



SOSOL 2

CLYDE MUIRSHIEL COUNTRY PARK, LOCHWINNOCH

Sunday 12 February 2012

FINAL DETAILS

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 nearest parking area is by the Muirshiel Visitors Centre; the furthest parking area is 1.2km away from the Visitors Centre (but is nearer to the Start).

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 runnable moorland with some areas of intricate contour detail. There is a lot wind blow in the woodland due to recent severe gales.

Brand New Map. Scale 1:10,000. Surveyed by Stirling Surveys Jan 2012.

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 longer courses go near crags, so please take care.

Courses

White to Brown. White and Yellow courses suitable for beginners.

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

Course	Distance (km)	Climb (m)	Controls
White	1.0	40	7
Yellow	1.6	30	10
Orange	2.5	65	8
Light Green	2.7	75	9
Green	4.5	180	10
Blue	6.8	255	13
Brown	8.4	315	17

- String Course** Moshi Monsters themed String Course is located 50m from the Visitors Centre
- Entries** Entry on the Day: Junior/Student: £3 ;
Senior : £8 (£10 for non-members of British Orienteering Federation)
- Registration** 10:30 - 12:30 for Entry on the Day (in Visitors Centre)
- Starts** 11:00 - 13:00.
Start is 1.0km from the Visitors Centre (~15 minutes walk). Follow tapes to the Start. The route takes you along the side of the park road so be aware of any traffic.
The White course Start is separately located close to the main Start which is used for all other courses.
It will be a punching start.
- Control Descriptions** Loose control descriptions will be available in the start lanes.
- Finish** Within 100m of Visitors Centre.
There will be no water provided, so please bring your own.
- Download** In Visitors Centre – please remove muddy footwear.
You MUST report to download even if you have not completed your course.
- Courses Close** At 15:00.
- Facilities** Toilets and showers are available at Visitors Centre, as well as drinks and snacks. Dogs allowed in car park on lead.
- Results** Will be displayed in Visitors Centre during event.
Final results will be posted on the Clyde website as soon as possible after the event.
- First Aid** 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.
- Organiser** Rachel Wilson Tel: 0141 942 9907 Email: bearsden.wilsons@ntlworld.com
- Planner** Kenny Milton
- Controller** Lynne Walker (ECKO)
- Cancellation** In the event of very bad weather the event will be cancelled. Please check Clyde website www.clydesideorienteers.org.uk or contact organiser.