

Scottish Orienteering Championships

Scottish Championships, Individual Ardnaskie, Sat 23rd May 2015

Hosted by west area clubs. The individual race will be held at Ardnaskie, near Taynuilt, Argyll, a challenging area with few man-made features and complex contour and vegetation detail.

Pronounced: *ard-na-skee*

Gaelic/Norse: Àird an Fhasgaidh

Final details and start times available

Last edited: 19th May 15,

Final Details (17th May)

EckO, STAG, TINTO, FVO, AYROC, CLYDE and SOLWAY welcome you to the West coast of Scotland on 23rd May 2015 for the Scottish Orienteering Championships 2015 at Ardnaskie and Airds Park. We have been able to use these areas by kind permission of the owners, Lorne Nelson and Keith MacMillan.

Start Times

Are available from [oentries.com \(https://oentries.com/entries_by_category/458-scottish-championships-2015-individual\)](https://oentries.com/entries_by_category/458-scottish-championships-2015-individual)

Important/Additional Information to Note:

- ▲ This event uses the Sport Ident (SI) Timing.
- ▲ Competitors are advised to carry a whistle.
- ▲ A waterproof may be required for running in depending on weather conditions & if so signs shall be on display in the Parking field.
- ▲ Full body cover is required.
- ▲ No water will be provided, please bring your own.
- ▲ The railway line is out of bounds at all times.
- ▲ Please return any trophies to the Enquiries Tent as soon as possible on the day.
- ▲ A car key drop is available at Enquiries.
- ▲ Please note information re. Cows shown below.

Additional Safety Information

Hygiene and Ticks: Livestock and deer roam the event area and their droppings may contain serious diseases, including e-coli, so please wash hands, especially before eating.

Ticks are abundant in the area and are known to carry Lyme's disease. Please check yourself thoroughly after your run. If you are unsure how to remove a tick safely then please visit the first aid tent.

Medical Information: If you have an underlying medical condition please email the Organiser by Thursday evening 21st May with the relevant details and next of kin contact details. These details will be kept confidential/for emergency use only and destroyed after the event.

Contact: kate.hunter@ecko.org.uk (<mailto:kate.hunter@ecko.org.uk>)

Please note that participants take part at their own risk and are responsible for their own safety.

Cows: Achanloch is home to a fine herd of pedigree Highland Cattle. Part of the herd occupies the competition area and cannot be moved out as that might risk unwanted mixing of genes with other herds. Every effort is being made to ensure they are fed and located out of the way of the area used by courses. If you encounter a cow on your course please notify officials at download.

Travel and Parking

NO ENTRY AFTER, or EXIT BEFORE 2:00pm

Car Park: Grid Ref. NM 950336 Postcode PA37 1PR, Lat/Long 56.44N 5.32W.

In fields to north of the A85, 3 miles (5 km) east of Connel Bridge. Traffic from the east should follow the A85 3 miles (5 km) west from Taynuilt. Please drive along this busy road with care as traffic may back up from the car park entrance. Field entrance is directly off A85 and will be signposted

Please note: If travelling from the East you enter the parking field by turning across the east bound carriageway. The A85 can be a busy and fast road so please watch for oncoming traffic before making your turn. Ensure the field entrance is clear before making your turn.

There will be a £1 charge for all vehicles. Please obey any instructions from car parking marshals on both entry and exit.

Entry on the day

is available for the colour coded courses only namely white, yellow, orange, light green courses, subject to map availability/numbers (go to the Registration tent).

Senior (Colour Coded) £8.00

Junior/student (Colour Coded) £4.00

Event Arena

The route to the event arena leaves from the NE corner of the car parking field and follows paths for 0.5km before joining a minor road for a further 0.9km. This should have virtually no traffic during the event and will not be marshalled. Please note the first 0.5km involves a stile so is not pushchair friendly.

The fields in the area and the assembly are part of a working mussel farm and it is possible that some farm debris (e.g. loose plastic floats and pontoons) may be encountered. **Please ensure children don't play with or climb on this.**



Club Tents and Banners - There will space for club tents and banners in the Event Arena.

