



## SOSOL 5 – WINDY HILL

### CLYDE MUIRSHIEL COUNTRY PARK, LOCHWINNOCH

Sunday 9 September 2018

#### FINAL DETAILS – Issue 2

**Directions** Only 30 minutes from Glasgow. From North / East follow M8 past Glasgow Airport and on to A737, signposted Irvine. Turn on to the A760 and then B786 through Lochwinnoch, following the brown signs for Muirshiel. The last 4km are on a single-track metalled public road. There will be O signs from A760/B786 junction.

From West/South take A737 to A760 junction. Route as above.

Station at Lochwinnoch (Glasgow Central to Ardrossan/Ayr line) is 6k away.

**Parking** There are various small parking areas which will be progressively filled up so please park as directed by marshalls. The furthest parking area is 1.2km away from the Visitors Centre

Please drive slowly in the country park and be aware of orienteers on the route to start.

Post Code PA12 4LB; Grid Ref. NS 311 631.

**Terrain** Mixed woodland and paths around Visitors Centre surrounded by open moorland with some areas of intricate contour detail. Most of the moorland is runnable grassland, though the longer courses encounter some heather and bog. There is almost no bracken on the moor.

Please ensure gates are kept closed and marked uncrossable walls are not crossed. Please report any damage when crossing fences and crossable walls.

Map scale 1:10,000. Surveyed by Stirling Surveys Jan 2012, update summer 2018.

**Safety** All competitors take part at their own risk. **All competitors must carry a whistle.**

The moorland is high and exposed and the weather can be bad. Please dress adequately for the conditions. It is recommended that cagoules are carried and this will be compulsory in bad weather. Signs will be displayed at the Country Park entrance and at Registration if cagoules must be carried.

The Brown, Blue and Green courses cross the River Calder twice, the level of which varies significantly depending on recent rainfall. The relevant legs include a mandatory bridge crossing in the descriptions and the course overprint. Runners will be advised at the start whether this is still the case, or if it is permitted to cross the river at other points. A second, partially collapsed bridge is marked as out of bounds for safety reasons, and will be taped off during the event.

**Courses** White to Brown. White and Yellow courses suitable for beginners. There is no string course.

**White and Yellow runners should pick up their map from Registration before they start.**

Provisional course lengths and climb are shown in the following table.

<b>Course</b>	<b>Distance (km)</b>	<b>Climb (m)</b>
White	1.8	35
Yellow	1.8	50
Orange	2.7	70
Light Green	3.6	100
Short Green	2.9	75
Green	4.9	200
Blue	6.6	250
Brown	9.0	290

<b>Entries</b>	Entry on the Day: Junior/Student: £4 and adults on White, Yellow, Orange courses; Senior : £9 Additional £2 adults and 50p juniors/student if not member of BOF or SOA.
<b>Registration</b>	10:30 - 12:30 in Visitors Centre – for Entry on the Day, SI hire/pick up, White and Yellow map pick up.
<b>Novices</b>	Coaches will be at Registration to offer advice on best courses to choose, help get you started and answer any questions.
<b>Starts</b>	11:00 - 13:00. Start is 300m from the Visitors Centre. Follow tapes to the Start. It will be a punching start. There are no allocated start times – you will be started as soon as there is a start time available on your course.
<b>Control Descriptions</b>	Loose control descriptions will be available in the start lanes.
<b>SIAC</b>	Not being used.
<b>Finish</b>	Adjacent to Visitors Centre.
<b>Download</b>	In Visitors Centre – please remove all studded and muddy footwear. <b><i>You MUST report to download even if you have not completed your course.</i></b>
<b>Courses Close</b>	15:30.
<b>Facilities</b>	Toilets are available at Visitors Centre, as well as drinks and snacks. Dogs allowed in car park on lead.
<b>Results</b>	Will be displayed in Visitors Centre during event. Final results will be posted on the Clyde website as soon as possible after the event.
<b>First Aid</b>	A First Aid kit will be available in Visitors Centre at Registration. The nearest A&E is at Royal Alexandra Hospital, Corsebar Road, Paisley. PA2 9PN. A&E Tel 0141 314 6195.
<b>Organisers</b>	Kate Thomas and Rachel Wilson (email: <a href="mailto:info@clydesideorienteurs.org.uk">info@clydesideorienteurs.org.uk</a> )
<b>Planners</b>	Patrick Walder and Iain Mennie
<b>Controller</b>	Roger Scrutton (ESOC)