



# Jamie Stevenson Trophy

Hermitage Woods, Stirling University

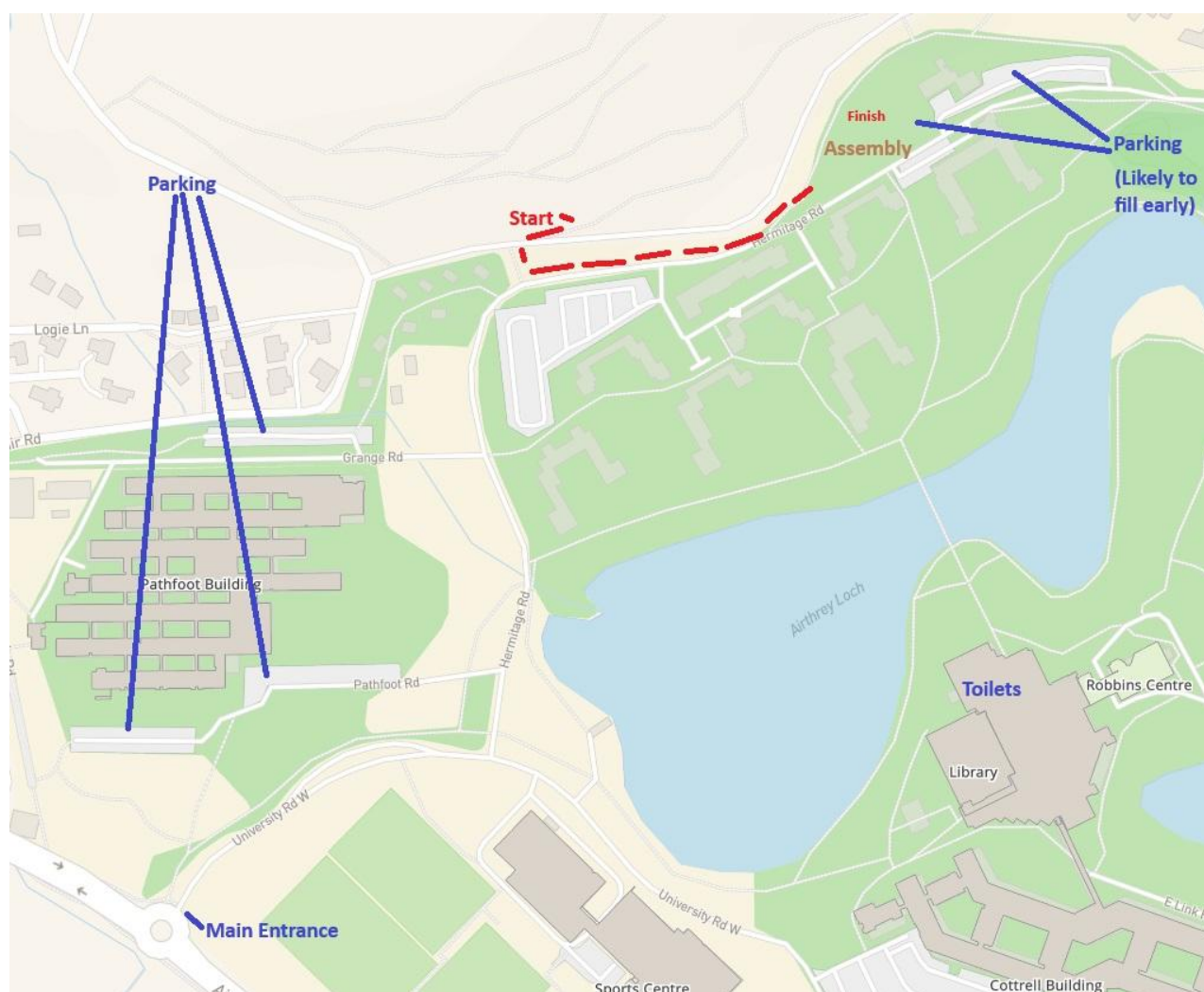
Sunday 21st June

## Venue

Stirling University **Assembly Area** at: Grid Ref: NS808968 Postcode: FK9 4LG [Google Map \(aerial\)](#)

