

Compass Sport Cup & Trophy – Scottish Heat – Dunrod Hill Final Details – 17 March 2019



Location: Greenock Cut Visitors Centre, Muirsheil Country Park, Loch Thom, Inverkip, PA16 9LX (**NS247722**)

Travel: The roads around the Greenock Cut Visitors Centre are single track. To aid traffic flow we request that competitors access the area via Dunrod Road approaching the visitors centre from the west. For this route, leave the A78 south west of Greenock, about 1km beyond the old IBM factory turn-off if travelling from the north, or 1km beyond the Gourrock turn-off if travelling from the south. This road is signposted for the Greenock Cut Visitors Centre.

Leaving the competition we request that competitors use the Old Largs road, round Loch Thom and then right for Largs or left for Greenock.

Parking: At the Visitor Centre. Please park as directed as space is tight. Please share cars where possible.

Safety: Competitors take part at their own risk & are responsible for their own safety at all times. The area is high and very exposed. Please wear adequate warm clothing for the conditions, and bring a cagoule and a whistle to the event.

In the event of bad weather, the Organiser may require all competitors to carry a cagoule and a whistle; if so, this will be advised at assembly, and checked at the start.

Dog walkers, cyclists, horse-riders and farm vehicles use the area. Please be aware of other users.

Safety Bearing: If you get badly lost, follow a compass bearing south-east, till you reach the vehicle track by Loch Thom

First Aid: Provided by a Trained First Aider from Clydeside Orienteers, aided if required by First Aiders from Greenock Cut Visitors Centre Staff.

Any competitor with an existing high risk medical condition, please send an email to info@clydesideorienteers.org.uk to inform us of such. This information will be kept confidential.

A&E: Inverclyde Royal Hospital, Larkfield Road, Greenock PA16 0XN

Map: ISOM Scale 1:10,000 Contours 5m. A3 size for all courses.

- Overhead power lines & telephone lines, and their associated poles and pylons, are not mapped.
- Some boulders smaller than 1m high have been mapped in places where they are prominent.

Special symbols: × Man made post ◆ High mast

Terrain: Dunrod Hill is a large area of open moorland, with significant contour, rock and water detail, and very little vegetation. There are some patches of heather, but these are generally very runnable and are not separately mapped. Competitors should beware of some unmapped narrow streams concealed by grass, and there are also a few loose strands of farmer's wire in places. All courses have been planned to avoid a steep ravine in the north of the area.

White and Yellow courses have a taped route between two controls in order to ascend the hill. Please make juniors aware of this prior to their runs.

Permitted barbed-wire fence crossing points are marked on the map and these **MUST** be used for the protection of both competitors and fencing. On some legs there will be a choice of crossing points. Sections of fencing that must not be crossed (between crossing points) are marked with purple overprint. Other fences and walls may be crossed at any point. Please report any damage to Registration.

Please be aware that this is lambing season. Some fields may have sheep and lambs. The farmers have given permission for the area to be used but please avoid lambs where possible.

Registration & Download: Classroom in the Visitor Centre. Registration opens at 10.30am. Please remove muddy shoes. Also SIAC hire (£2.50) and car key deposit.

Competitors on White and Yellow courses should pick their maps up at Registration.

EOD & Fees: Light Green, Yellow and White only. **Fee is £7.** There is a £1 discount if you are a member of BOF or SOA.

No EOD for Compass Sport cup /Trophy Courses.

Toilets: Available in Visitor Centre. Please remove muddy shoes.

Nature Trail: available from Visitors Centre (instead of a String course)

Start: There is one start for all courses. The start is 1.0km with minimal climb from parking / assembly. Call up at -4 minutes.

Start times: 11.00 – 13.00. Pre-entered CSC/CST competitor start times will be published on Sientries.com by midnight Thursday 14 March 2019.

No changes to start times will be allowed on race day for Compass Sport Cup and Trophy competitors. Late starters will start as soon as possible, but their allocated start time will be used.

Non-CSC courses will have a punching start and will not have a pre-allocated start time.

Courses

CS Class	Compass Sport Course	BOF Age Classes	Distance (k)	Climb (m)
1	Brown	Men Open	9.8	300
2	Short Brown	M20- M40+	8.0	260
3	Blue Women	Women Open	5.9	190
4	Blue Men	M50+	6.7	220
5	Green Women	W20- W45+	4.6	170
6	Green Men	M60+	5.3	170
7	Veterans Short Green	M70+ W60+	3.0	110
8A	Junior Men (Green)	Men 18-	5.1	140
8B	Junior Women (Short Green)	Women 18-	3.7	105
9A	Orange Men	Men 14-	3.5	120
9B	Orange Women	Women 14-	2.6	70
10	Super Veterans Short Green	M80+ W70+	2.5	75
Non -CSC	Light Green	-	4.0	100
Non -CSC	Yellow	-	2.5	70
Non -CSC	White	-	2.1	60

Control Sites & Electronic Punching – Stakes & T-Bars with SI Unit & IOF Control Flag attached. SI units will be SIAC enabled. If SI Unit fails to Flash/Beep please punch your map with clipper found on the T-Bar. Code Number is displayed on a vertical plate as well as being on SI Box.

Finish: The Finish is 0.9km from the Visitors Centre, mostly downhill, and the route back to Download will be taped.

Courses Close: 15.30. Please report to download even if you do not complete your course.

Dogs: are allowed as long as they are kept under control.

Refreshments: Cakes will be on sale to raise funds for World Schools Champs for Clyde's Alastair and Kirsten – please support. Café in Visitors Centre and nearby Fishing Centre

Results: Will be displayed on screens in the Visitors Centre and, if possible, at www.rstrain.co.uk Full results, Routegadget & Winsplits will be available from www.clydesideorienteers.org.uk as soon after the event as possible.

Protests and complaints: There is a procedure which all competitors should follow if they feel that the Rules are not being followed. Any complaint should initially be discussed with the Event Organiser. If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller. The Controller will then, if necessary, convene a Jury in accordance with BOF Rules.

PLANNERS: Alastair Dunlop & Iain Mennie **CONTROLLER:** Rob Hickling

ORGANISER: Rachel Wilson (info@clydesideorienteers.org.uk)

Acknowledgements: Thank you to all listed below:

CLYDE members & friends for their help & assistance.

Mike Holcombe and staff of Greenock Cut Visitors Centre, Clyde Muirshiel Country Park

Rob Hickling (Controller)

Farmers: Neil Caskie, Wilma McIntyre and John Barbour

Ardgowan Fisheries

JK closing date is Sunday 24th March. If you have not yet entered, don't forget to do so in the next few days. More details at <http://www.thejk.org.uk>