

CLYDE's Scottish Orienteering Urban League (SOUL) Dumbarton, Saturday March 5th

FINAL DETAILS

<https://www.clydesideorienteers.org.uk/events/dumbarton-urban-2022-03-05>

Terrain: Courses 1 - 6 start and finish in Levensgrove Park and visit industrial areas, housing estates and the town centre, 20% parkland, 80% urban. Course 7 is wholly within Levensgrove Park and the adjacent sports pitches.

Event Centre: The event centre is at the Training Centre, Levensgrove Park, Dumbarton. G82 4BG.

Competitors travelling by public transport may leave bags here.

This is situated south of the main Glasgow road A814 just before crossing the River Leven if coming from the East. Access over Bridge St.

Should you fancy a warmup run, there is a Levensgrove park run at 9.30am before the event. There is a café in the park which is open and where you might replenish your reserves for the Orienteering or have some lunch afterwards. (The café website is not up to date).



Arrival and Parking: Parking is in the car park on Woodyard Road, G82 4AZ OS Grid ref: NS393753, What 3 Words dive.famous.wishes There isn't a height restriction. If the car park is full, please park sensibly in nearby streets. Please note that there is no public parking in the park unless blue badge holders.

Toilets: Toilets are not available in the event centre, but those in the nearby café may be used with due consideration of muddy footwear. Masks must be worn and social distancing maintained while queuing to use the toilets.

Dress: Please check the weather forecast and dress appropriately for the predicted conditions.

Covid rules:

- Please don't come to the event if you have any Covid symptoms or if you have been told to isolate.
- Only pre-registered entrants will be allowed to race. No registrations on the day of the event.
- Please don't arrive more than 10 mins before your start time at the start.
- The 1m rule must be upheld between persons from different households
- Please use the hand sanitiser which will be available at the start and at the download.
- Please avoid touching the controls
- Please minimise socialising at the event. Arrange to meet up before/after the event at a different location

Photography: By taking part in this event as a participant or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition or reproduction to be used for news, webcasts, promotional purposes, telecasts, inclusion on websites or any other purpose by CLYDE and affiliates or representatives. No drones are allowed in the competition area without written permission from the organisers.

Privacy: When entering our events, your name may appear in the results section of the club website, or in newspaper reports. Please see here for further details of how the club looks after your data:

<https://www.clydesideorienteers.org.uk/info/data-privacy-policy>

Start times: First start 11.30 am, and then up to 12:45pm. Indicative start times are on [SI entries](#), but there is plenty of flexibility, and punching starts. **Courses close at 3pm**

You should be back at your Finish by this time and go directly to Download after finishing.

Start and Finishes: One Start and Finish which are both a 5 minute easy walk from the Event Centre.

Timing: Sportident timing will be used. SIAC will be enabled for those who have this contactless option.

ALL competitors must punch both the Start and Finish units.

Download: Is in the event centre as shown on the map above. Masks must be worn and social distancing maintained while queuing.

Map : Courses 1 - 6; 1:5,000 Course 7; 1:4,000. ISSprOM 2019 standard Mappers : Dave Robertson and Craig Nolan.

Map Symbols: Please make sure you are familiar with the forbidden-to-pass symbols: very dark green (thick vegetation), olive green (private lawns and gardens) thick walls and fences. Red crosses and zigzags.

Control Descriptions: These will be printed on the map and will also be available loose in the start lanes.

Hired SI Dibbers and SIAC dibbers: If you've hired an SI dibber or SIAC dibber please collect at the event centre.

COURSE MAPS FOR YOUNG JUNIORS: These should be collected in advance of the race from the event centre. Please collect before heading to the start.

COURSES (1:5,000 for Courses 1- 6 and 1:4,000 for Course 7)

Course No	Name	Colour	Length (km)
1	M Open (MO)	Black	9.8
2	W Open (WO) M Vet (40+) (MV)	Brown	8.0
3	W Vet (40+) (WV), M Supervet (55+)(MSV)	Blue	6.6
4	W Supervet(55+) (WSV), M Ultravet (65+) (MUV)	Green	5.0
5	W Ultravet (65+) (WUV) M/W Hypervet (75+)(M/WHV)	Short green	4.1
6	M/W16- (MJ, WJ)	Light Green	5.0
7	M/W 12- (MYJ, WYJ)	Yellow	2.3

COURSE NOTES:

Course lengths as based on the shortest possible route and not the straight line between controls.

Safety and Risk: A risk assessment has been prepared and courses planned appropriately for likely entrants within age classes however all competitors take part at their own risk and remain responsible for their own safety at all times. Event is in a residential area and competitors should be considerate to residents and general public throughout the competition. You may encounter dogs, dog owners and young families. Slow down to negotiate sharp corners or alleyway entrances/exits to avoid collisions.

Some of the adult courses involve crossing the high street. Please take care when doing so and be prepared to wait if necessary.

First Aid: We encourage you to bring your own first aid kit and administer as necessary. A basic first aid kit will be available at Download. Please ask there for anything you may need. For further specific advice please call 111 or for a life-threatening emergency dial 999. The Organiser will be happy to advise and support you as required. Organiser can be contacted via Download or on mobile number 07706530067.

Nearest hospital with A & E is approx 13 miles east of Dumbarton:

Royal Alexandra Hospital,
Corsebar Rd,
Paisley, PA2 9PN
Tel: [0141 314 7411](tel:01413147411)

Depending on where you live you may prefer to attend A & E or the minor injury unit local to your home. Note that current advice is to ring 111 before attending A&E if the situation is not life threatening.

Litter: Please take all your litter home with you.

Urban League Points: Points will be awarded to finishers in each category as follows: 100, 96, 93, 91, 90.... A competitor may score in only one category. Unless specified otherwise beforehand, he/she will score in the lowest category for which the competitor is eligible.

Results: These will be available on the CLYDE website as soon as possible after the event: www.clydesideorientees.org.uk. *We will try to have live results available during the event. If this is possible the link will be added to the Clyde website in a prominent place.*

Planner: Donald Petrie (CLYDE)

Controller: Ted Finch (FVO)

Organiser: Robin Orr (CLYDE)