## Directions

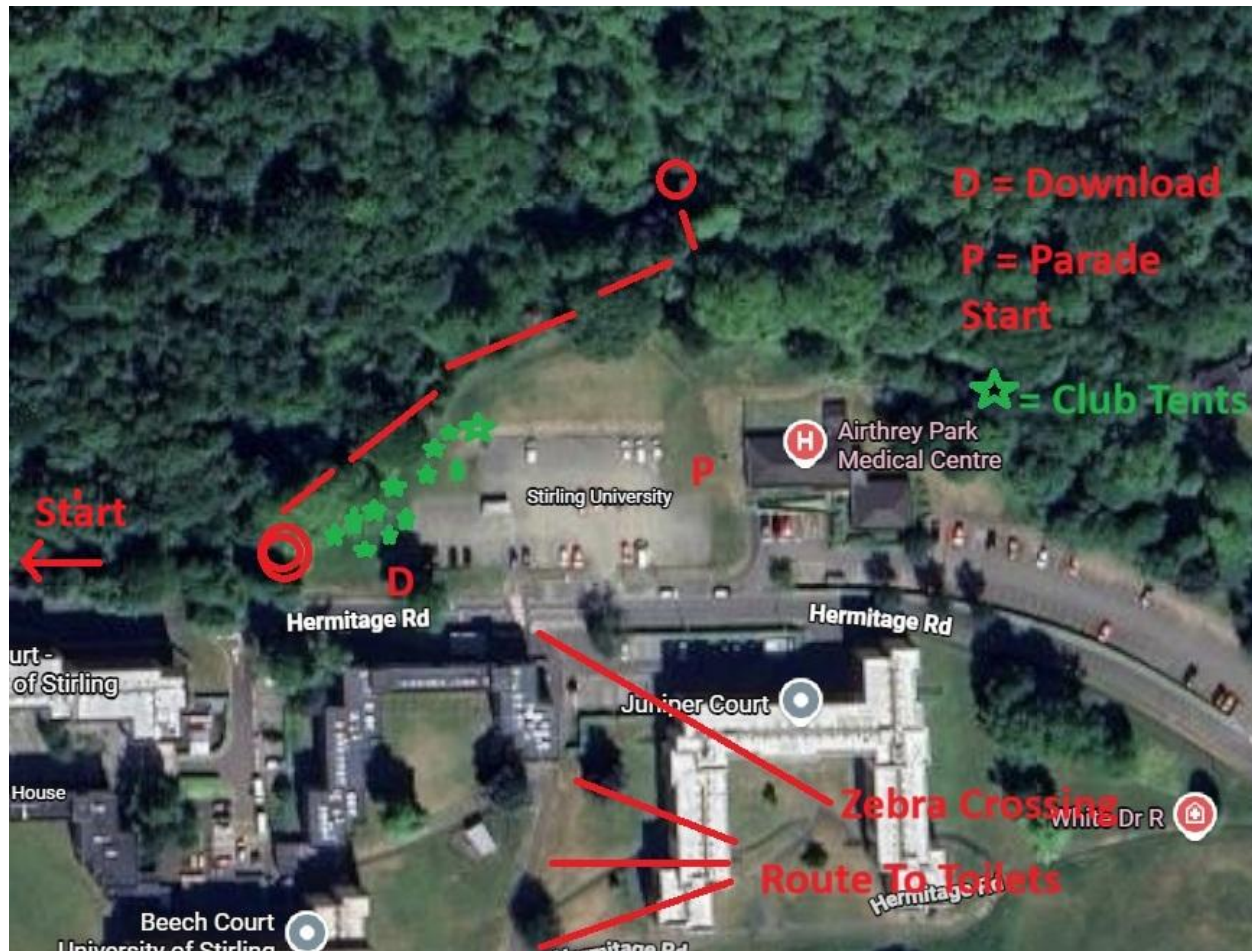
Enter by the Stirling University main entrance. There is another major sporting event taking place at the university so the two car parks nearest assembly are likely to fill up very early. Parking around the Pathfoot building is probably a safer bet. Please do not park in the Halls of Residence car parks.



## Assembly

Please use the above map to navigate to assembly which is on a grassy area just west of the Airthrey Medical Centre. If parking at Pathfoot you will pass the taped route to the start on your way to assembly.

It is a compact assembly area but there is a good view of the run-in – we hope to hear lots of cheering and encouragement for your team mates. There should be space for club tents, please erect them so as to allow a good view of the run-in for all teams.



## Programme

|                |                                                   |
|----------------|---------------------------------------------------|
| Registration:  | from 10:15                                        |
| Parade:        | 10:45am (remember to bring club mascots/banners)  |
| Mass Warm Up:  | 11am                                              |
| Junior Starts: | 11:15 – 12:15pm                                   |
| Prize Giving:  | 1:00pm or as soon as possible after last finisher |
| Local Event:   | Starts from 12:20pm                               |

## Toilets

We couldn't get access to the nearest toilets so it is a 350m walk over the bridge at the loch to the Andrew Miller building where you'll find toilets, shops and a café. Please supervise your athletes.

## Start

Approximately 400 from the Assembly area – follow the taped route west and through the wall into the woods.

