

## Croy Hill SoSOL - Clydeside Orienteers – Sunday 9<sup>th</sup> November 2014

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### Directions

Approach from the M80 - if approaching from the west, take junction 4A exit, follow signs for B802 to Kilsyth/Croy - if approaching from the east, take junction 5 exit, follow B8048 to Kirkintilloch then B802 to Kilsyth/Croy. Turn left into the first entrance to the Croy station park-and-ride car park. If arriving by train, registration is across the road from Croy Station at the Antonine Sports Hub (clothing can be left here).

### Parking

At Croy Railway Station park-and-ride car-park; the entrance will be marked with an o-kite. No charge.

### Toilets

Toilets are available at the Antonine Sports Hub, adjacent to parking, on the other side of the main road via a marked crossing. Please avoid taking muddy/metal studded shoes inside the sports hub.

### Enquiries / Registration / Download

These will be in the Antonine Sports Hub from 10.00am, adjacent to parking, on the other side of the main road, reached via a marked pedestrian crossing from the car park. SI punching will be used.

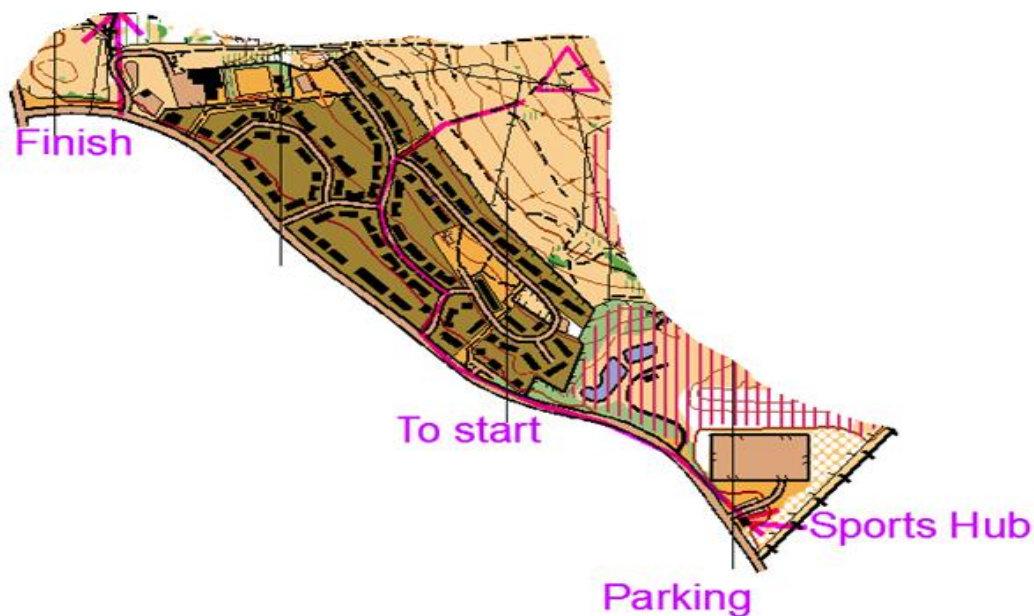
Maps for both WHITE & YELLOW courses should be collected from Registration.

As it is Remembrance Sunday, we plan to have a two minute silence at both the start and registration at 11.00am – thank you.

### Start Times /Start Route/ Dibber Hire

Start times 10.30am to 1.00pm. Punching starts with no pre-determined start times, please just arrive at the start and you can start in the next available start slot.

Pre-entered competitors on all other courses with their own SI dibber may go directly to the start (see map of route to the start below, which will be taped, and follows the north side of the road from the sports hub). Competitors hiring SI dibbers should go to Registration first to collect a hire dibber. Both the start and finish are approx 20 minutes walk from the parking area (with about 50m climb to the start). Remember to download on return!



## **Entry on day**

There will be entry on the day, depending on map availability.

## **Map**

Newly remapped by Stirling Surveys ISOM Scale 1:10,000 Contours 5m.

A4 size for all courses (the brown course will be double sided).

## **Terrain and course specifics**

Remapped in early 2014 with a hugely improved base-map, the area now has the map it deserves. Lots of interesting contour and rock detail on open hillside, with several runnable lightly forested areas, many paths and some patches of denser vegetation.

There are working and derelict quarries on the map which are marked as out of bounds on the map and fenced off. The fences all have notices warning not to enter the area. **Parents should ensure that children know not to enter these areas.**

Longer courses may go near some marshes which are clearly mapped as impassable - please avoid these; they are definitely impassable! Some slopes are steep and rocky.

Blue and Brown courses have a butterfly control.

White and Yellow courses will have a few white/yellow smiley or sad faces at various points to help ensure young orienteers stay on track. The white smiley faces apply to the white course and the yellow ones to the yellow - please make sure your child is aware.

Although the straight line distance for the white course is slightly more than for the yellow, please note that the running distance for yellow is around 10% longer than white. The white course running distance is around 2.2k which is slightly longer than optimal, but was necessary to keep within the appropriate technical difficulty.

## **General safety & Clothing**

Competitors take part at their own risk and are responsible for their own safety at all times. Full body cover (torso and legs) is required. Should particularly adverse weather occur on the day, cagoules may require to be carried – if required, this will be advertised at registration and en-route to the start.

First Aid will be provided by trained First Aiders from Clydeside Orienteers, based at the sports hub, but in an emergency you can report to the Finish which will be manned.

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

The area may be used by dog walkers, cyclists and horse-riders. Please be aware of other users.

## **Dogs**

On leads at all times and owners please clean up any dog mess if required.

## **Shadowing of Juniors**

Seniors should only undertake this role after completing their own run, or run as non-competitive.

## **Start Procedure**

-2 Box – Clear & check. Loose Control Descriptions printed on waterproof paper available

-1 Box – Blank maps on display

Then Punching Start in operation.

## **Course Information**

Brown	8.3km	300m climb	29 controls
Blue	5.6km	190m climb	23 controls
Green	4.0km	120m climb	18 controls
Short Green	3.1km	110m climb	15 controls
Light Green	3.5km	110m climb	15 controls
Orange	2.5km	60m climb	10 controls
Yellow	2.1km	40m climb	11 controls
White	2.2km	35m climb	14 controls

Scottish Student Individual Champs eligibility, to be competitive you must enter the following courses:

Championship Mens - Brown

Championship Womens - Blue

Novice - Light Green

Unfortunately there is currently no suitable area for a string course, although there are short nature trails at Auchinstarry Basin (on the North side of the area, with parking) that may be of interest.

## **Control Sites & Electronic Punching**

Standard equipment in the form of New Stakes & older T-Bars with SI Unit & Kite attached. 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 Procedure**

From the Finish, competitors should return to the Antonine Sports Hub (adjacent to the station car park) and download. Anyone having to retire is also asked to report to download so that we know you are safely back. Courses close at 3.00pm.

## **Results**

Computer print-outs will be displayed at intervals at the Sports Hub. Full results, Routegadget & Winsplits will be available from [www.clydesideorienteers.org.uk](http://www.clydesideorienteers.org.uk) as soon after the event as possible.

## **Acknowledgements** – Thank you to:

CLYDE members & friends for their help & assistance

Scottish Orienteering Association

Forestry Commission

Scottish Canals

North Lanarkshire Council