

SOL 3 Clydeside Orienteers – Sunday 27th April 2014

Dunrod Hill, Greenock Cut Visitors Centre (NS247722)

Planner – Alastair Dunlop

Controller – Trevor Hoey (FVO)

Organiser – Kate Thomas

Directions

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 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

Greenock Cut Visitors Centre (formally known as Cornalees Visitors Centre) and round about as directed by parking marshalls. There will be limited parking as we will be sharing parking with the public and fishermen at the nearby Fishing Club. Please share cars where possible.

Toilets

Public toilets are available at the visitor centre. Please avoid taking muddy/metal studded shoes inside.

Enquiries / Registration / Download

These will be in the Visitors Centre from 10.00am. The room used will be accessed via the rear of the building, from the car park. SI punching will be used.

Maps for both WHITE & YELLOW courses should be collected from REGISTRATION

Pre-entered competitors on other courses with their own SI dibber may go directly to the start. Competitors hiring SI dibbers should go to Registration first.

Please no spiked or muddy o-shoes in the visitors centre

Entry on day

There will be limited entry on the day to Scottish Orienteering League Courses, depending on map availability. Entry on the day will be available for beginners' courses.

String Course

Will be open 10.30am – 1.00pm and located adjacent to the car park.

Refreshments & Traders

Compass Point will be attendance, with a range of orienteering gear available.

SCOTJOS will be selling cakes in the car park.

Teas and coffees are available at the Greenock Cut Visitors Centre and the Ardgowan Fisheries. Please do use these facilities, and support our hosts.

Map – ISOM Scale 1:10,000 Contours 5m. **Please note that power lines are not mapped.**

A3 size for most courses (slightly smaller for white, yellow and orange courses).

Special symbols: × Shooting butt ✦ 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 descend the hill. Please make juniors aware of this prior to their runs.

On the longer courses (Green upwards), stiles have been provided for certain fence crossings. Permitted 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. Fenced fields used for lambing on the east side of the area should not be entered. These are not marked as out of bounds on the maps, as no course goes through them, although the areas will be marked on master maps in the start lanes for your information. Fields on the west side of the area may have sheep and lambs. The farmers have given permission for these fields to be used but please avoid the animals where possible.

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 and competitors should check their person for ticks after their run as these are present in the area. 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 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.

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

Start Times, Start and Finish

Start times 10.30am to 1.00pm. Pre-entered competitor start times have been published on oentries.com There is one start for all courses. The start is 1km with 70m climb (allow 15-20 mins) from parking/assembly. There is a walk of about 10-15 mins (1km) from the finish back to parking/assembly (no climb). This return route does not pass the Start.

Pre-O

Pre-O will be available courtesy of Roger Scrutton, with a course to be done on the way to the Start. Free of charge. Please allow an extra 15-20 minutes. Entries will be next to Registration.

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

Shadowing of Juniors

Seniors may **only** undertake this role after completing their own run.

Start Procedure

Call Up Into -4 Box – Name & Start Time check – Clear Station

Call Up Into -3 Box – Blank maps on display

Call Up Into -2 Box – Loose Control Descriptions printed on waterproof paper available.

Call Up Into -1 Box – Check Station on Start Line – **PUNCHING START IN OPERATION**

Control Descriptions On the front of the map and available loose within the -2 Start Box

Course Information – as per SOL Guidelines – Controls Descriptions are all IOF pictorial.

	Course	Distance(km)	Climb(m)	Controls
1	Black	11.3	385	26
2	Brown	9.3	325	20
3	Short Brown	8.4	270	18
4	Blue	6.4	230	16
5	Short Blue	5.2	220	11
6	Green	4.7	140	13
7	Short Green	3.8	85	12
8	Light Green	3.4	75	9
9	Long Orange	5.5	120	14
10	Orange	3.4	75	11
11	Yellow	2.3	65	9
12	White	1.9	40	8

Control Sites & Electronic Punching – Standard equipment in the form of New Stakes & older T-Bars with SI Unit & IOF Control Flag 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

There is no map collection as competitors are being trusted not to discuss or show their map to anyone who has still to run their course.

From the Finish, competitors should return to the car park and download.

DOWNLOAD AT VISITORS CENTRE

Anyone having to retire is also asked to report to download so that we know you are safely back.

Courses close at 3.30pm

Results

Computer print-outs will be displayed at intervals at the Visitors Centre. 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.

Acknowledgements – Thank you to all listed below.

CLYDE Members & Friends for their help & assistance.

Trevor Hoey (Controller)

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

Farmers Callum Caskie, Wilma McIntyre and John Barbour

Ardgowan Fisheries