

Scottish Orienteering Championships, May 24th & 25th 2008

These two events brought to you by the East of Scotland Orienteering Association Clubs: ELO, ESOC, EUOC, INT, KFO, LINOC, RR and TAY.

Competitors are reminded that they take part in orienteering at their own individual risk, as per BOF Rule 1.7.1. Risk assessments for the event have been undertaken, to ensure that the events are as safe as is compatible with participating in competitive orienteering.

Venue, Directions, Parking

Tullochroisk is situated on the south side so the River Tummel, on land sloping up towards Schiehallion. It has been greatly extended since its previous uses at the JK2000 relays, and a later SOL, and is one of the areas for the Six Days in 2009.

Assembly is at Tullochroisk Farm, grid reference NN712579. This is sheep-farming country. Dogs only within the car-parking areas, and must remain on leads at all times. Please also be aware that the farmstead and dog kennel areas are strictly out of bounds. We anticipate most traffic to the event approaching from the East, along the minor road that runs across the northern flanks of Schiehallion. The road is narrow, and frequently 'twisty' with limited views ahead. As it also crosses the competition area, please drive appropriately for the traffic conditions, and take care for competitors crossing mid-course and walking to the starts

Parking will be in one of two fields in the farm, depending on vehicle numbers and weather conditions. £1.00 parking fee will be collected each day: please have this ready to prevent delays and queues building. Please arrive no earlier than 11:00 on Saturday and 08:30 on Sunday. For access to either field, there will be ~300m of farm track, which should prevent traffic queuing back onto the road. This track will effectively be 'one-way', although we may have to halt incoming traffic to allow farm vehicles to exit: please be patient if this occurs.

Our preferred parking field, on the right of the access track, is flat, and with a separate exit out onto the tarmac road. The gates, both into and out of this field are narrow, and in particular, cars entering into the field should be aware that they will need to swing widely and pass perpendicularly through the access gate. Mini-buses and vans etc will be directed onto a sloping field to the left of the access track, which we is the reserve if the flatter field is damp. Please park as directed by marshals. Vehicles parked on the sloping field are asked not to leave before 14:15, by which time we anticipate most competitors will have arrived.

Toilets ('portaloos') will be at assembly, and we expect CompassPoint to be in attendance for all your orienteering purchases. British Red Cross will also be in attendance on both days, with Perth Royal Infirmary the nearest hospital for any serious injuries. Please note that there is a small stream running through the parking/assembly areas. This is out of bounds, and parent should ensure that children are made aware of its potential dangers.

Acknowledgements

Ewan Cameron, Tullochroisk Farm
Andrew Bryce, Red Cross – Pitlochry Branch
Forest Enterprise, Tay Forest District, Dunkeld

Saturday – Individual Championships

Organiser: Paul Caban (INT) – 0131 445 3098, before 22:00, please.

Planners: Davie Frame and David Sloan (TAY)

Controller: John Bettinson (LOC)

Co-ordinator: Dave Prentice (TAY)

There may be very limited championship class entries available, subject to map availability at a cost of £13.00 senior BOF members and £7.00 juniors. Please contact entry secretary Rob Lee – Robert.Lee@ed.ac.uk, 0131 667 4419 – with these or other entry enquiries. Colour-coded entries will be available on the day at a cost of £6.00 seniors and £3.00 juniors.

We have use of a large barn for information and entry enquiries, including SI card hire, payment of fees etc, and for download after your run. Registration will be open from 11:30 until 14:15. We anticipate the last colour-coded course starts not long after 14:30. Control descriptions will be available in the barn area, as will relay team declaration. First Aid is also likely to be based here.

Course	Classes	Start	Length	Climb	Scale
1	M21E	Red	10.8 km	540 m	1:10000
2	W21E	Red	6.8 km	350 m	1:10000
3	M21L	Red	8.8 km	425 m	1:10000
4	M20L, M35L, M40L	Red	7.3 km	380 m	1:10000
5	M18L, M45L, M50L, M21S W21L	Red	6.1 km	300 m	1:10000
6	M16A, M55L, M60L, M20S, M35S, M40S W20L, W35L, W40L	Red	5.4 km	190 m	1:10000
7	M65L, M18S, M45S, M50S, M21V W18L, W45L, W50L, W21S	Red	4.4 km	135 m	1:10000
8	M70L, M55S, M60S W16A, W55L, W60L, W20S, W35S, W40S	Red	3.7 km	100 m	1:10000
9	M75L, M65S W65L, W70L, W18S, W45S, W50S, W21V	Blue	3.1 km	130 m	1:7500
10	M70S, M75S W75, W55S, W60S, W65S, W70S	Blue	2.5 km	120 m	1:7500
11	M21N Red	Blue	3.6 km	170 m	1:7500
12	W21N	Blue	3.0 km	150 m	1:7500
13	M14A, M16B	Blue	3.2 km	160 m	1:7500
14	W14A, W16B Light Green	Blue	3.0 km	110 m	1:7500
15	M12A, M14B W12A, W14B Orange	Blue	2.2 km	110 m	1:7500
16	M10A, M12B W10A, W12B Yellow	Blue	1.9 km	90 m	1:7500
17	M10B W10B White	Blue	1.4 km	60 m	1:7500

All distances and climbs subject to final controlling.

