**Muiravonside**

**FVO Local Event, Sat 7th October 2017**

**Info updated:** 1/10/17

General Information

**Dress:**Please check the weather forecast and dress appropriately.  Long trousers are compulsory.

**Terrain:** Conifer and deciduous forest with a good path network. Some paths are very muddy. If you leave the path, you will find significant undergrowth in some places, including nettles, brambles and bracken.

**Other Users:** Muiravonside is used by the public including cyclists, horse-riders, other runners, allotment owners and dog walkers. . Please respect other users' right to be there at the same time as you are orienteering.

**Dogs:** Dogs are allowed in the area.

Directions and parking

Postcode: EH49 6LW

From the Linlithgow Bridge on the A803, take the B825 southwest signposted towards Avonbridge. Follow this twisty road and cross over the canal at Bistro 49 (cafe here!). Turn left into Muiravonside country park after another 250m (orienteering signs here). Follow the park road and park in Newtown farm car park (approx 800m).

PLEASE DRIVE CAREFULLY ALONG THE PARK ROAD as runners will be crossing this road on their course.

Registration & Start Times

REGISTRATION: In the car park. Registration will be from 1.30pm to 2.30pm.

**It is not necessary to pre-enter this event, however if you are a member of British Orienteering and would like to reserve a map and help avoid registration queues, then click on the link to the Doodle poll on the FVO website and put your name, club, SI number and course colour.**

Everyone is very welcome, just to turn up.  Whether you are a newcomer or have been to a lot of events, please try to come and start early if you think you might take a long time over your course.

**START AND FINISH:**  These are both be close to Registration. Start times will be from 1.30pm to 3pm.

**COURSE CLOSURE TIME:** 4pm.  Controls will start to be brought in from this time.  Please make sure you arrive in plenty of time to register, get to the start and complete your course before controls begin to be brought in.

Course Information

Controls have control kites and SI units.

Yellow (Easy, 1.9km) - Simple course along paths with decision points at path junctions and some controls slightly off the path.

Orange (Moderate difficulty, 3.1km) - For improvers with controls off the paths and route choices through the forest.

Green (Difficult, 3.9km) - For experienced orienteers, with skills to navigate through the forest and rough terrain.

Blue (Very Difficult, 5.5km) A course for people who are confident in their navigation skills and have an excellent level of fitness.

String course - available, close to start.

Map prices

**Seniors (born 1996 or earlier)**
British Orienteering members - £3
Non-members - £5

**Juniors (born 1997 or later)/Students**
British Orienteering members - £2
Non-members - £3

**SportIdent (SI)** electronic timing will be used.  If you have your own SI (dibber) please bring it with you. We'll have SIs for hire free of charge but there is a £30 charge if lost.

Safety and Risk

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. Parents are responsible for their children, except during the junior coaching session.

Please take note the following specific safety information:

Please be careful of moving cars in the car parks and on the park road. The Orange, Green and Blue courses cross the park road. This has speed bumps but parents should consider whether juniors can cross this.

Take care of trips and slips in the forest as it is muddy with plenty of branches and treeroots.

Note that orienteering may involve going through undergrowth in areas where ticks may be present. Rarely, tick bites can lead to Lyme disease which is a serious medical condition. You should check thoroughly for ticks after orienteering. If you find a tick, go to the NHS website for advice on removing it.

**PUBLIC LIABILITY INSURANCE INFORMATION:**Please note that participants who are not members of an orienteering club automatically have Public Liability insurance cover provided by British Orienteering's insurance policy for their first three "taster" sessions. Thereafter, if they wish to continue with this cover, they should become a member of an orienteering club, such as FVO, which includes membership of British Orienteering and Scottish Orienteering.

**Other useful things to know:**

Newcomers briefing

If you are a beginner, club coaches will be on hand with tips to help you navigate round the courses. Meet at 1.30pm at registration for a briefing on the Yellow and Orange courses. If possible, please contact Jen the day before (membership@fvo.org.uk) o let her know that you are coming.

Junior Briefing

FVO juniors - meet at 1.30pm for a club warm-up and a pre-course briefing with coaches Rona and Ian.

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There is an excellent farm visit (horses, pigs and goats!) next to the car park and a visitor centre and cafe approx 400m from the finish (website says its open till 4pm, but I haven't checked). Alternative cafe at Bridge 49 on the canal.

**Privacy:** when entering our events your name may appear in the results section of this website or in newspaper reports.

Contacts / Officials

Organiser - Mark Johnston

Coaches - Jen Leonard, Ian Hendrie, Rona Molloy

Any queries, please email: membership@fvo.org.uk