**Beecraigs**

**FVO Local Event, Sat 30th September 2017**

**Info updated:** 18th Sept

**Welcome to the New Beecraigs Permanent Course!**

Forth Valley Orienteers, in conjunction with West Lothian Council Ranger Service is delighted to host an Open Day on Saturday 30th September to inaugurate the re-opening of the Permanent Orienteering Courses at Beecraigs Country Park.

There used to be a popular permanent course at Beecraigs but many of the old posts were damaged by storms and forestry operations over the years. We have now updated the map so it reflects all the changes that have taken place in the forest, and thanks to the rangers at West Lothian Council who have repaired the old posts and put in some brand new ones, we are now ready to re-launch the permanent course so everyone can have a go.

The country park now hosts nine orienteering courses based in different car parks, ranging in length from 2km to 5km, and at technical difficulties from Very Easy (White) to Very Difficult (Blue). Permanent course maps are available to download from the FVO website or the British Orienteering website.

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:** Beecraigs is extensively used by the public including cyclists, horse-riders, other runners and dog walkers.  There is a mountain bike skills area and trails which may be in use. 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

Grid Ref: NS 998 741, Postcode: EH49 6PL

From the west end of Linlithgow High Street, follow the minor road south signposted to Beecraigs country park. Once at the top of the hill, do not follow signs to the visitor centre (to the left), but continue to the next left turn, signposted to Balvormie car park and follow the road for about 200m.

Please follow orienteering road signs here for parking directions. We would like to leave spaces in the main Balvormie car park for young families and the locals. If you don't need to park adjacent to registration, then please turn right to park in the overflow car park. If you have young children or special access requirements, continue another 20m and turn left to park in Balvormie car park.

From the overflow car park, please follow tapes for about 100m to registration, taking care when crossing the road.

Registration & Start Times

REGISTRATION: This is adjacent of Balvormie car park where the start is located (both north side of car park). The finish is 10m to the south of 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 will 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 are on the permanent course posts with control kites and SI units attached by wire.

For the open day, there will be five courses on offer;

White (Very Easy, approx 1.5km) - Simple course along paths for beginners or families with small children. Paths are suitable for all-terrain buggies. Depending on your speed and navigation, it will probably take about 20-40 minutes.

Yellow (Easy, approx 2.3km) - Simple course along paths with decision points at path junctions and some controls slightly off the path.

Orange (Moderate difficulty, approx 3km) - For improvers with controls off the paths and route choices through the forest.

Green (Difficult, approx 4km) - For experienced orienteers, with skills to navigate through the forest and rough terrain.

Blue (Very Difficult, approx 5km) A course for people who are confident in their navigation skills and have an excellent level of fitness.

Tree O

We have a new challenge for our regular string course participants. Find numbers on the trees in a runnable area next to the car park. Suitable for all ages, including toddlers. Thanks to Mark and Tracey for organising this.

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.

**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.

Newcomers

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 to let her know that you are coming.

Junior Coaching

There is a regional junior coaching session for Edinburgh, Glasgow and Forth Valley club juniors being organised during this event. Contact Jen if you would like to take part in this session.

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 crossing the road from the car park to registration. Note that the Finish is on the opposite side of the car park from registration, so competitors need to cross the car park to download. Parents of children who cannot safely cross a road/car park should meet their child at the finish.

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.

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

Contacts / Officials

Organiser - Paul Hammond

Coaches - Jen Leonard, Ian Hendrie, Nicola Melville, Bill Stevenson, Maureen Brown

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