Courses 11, 12, 15, 16 and 17 only will use textual control descriptions.

The 1:7500 has no legend. Copies will be available at registration if required.

The free string course will be on the wooded knolls to the west side of the sloping parking field, and will be open from 12:30 until approximately 15:00.

Starts and Start Procedure

Starts will be from 12:30, with two starts, marked with appropriate coloured tape.

Competitors for the **red** start will leave assembly in southerly direction, past the entrance to the farm track, and then follow tapes uphill, for approximately 1.2km with 100m climb. Please take care with traffic entering the car parks, and in crossing the road. Your organiser walked to this start in just over twenty minutes at a reasonably relaxed walking pace; however, red start competitors should be aware that the route to the start is rough, and narrow in many places, and that it may not be easy to overtake slower walkers. The area around the red start is quite restricted, and on a steepish slope. We will endeavour to make the clocks visible, so please do not crowd in the immediate vicinity of the start until your call-up time.

Competitors for the **blue** start will leave assembly in a northerly direction, on the west side of the stream. The start is approximately 0.3km away, all downhill.

Clear stations will be in the pre-start area, with call-up will be at -3 minutes. Blank maps will be on display in the starting boxes, and there will be a safety “check” in the -1 box.

Start times for championship competitors will not be changed. Competitors arriving late will be started at the discretion of the start team, but without a ‘punching’ start. For some courses where there is very limited availability of start time, this may mean a significant wait: we would encourage competitors to be on-time for their start

There will be no clothing transfer from either start

Finish and Post-Finish Procedure

There will be a single finish for all courses, adjacent to assembly. Please remember to go to download, located in the ‘barn’. Any competitors DNFing are also requested to report to download, to prevent a search party being mounted. Courses close at 17:30, however, we will be progressively collecting in controls south of the road (red start courses only) from 16:30.

Complaints and protests will be considered as per British Orienteering Rule 9, and the organiser would be pleased to receive the name(s) of anyone willing and qualified to be part of a jury, should one be required.

We intend that the prize-giving for the event will be no later than 17:30, in the assembly area. As well as trophies for championship course winners, there will be mementos for 1st, 2nd and 3rd in all junior and elite classes. Please could current holders hand-in – or arrange to have handed-in – their trophies at Information.

Terrain Overview

Tullochroisk is a classic Highland Perthshire orienteering area. The newly mapped area to the south of the road covers the lower slopes of Schiehallion, and can be divided into two distinct parts – to the west, mature pine plantation, generally very runnable, with some interesting contour and rock detail, and few line features. To the east, is open land, generally heathery slopes, wooded lower down, descending to the North. In places these slopes are steep, with some major crags, and care is recommended when descending these.

To the north of the road, the map covers a generally north facing slope bounded to the north by the River Tummel, and includes many diverse types of terrain. Physically, it is divided in two by a steep and at times craggy ridge running N-S ending abruptly in a series of crags above the Tummel.

To the west of the ridge is a mixture of birch and oak woodland, rough pasture and a small area of mature coniferous plantation. This covers some technically detailed rocky undulating ground and very pleasant running, and also includes the vast majority of the area's line features. To the east of the ridge are two distinct areas. The highest part of the area is a hilly heather moorland, with intricate contour and rock detail, only visited by the longest courses, and further north, a more gently sloping area of semi-open and open hillside, with areas of natural birch, heather and several areas of marsh, which in places makes for physically demanding orienteering.

Stream Crossings

A major stream crosses the area from south to north, and in many cases has cut quite a steep gorge. Most courses except the very short courses will cross this stream, and competitors are urged to take extreme care when choosing a place to cross. While it is possible in places to jump the stream or cross using stepping stones, even in dry weather, it is likely that you will get your feet wet. There are also many steep slopes throughout the area – please take extreme care descending these.

Fences

The north east part of Tullochroisk is bisected by a significant deer fence, which must only be crossed at crossing points marked on the map. Courses have been planned to ensure that optimum route choice uses these crossing points, but any competitor found attempting to cross the deer fence at any other point will be disqualified.

For courses 1-8, a rather dilapidated deer fence separates the forest from the open land to the south of the road. This fence is generally easy to cross, although one non-compulsory taped crossing point has been marked at an area where easy crossing places are not otherwise always available. Other fences may be crossed at any point, although please take care not to cause any damage to fences.