Please note it is forbidden to walk around with banners or to use kites, remote controlled aerial cameras, or similar tall or flying apparatus.

The event arena will contain:

- ▲ Enquiries
- ▲ Finish
- ▲ Toilets
- ▲ Map collection for White and Yellow courses
- ▲ Entry on the Day (White, Yellow, orange and Light Green Non-championship courses only,
- ▲ Seniors £8, Juniors £4)
- ▲ Relay registration
- ▲ First Aid Provision (please advise the First Aid providers if there are any medical conditions
- ▲ they should be aware of before you start your run)
- ▲ Compass Point (for all your equipment needs)
- ▲ ScotJOS Cake stall with hot drinks and soup (please support)
- ▲ Oban Spit Roast (Spit roasted pork, with homemade stuffing and apple sauce, served in a soft floured bap for £4.50, limited availability so get in quick!)

String Course (located half way between the parking and the event arena)

EckO invite you to participate in their free "Seaside String Course" with both string and off string controls. It would be helpful if competitors could bring their own dibber or a borrowed one if possible but we will have a limited supply for use. Unfortunately it isn't very suitable for buggies but if you have one bring it and see what you think!

Dogs

Dogs are permitted in the event arena but NOT on the courses, and must be on leads at all times.

Please clear up any mess.

Start

[Start times available from oentries.com \(http://oentries.com/entries_by_category/458-scottish-championships-2015-individual\)](http://oentries.com/entries_by_category/458-scottish-championships-2015-individual)

All courses use the same start which is 450m from the bridge over the railway line, 950m from the car park & 1.4k from the Event Arena.

The route to the start crosses a footbridge bridge(Crossing Point 1 on diagram) over the Glasgow-Oban railway opposite the point where route from the car park meets the minor road which leads east to the Event Arena. The bridge has a wooden surface and can get slippery when wet so please take care. There is an underpass to cross back under the railway line immediately before the finish (Crossing Point 2 on diagram). Please make sure all juniors are suitably briefed.

Start times from 12:00– 14:30 hours. Call up will be at -4 minutes

Control descriptions will be available in the start lanes and also printed on the front of all maps.

Courses close at 16:30 hours

White & Yellow Course Maps

Competitors on the White and Yellow courses and courses 17 & 18 (M/W10A & B, M/W12B) should collect their maps and control descriptions from the Registration tent before heading to the start.

Please note:

- ▲ There will be no race numbers or bibs
- ▲ There is no clothing transfer
- ▲ There will be toilets located on the way to the start from assembly
- ▲ Bin bags will be available at the start for rubbish.

Course Information

The Elite courses will also include the area known as Airds Park.

Course No.	Controls	Distance	Climb	Map	TD	Scale
1	22	14.2k	365m	Pylons NOT shown	5	1:15000
2	24	9.6k	275m	Pylons NOT shown	5	1:15000
3	21	8.0k	250m	Pylons NOT shown	5	1:10000
4	17	7.3k	210m	Pylons NOT shown	5	1:10000
5	15	5.9k	215m	Pylons NOT shown	5	1:10000
6	14	6.0k	190m	Pylons NOT shown	5	1:15000
7	13	5.2k	210m	Pylons NOT shown	5	1:10000
8	10	4.3k	215m	Pylons NOT shown	5	1:10000
9	12	4.7k	120m	Pylons NOT shown	5	1:10000
10	9	3.8k	160m	Pylons NOT shown	5	1:10000
11	9	3.3k	115m	Pylons NOT shown	5	1:10000

12	9	2.6k	115m	Pylons NOT shown	5	1:10000
13	8	1.8k	60m	Pylons NOT shown	5	1:10000
14	16	4.4k	190m	Pylons shown	4	1:10000
15-Lt Green	13	3.3k	125m	Pylons shown	4	1:10000
16-Orange	15	3.4k	115m	Pylons shown	3	1:10000
17-Yellow	14	2.2k	65m	Pylons shown	2	1:10000
18-White	15	1.9k	45m	Pylons shown	1	1:10000

