Thursday 23rd May, 2024 – Balloch Country Park evening orienteering event – final details

### Terrain type

The park is a mix of semi-natural and ornamental woodland, open parkland, formal gardens, meadow, play parks and shoreline.

### Map / Terrain details

A 1:7500 map with 5m contours by GG Maps, updated by Clydeside Orienteers. The course maps will be A4 on waterproof paper. The control descriptions will be printed on the map (no loose control descriptions).

Some small paths that are mapped may be indistinct. There may be some new small paths that are not mapped.

### Courses and Lengths

* Long course, Length: 4.8 km
* Short course, Length: 2.6 km
* Novice course: 1.5 km

### Timing

* SPORTident timing will be used, and contactless punching (SIAC) will be activated
* We will have SPORTident dibbers for hire for £1 to time your run - there is a £30 charge if lost

### Registration and start times

* Registration opens at 18:00 in the classroom at the courtyard.
* Starts between 18:30 and 19:00
* Courses close at 20:00 and controls will be collected in after that.
* You must report to Download, even if you do not complete your course, so we know you are back safely and don’t have to mount a search for you.
* The start is located about 100 metres from registration/parking.

### Contacts

Please contact the organiser Ian Davidson if you have any questions: [vanitha.davidson@btopenworld.com](mailto:vanitha.davidson@btopenworld.com)

### Safety Notes

* Studded shoes or shoes with good grip, long leg cover recommended for participants on the Long and Short courses. The novice course is mainly on paths and avoids rough terrain.
* Please be aware that there may be **ticks** in the area, please check yourself after competing and remove any ticks promptly.
* Note that U16s are welcome but must be accompanied by an adult willing to take responsibility unless exempt.

### Nearest Hospital A&E

* Minor injuries: Vale of Leven District Hospital until 9pm
* 24-hour A&E: QEUH Govan, Glasgow

### Facilities

Toilets at the courtyard will be open.

### Parking / Directions

* Parking is at the Balloch Castle country park car park, see the location information below.
* Public transport: nearest train station is Balloch – about 20 minutes’ walk away.

### Location

* Post code: G83 8LX
* grid reference: NS 3910 8315
* Lat./Long. 56.01410, -4.582349
* What3words: <https://w3w.co/signs.parks.forgiving>