

# Sunday 15<sup>th</sup> September 2024 – Balloch Country Park - CLYDE SOSOL – Final Details



## Location

- Post code: G83 8LX
- Grid reference: NS 3910 8315
- Lat./Long. 56.01410, -4.582349
- <https://maps.app.goo.gl/reqXmbxyuSmipdmz6>

## Parking / Directions

- Parking is at the Balloch Castle Country Park car park, from Mollanbowie Road. If this is full, please park at Drymen Road car park (<https://maps.app.goo.gl/H1kLyFLDQLpvDkoK9>) and walk carefully to the event centre (Enquiries), northwards through the park. See layout map below.
- Please ensure cars are not blocking access for emergency vehicles.
- Public transport: nearest train station is Balloch – about 20 minutes walk away.

## Terrain type

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

## Map

A 1:7500 map with 5m contours by GG Maps, with minor updates by Clydeside Orienteers in 2024. The course maps will be A4 on waterproof paper. Some small paths that are mapped may be indistinct. Some picnic tables and tree branch shelters are not on the map, and possibly some new small paths.

## Novices and Beginners

Please come to Enquiries to pick up your map for White and Yellow courses and a dibber if you have hired one. There will be club coaches there to help, provide advice and de-mystify the event. See our **Clyde webpage** [Newcomers](#) for more information on what to expect on a course. If you have any questions in advance, please contact the organiser (email below).

## Courses and Lengths

COURSE	DISTANCE (km)	DIFFICULTY	INTENDED FOR
White	1.3	Easiest	Young novices, Children 8 - 10
Yellow	1.6	Easy	Children under 12, families
Orange	2.8	Medium	Novice adults, children progressing from novice level
Light Green	3.1	Medium to Hard	Improvers
Short Green	3.4	Hard	Experienced Orienteers
Green	3.9	Hard	Experienced Orienteers
Blue	5.7	Hard	Experienced Orienteers
Brown	8.5	Hard	Experienced Orienteers

## Enquiries

- Enquiries opens at 10:30 in the Balloch Country Park Rangers Classroom. It will be signed from the Castle Car Park.
- Entry on the Day will be possible subject to map availability. Extra £1 to advertised fees (on Clyde website)
- Come to Enquiries to pick up
  - White and Yellow Maps (if entered on those courses)
  - your hired dibber.

- Otherwise you can go straight to the start which is signed from Enquiries.

## Facilities

- Toilets are available by Enquiries and also at the back of the Castle.

## Starts

- Starts between 11:00 - 12:30.
- Start times have not been allocated. You will be set off at the first available time for your course. You may need to queue for a few minutes if busy.
- The start is located about 100 metres from Enquiries/Castle Car Park.
- Loose Control Descriptions will be available.

## Timing

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

## Finish & Course Closing

- The Finish is close to Enquiries and the route back will be signed. When you have finished go to Enquiries to download your dibber and get your result.
- **Courses close at 14:30** 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.**

## Contacts

Please contact the organiser Kirsty Ryman if you have any questions: [goandfellrunning@gmail.com](mailto:goandfellrunning@gmail.com)

## Safety Notes

- Studded shoes or shoes with good grip, long leg cover recommended for all participants.
- Please be aware that there may be **ticks** in the area, please check yourself after competing and remove any ticks promptly.
- Please take care around the play park to avoid collisions with children.

## Nearest Hospital A&E

A&E:  
Royal Alexandra Hospital  
Corsebar Road, Paisley PA2 9PN

Minor injuries:  
Vale Of Leven Hospital  
Main Street, Alexandria G83 0UA

## Contacts and Officials

Please contact the organiser, Kirsty Ryman, if you have any questions: [goandfellrunning@gmail.com](mailto:goandfellrunning@gmail.com)

Planners: Robin Orr and Alex Lennie

Co-Organiser: Rachel Wilson

Controller : Klaas Wynne

## Layout