Competitors should arrive at the start before their allotted start time. Call up will be at -3 minutes. Runners on the Yellow courses will be given their map at -1 minutes. A punching start system will be used, with competitors on all courses except the Yellows picking up their map after punching the start unit.

## Courses

Course Lengths (subject to final controlling)

| Colour      | Difficulty | Distance | Climb | Controls |          |
|-------------|------------|----------|-------|----------|----------|
| Green       | TD5        | 3.8km    | 230m  | 15       | Map flip |
| Light Green | TD4        | 2.5km    | 125m  | 12       | Map flip |
| Orange      | TD3        | 2.2km    | 95m   | 12       |          |
| Yellow      | TD2        | 1.9km    | 110m  | 10       |          |

Control descriptions are on the map and loose descriptions are available at the start. For the Green and Light Green courses there will be a two-sided map.

## Map

1:7,500. 5m Contours. 2015 V Kral & M Poklop. With updates by G Gristwood, C Smithard & L Taylor.

Please note that power lines are NOT shown on the map.

We will not collect maps after download but please don't show your map to others in your team who have still to run. Please can team managers enforce this.

## Terrain

Hermitage Woods lie on the northern edge of the University of Stirling campus, on the lower slopes of the Ochil Hills. Blue (local event) and Green courses also venture across a minor road to the adjacent Yellowcraig Woods. Terrain is characterised by a steep south-facing hillside with several prominent crags and steep slopes requiring careful route choice and accurate navigation. Courses inevitably have considerable climb, which is accounted for in the shorter distances. The area consists predominantly of mature mixed deciduous woodland with some conifer plantations, rhododendron patches and the occasional holly bush - characteristic of the area being former landscaped woodland tied to the Airthrey Estate. Yellow and Orange courses make good use of a dense network of paths, tracks and informal trails that cross much of the area, reflecting its popularity with walkers. There are many informal and constantly evolving mountain bike trails - the majority of which have been mapped but occasional new trails may be encountered. Ground cover is mixed. Away from the paths bracken, bramble and young regeneration frequently reduce visibility and speed.

## Safety

Competitors should be aware of steep ground, crags and occasional fallen timber. Careful footing is required, especially on narrow hillside paths, and in wet conditions.

There is a minor road crossing on the Green & Blue (local event) courses. This will be marshalled for juniors. Please follow any instructions and watch out for traffic.

Please be considerate of, and give way to, general public in the area. If you do encounter a mountain bike trail it is recommended that you run alongside rather than on these trails and keep a careful watch for cyclists at all times.

The assembly area is close to a minor road. Although the speed limit is restricted please be careful when crossing. There is a zebra crossing very close by. It is also next to a car park which should be out-of-bounds when not accessing a vehicle.

## Clothing

Full leg cover is required for tick prevention and significant vegetation cover. Check yourself for ticks after the event. We recommend shoes with a good grip. Bring your own water and/or hot drinks for after your run.

## Parade

As is tradition at the Jamie Stevenson every year the event will commence with a club parade at 10:45. Please come dressed in your club colours and club flag/banner, line up in club order, last years winners at the front, and we will parade ourselves near the assembly

## Prizes

**Jamie Stevenson Trophy** awarded to club with the most points

**Individual Awards** for the first 3 runners in each category

**Award for the Most Supportive Team** – There will be a prize for the most supportive team. A jury will be compiled to observe how teams support each other during the event and there is a big jar of sweets ready to be awarded to the most supportive team.

For those who have finished their run or are waiting there may be a quiz available from Enquiries/Download. There will also be some spot prizes on offer. If anyone has any spot prizes to donate please contact [judy.esoc@gmail.com](mailto:judy.esoc@gmail.com)

## First Aid

Event officials are first-aid trained and a basic first aid kit will be available at Registration. The nearest Minor Injuries Unit is Livilands Gate, Stirling FK8 2AU.

**Competitors are reminded that they take part at their own risk and are responsible for their own safety**

## Acknowledgements

Thank you to FVO for the use of the map and their help and support, and Stirling University for parking and assembly.

## Jamie Stevenson Rules/Guidelines

Available on the Scottish Orienteering website at <https://www.scottish-orienteering.org/download/67/event-rules-guidelines/11988/jamie-stevenson-trophy-rules-and-guidelines.pdf>

## Results

Results will be posted on the FVO website (<https://fvo.org.uk>) and we hope to have live results available during the event.

## Contacts

Organisers: Jason Inman 07967 976059 [jason.inman@wirepost.co.uk](mailto:jason.inman@wirepost.co.uk)

Judy Bell 07866 270541 [judy.esoc@gmail.com](mailto:judy.esoc@gmail.com)

Planner: Dominic Edward (FVO)

Controller: Ross McLennan (FVO)