

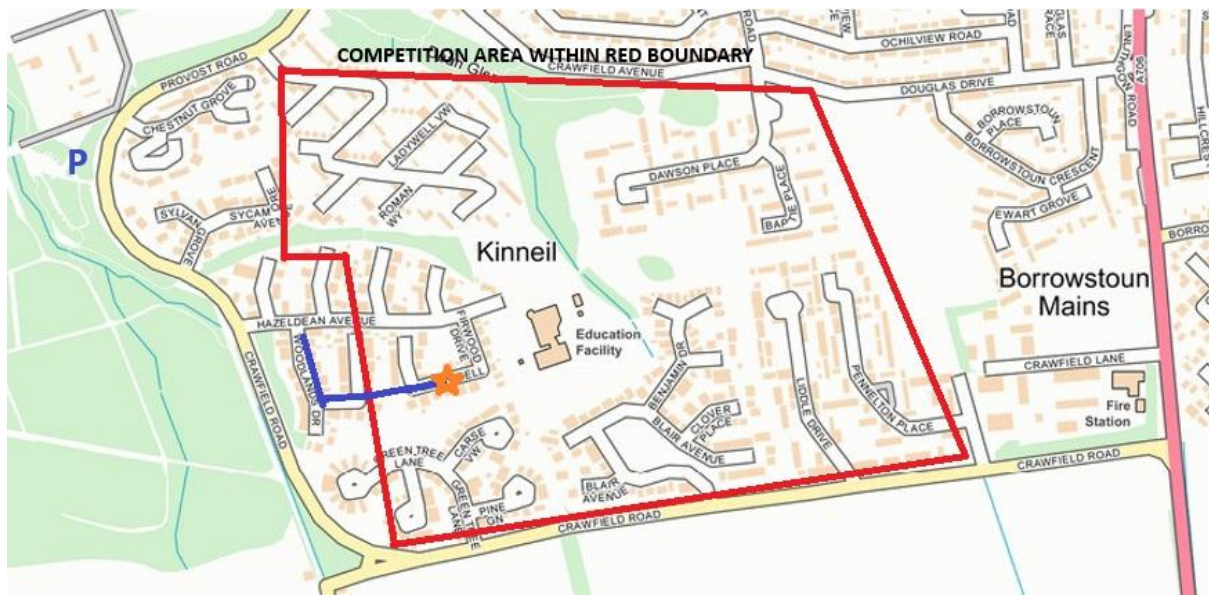
FVO Urban Series: Bo'ness

Wednesday 16th September 2026

Organiser/Planner: Mark Johnston

Directions/Car Parking/Registration: The competition area is shown within the red boundary on the map below. Registration is on the driveway of my in-law's house on Willow Dell (orange star on the map): What3Word - pods.continued.wicked.

There is parking available approximately 600m away at Kinneil Woods, marked as a P on the map. There is also limited on-street parking outside of the competition area, but please take care to park considerately and please don't park to the east of the red line on Hazeldean Avenue shown below. Registration can be accessed on foot following the blue line which leads through a lane between Woodlands Drive and Willow Dell. The start and finish are within 100m of registration.



Toilets: There are no public toilets available near to the event (the nearest Tesco is in the town centre) so please plan accordingly.

Entries: Via the FVO website.

Start times: 1730 to 1900. Courses close at 1930.

Timing System: SPORTIdent will be used. Touch-free punching will be activated though the start and finish controls require to be punched.

Terrain: Both open and complex housing, the latter ideal for orienteering, with some grassy areas in between.

Map: 1:4,000, 2.5m contour interval, mapped by Graham Gristwood. There are a couple of barriers marked on the map (purple line), mainly added to minimise the use of a couple of sections of road within no/minimal pavement, as well as to make route choice more interesting (they impact the short and long courses only). There won't be any physical

markings in place, but please avoid passing through the virtual barriers. Other features marked on the map as uncrossable/impassable must not be crossed, even if you might be capable of doing so. Note there is a section of uncrossable fence which is no longer there, which should not be passed through. I'll aim to mark it with red and white barrier tape on the night.

Courses:

Long: Straight-Line Distance 2.8km, Optimum Distance 3.8km, Climb 80m

Short: Straight-Line Distance 2.1km, Optimum Distance 2.8km, Climb 60m

Novice: Straight-Line Distance 1.3km, Optimum Distance 1.5km, Climb 20m

The Novice Course has some relatively quiet residential street crossings, and as such, **all juniors MUST be accompanied by an adult**. The Short and Long Courses encounter residential streets, which typically have a lot of parked cars which may obscure the view, so please take care. **Under 16s MUST be shadowed on the Short and Long Courses.**

Safety:

1. Please take care crossing roads and use the pavements as much as possible.
2. Please be considerate of other members of the public (and other orienteers!). The area has narrow paths/alleyways so please be very mindful of your pace to avoid collisions and to let others pass.
3. Some paths and the grassy areas can be slippery in places, especially after wet weather.
4. Competitors should plan for the weather and dress accordingly.
5. Whilst a risk assessment has been carried out by the organiser, participants take part at their own risk and are responsible for their own safety during the event.
6. Any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Contact: For any queries or in case of emergency please contact the organiser:

Mark Johnston: runnermdj@gmail.com 07717623344

Have fun!