienteering Equipment

A catering van will also be present, selling burgers, sandwiches, cold drinks and other snacks.

Cattle may be present in both the fields. Please keep away and ensure that young children are supervised at all times. Please also clean hands before handling food.

Due to the presence of cattle, **NO DOGS** are allowed, even in cars

There are also timber stacks at one end of the parking field please keep away and ensure children do not play near them.

Entry on the day is available for White, Yellow, Orange, and Light Green Colour Coded courses at a cost of £6 senior and £3 Junior. Limited EOD is available for SOL courses at £11 senior and £5 junior.

Competitors hiring SI cards should collect these from registration, and anyone with money to pay should also do this at registration.

Competitors on courses 1-2 should collect their maps from registration. Control descriptions for courses 1-3 will also be available from Registration.

There will be a string course adjacent to assembly, open from 10:00 - 2:00.

Starts

There are 2 starts in order to make best use of the terrain. Distances to these are as shown above. Starts are from 11:00 – 13:00. Call up is at -3 minutes

The near start is close to assembly up at the top of the field. The far start is back along the road and then along a forest track. Please take care when walking along the road.

SI clear station and loose copies of control description will be at both starts. Control descriptions for courses 1-3 will be written. All other courses will use pictorial descriptions

The finish is close to registration and water will be available at the finish. Courses close at 15:30

Competitors must proceed to download once they have finished and if they retire from their course

In the interests of fair competition, competitors are requested not to show their map to runners who have not yet started.

Download /Sport Ident

SportIdent punching is being used. It is the competitor's responsibility to ensure that their card registers when punching at a control; and if in doubt should punch their map with the pin punch provided

It will be a timed start, and all competitors must start at their allotted time.

Results will be displayed in the Assembly Area; and on the FVO website after the event

Terrain & Map

Touch is a mix of mainly natural woodland and open moorland, both with complex contour detail, and generally offers fast running. Courses 1-9 will be in the wood. Courses 10-14 will also use the moor.

Map updated by Stirling Surveys Spring 2008.

Maps will be printed on waterproof paper and unbagged. Courses 1-12 will be at a scale of 1:10,000 and courses 12A, 13 & 14 will be at 1:15,000

Control description will be printed on the map

Courses

Course	Start	Classes	Length	Climb
1	Near	JM1 JW1 White	1.3 km	10 m
2	Near	JM2 JW2 Yellow	1.4 km	40 m
3	Near	JM3 JW3 Orange	1.6 km	45 m
4	Near	JM4 JW4 Light Green	2.0 km	55 m
7	Near	M70S M75S W50S W55S W60S W65S W70S W75S W75L	1.9 km	65 m
8	Near	M60S M65S M75L W45S W65L W70L	2.5 km	85 m
9	Near	JM5S M55S M70L JW5S W35S W40S W55L W60L	2.7 km	60 m
10	Far	M45S M50S M65L W21S W45L W50L	4.7 km	170 m
11	Far	JM5M M35S M40S M55L M60L JW5L W35L W40L	5.6 km	175 m
12	Far	JM5L M21S M45L M50L	6.9 km	195 m
12A	Far	W21L	6.9 km	195 m
13	Far	M35L M40L	8.7 km	220 m
14	Near	M21L	9.8 km	310 m

Due to the nature of the terrain, a red course (course 6) is not being provided. Course 5 is not used

Courses close at 15:30. Controls will be progressively collected from 3:00

Safety

Water will be provided at the finish, but not on the courses. Competitors should plan accordingly

In the event of bad weather, cagoules may be compulsory on courses 10-14.

A first aid kit will be available for minor cuts and scrapes and Stirling Royal Infirmary is nearby in the event of any more significant injury

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

Organiser Gary Longhurst
Planner Roger Goddard
Controller Jon Musgrave

GLonghurst@aol.com