Course	Classes
1	M21E
2	M20E, M18E, M35L, M40L, M21L W21E
3	M45L, M50L
4	M55L, M18L, M20L, W21L, M21S
5	M60L M16A
6	W20E, W18E, W35L, W40L, M35S, M40S
7	M65L, M45S, M21V, W45L, W50L
8	M70L, M50S, M55S, M20S, M18S, W55L, W21S, W20L, W18L W16A
9	M75L, M60S, W60L, W35S
10	M65S, W65L, W70L, W40S, W45S, W50S
11	M80, M70S, W75, W20S, W18S, W21V, W55S, W60S
12	M85, M90, M75S, W80, W65S, W70S
13	W85, W90
14	M14A, M16B
15	W14A, W16B, Light Green
16	M12A, M14B, W12A, W14B, Orange
17	M10A, M12B, W10A, W12B, Yellow
18	M10B, W10B, White

Terrain & Map Information

Classic Scottish terrain with an area of mature oak and younger birch thickets scattered across a cattle grazed marshy hillside on the southern shore of Loch Etive. The area has few man made features. Intricate contour detail combines with fast runnable terrain under the oak canopy and slow tussocky marsh and bog myrtle in open areas will challenge all.

There are extensive areas of bracken under the mature oak canopy but this has been well bashed down over the winter and the new growth has not fully emerged and so should not significantly hinder progress. Updated May 2015 by Ross Lilley.

- ▲ Maps are laser printed (contrary to guidelines) with a Scale of 1:15000 for Courses 1,2 and 6 and 1:10000 for all other courses. Contours are 5m.
- ▲ Due to there being few line features some legs on Courses 16, 17 and 18 will be taped to aid navigation.
- ▲ All courses except for Courses 13, 17 & 18 must use the compulsory crossing points to cross a fence in the competition area.
- ▲ The railway is strictly out of bounds and competitors or spectators must not attempt to cross the railway at any point other than a designated underpass or bridge. Competitors use a bridge over the railway on the route to the start. All courses use an underpass to cross back under the railway immediately after their last control on route to the finish. There is an additional compulsory railway underpass crossing used by elite courses.
- ▲ The competition area is bounded to the South by the A85 main road and to the North by the railway line. Both are strictly out-of-bounds & overprinted with Red Crosses.
- ▲ For all courses except Courses 14-18 the powerlines have been removed from the map to enhance the navigational challenge.

Shadowing

Parents may shadow on the White and Yellow courses but they must be either EOD or post-run Championship competitors. Shadowers must not take an additional map.

Download

All competitors must download after finishing even if you don't complete your course. On exiting download there will be a compulsory map collection area for all competitors. Please place your map in the labelled club bag. One representative from each Club should collect the whole map bag from enquiries after 2.45pm.

Results and Prize Giving

Provisional results will be displayed in the Event Arena both electronically and on a "Results Board".

Prize giving will take place in the Event Arena between 1530 and 1600 (or as close as possible to these times).

Individual Trophies for M/W Elite (Winner, first Native Scot and first Scottish club member) and for all eligible class winners. Medals for 1st/2nd/3rd in Individual Junior A classes and for 1st in Individual Junior B classes, M/W 18/20E. Mememtoes for 1st/2nd/3rd in all Individual Adult classes.

Protests & Complaints

There is a procedure which all competitors should follow if they feel that the Rules are not being followed.

Any complaint should initially be discussed with the Event Organiser, using the [Complaints/Protests form](#)

http://www.britishorienteering.org.uk/images/uploaded/downloads/events_forms_complaint_protest_form_Sept2014.pdf available from Enquiries. However any approach should bear in mind that Event Officials are volunteers who have given up their valuable time to lay on the

event, often under circumstances which are not ideal.

If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller. The Controller will then, if necessary, convene a Jury.

Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close range photography should make themselves aware of British Orienteering policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should raise them with the Organiser or Controller.

Officials

- ▲ Organiser: Kate Hunter (EckO)
- ▲ Planner: Ross Lilley (EckO)
- ▲ Controller: Terry O'Brien (STAG)

Last edited: 19th May 15

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