Other Hazards

In the event of poor weather, we may make the carrying/wearing of cagoules compulsory. There will be signs in assembly to this effect if this is the case. In any case, competitors are encouraged to be clad suitably for the conditions.

All courses from the **Red** start will cross a minor road. Apart from orienteering cars, we would expect traffic to be light, although still possibly moving quickly. The road crossing will not be marshalled: so please cross carefully during the competition. There will also be two water stations on the road, each sporadically marshalled. Please take care when crossing the road after having stopped for water.

Ticks are present on Tullochroisk, and we recommend competitors follow normal procedures for checking and removal after their run.

Sunday – Relay Championships

Organiser: David Kershaw (ESOC) - 0131 667 4670 david_kershaw@blueyonder.co.uk

Planner: Roger Scrutton (ESOC)

Controller: John Biggar (LINOC)

There will be **no** entry on the day, apart from string course.

Car park is 200m from the relay assembly. All courses have 3 legs and will be run in the order shown below eg. the 1st, 2nd and 3rd legs for the “Handicap 12+” class will be B, D and C respectively. Teams should be declared no later than 4.30 p.m. on Saturday, but changes may be made up to 10.00 a.m. on Sunday.

Start times will be 10.00 a.m. for the junior classes 9 & 10, and 10.10 a.m. for all other classes. Call up will be 10 minutes before the start time. Mini-mass starts will be held as appropriate and announced on the day.

Bags containing bibs and safety pins will be issued to Club Captains at registration on Saturday. The colour sequence is Red, White, Blue.

Class	Title	Leg Details		
1	Men’s Open	A	A	A
2	Women’s Open	B	B	B
3	Handicap: 6+ points	A	B	C
4	Handicap: 9+ points	B	C	C
5	Handicap: 12+ points	B	D	C
6	Handicap: 15+ points	C	D	C
7	Handicap: 18+ points	D	D	C
8	Junior: Total BOF age 48-	LG	O	LG
9	Junior: Total BOF age 40-	Y	Y	O

Course		
A	5.6 km	325m
B	4.4 km	245m
C	3.4 km	185m
D	2.6 km	150m
Lt G	3.5 km	195m
O	2.6 km	125m
Y	2.0 km	100m

Courses A, B, C and D will be TD5 standard with an estimated winning time of 35 min for good M21, W21, M50 and M65 respectively. LG, O and Y correspond to the colour coded system. 1:7500 scale maps will be used for all courses. Loose control descriptions will not be available but descriptions will be printed on the front of the map, and in text for Yellow, Orange and Light Green courses

SportIdent will be used. Each runner must use the SI card declared at relay registration. SI cards must **NOT** be exchanged between runners or used for more than one relay run. SI cards should be cleared at the clear station before entering the map issue area.

Prize-giving will be as soon as possible after 2.0 p.m.

Terrain Overview

There are virtually no paths in the area used for the Relays. Please alert juniors to this and tell them that they will be using walls, fences, a power line and a stream as line features. On the Yellow courses there will be two sections of marked route, both about 200m long and marked by white tape streamers. Visibility is good along these routes.

The area is mostly very runnable semi-open ground, but its hilly nature generates quite a lot of climb. Climb on most courses is a bit over the 5%-of-distance guideline, although a lot of this can be avoided by route choice. Course lengths have been adjusted to take the climb into account and achieve the recommended leading times.

There are compulsory crossing points on all Relay courses, marked on the maps and noted, as usual, in the control descriptions. On all courses there is also a stream to be crossed which might be a little tricky for Juniors and older competitors – there will be something like a pallet in the stream at the obvious crossing points to help competitors across if needed. On courses A and B, in the more distant part of the courses, there is another stream crossing point – the stream is not deep but it is quite wide and fast flowing. Course A also crosses the minor road twice, and competitors should be aware of – and give way to – any traffic. Old fence wire is lying around the area, commonly partially overgrown. Please take care for this potential trip hazard.

Start – Changeover – Finish Area

The Start / Finish / Changeover area is on gently sloping ground so that spectators will have a good view of the area. The run-out to the Start kite and the run-in from the last control are both about 150m long. Waiting runners will have a good view of the last control and the run-in from it. There is no formal spectator control, but all competitors will pass by the NE corner of the Assembly field, which is about 200m and over a hilltop from the Changeover area (but **not** directly visible from Changeover). From this point to the Changeover is about 400m on the shorter courses and about 600m on the longer courses.

Second and third leg runners may collect their sealed, bagged map and enter the waiting pen at any time after their previous leg runner has started. The numbers of incoming runners will not be announced so please allow smaller competitors access at the front. It is the competitor's responsibility to be there on time. After changeover, incoming runners should punch at the finish control and continue to download. A separate lane will be used for last leg runners and, in the event of a close finish, the position is determined by whoever is leading on crossing the finish line.

