

# Loch Eck Orienteers



## SOL4 – Glen Nant, Sunday 14<sup>th</sup> May 2017

### Final Details

Planner – Andy Dale

Controller – Terry O’Brien

Organiser – Lucy Shearer

### Location/Directions

The event is located at Glen Nant, near Taynuilt .

From the east - from the A85 Tyndrum to Oban road, take the turning onto the B845 to Kilchrenan just east of Taynuilt village. Follow this road for about 3 miles (5km) to reach Glen Nant National Nature Reserve. Turn right here and cross a small bridge onto the forest road. Grid reference NN 019 272.

From the west – take the A85 from Oban (Connel via Connel Bridge) to Taynuilt and take turning on B845 to Kilchrenan and following above instructions

### Public transport

There is no access to the event by public transport on a Sunday.

### Parking

Parking is on the forest road in Glen Nant nature reserve. Please allow an additional 15 minutes for parking as this will be on the forest road and will involve all cars parking in single file along the length of the forest track. Cars will be turned to face downhill to ensure a safe exit after the event. Please follow instructions from parking marshalls and only park where directed to allow for access of vehicles/emergency vehicles.

As parking is restricted please car share where possible. Anyone travelling to the event in a campervan or minibus must email [lucy.shearer@virgin.net](mailto:lucy.shearer@virgin.net) prior to the event.

No cars should exit the parking area before 1 p.m.

## Assembly

Assembly is approximately 1.5km from the junction of the B845/entrance to forest road. Enquiries, registration, download, results and toilets will all be located here. Distance to assembly will reduce based on your parking location along the forest track.

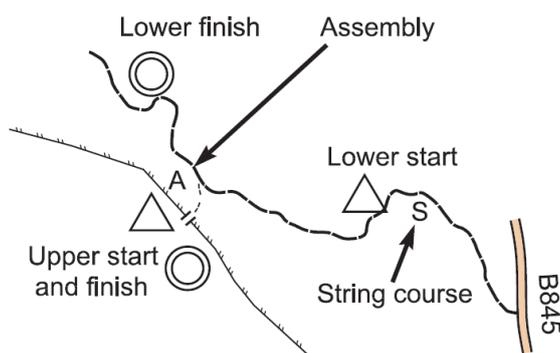
## Registration

Opens at 10:30 a.m. Competitors who have pre-registered and do not have to collect their course map (white & yellow) or S.I hire card can make their way directly to the start. All those entering on the day or who have to collect their map or S.I hire card must go to the registration tent first.

EOD fees: £7 juniors/students, £10 white to light green senior. Senior TD5 courses £14 (£16 non-BOF). Entry will be limited on the day.

## Starts, finishes and warm up areas

There will be two starts and two finishes.



The **lower start** (white, yellow, black, brown) will be 600m from assembly and the **lower finish** (white and yellow only) will be 400m from assembly, in opposite directions along the access/parking track. ***Parent information for lower start – please ensure that all junior competitors are supervised to lower start as this is along the forest road where vehicles will be parking/travelling.***

The **upper start** and **upper finish** (most courses) will be within 300m of assembly, a rough walk across felled terrain and through a deer fence. Runners on Black and Brown will pass between the two sections of the map via a similar route, so please give way to them, especially at the fence crossing. Once through the fence, the start and finish will be immediately visible. There will be no taping of out of bounds, but please do not stray beyond the immediate vicinity of the start and finish while warming up.

Runners starting at the upper start may also warm up in the terrain across the track to the north of assembly and parking. Runners starting at the lower start may warm up across the track to the east of that start.

## **Start procedure**

‘Clear’ boxes will be at the pre-start.  
Minus 4 - call up and S.I card check  
Minus 3: control descriptions  
Minus 2: blank maps available for inspection

## **Map and terrain**

The event will use the eastern part of an extensive new map by Stirling Surveys, surveyed 2016/2017 and at a scale of 1:10000.

The competition area consists of two distinct terrain types split by a narrow corridor of rough, felled forestry. Only Black and Brown will experience both the Glen Nant oak woodlands to the north and the more open grazed flanks of Cruach Airdeny to the south. White and Yellow will entirely use paths within the woodlands, while all other courses will lie entirely in the grazed area.

The Glen Nant oakwoods are a steep and technical area of largely runnable woodland. As is the case of several other popular local orienteering areas, these woods once supplied charcoal to the Bonawe iron furnace in Taynuilt. The grazed slopes of Cruach Airdeny are a mixture of open country and scattered birch woodland, almost all of which is runnable and pleasantly bumpy with a good scattering of rock features. Although large areas of the map are mapped as seasonal marsh, these are only occasionally tussocky or cut up by cattle so offer good going. Bracken will not be a problem at the time of the event, and the more heathery areas to the south also offer good running. Views to Ben Cruachan are often spectacular.

## **Courses**

<b>Course</b>	<b>Length</b>	<b>Climb</b>	<b>Start</b>	<b>Finish</b>
Black	9.6 km	585 m	<i>Lower</i>	Upper
Brown	8.0 km	500 m	<i>Lower</i>	Upper
Short Brown	7.0 km	405 m	Upper	Upper
Blue	5.7 km	345 m	Upper	Upper
Short Blue	4.7 km	250 m	Upper	Upper
Green	4.1 km	225 m	Upper	Upper
Short Green	3.4 km	190 m	Upper	Upper
Light Green	3.1 km	165 m	Upper	Upper
Orange	2.3 km	125 m	Upper	Upper
Yellow	1.9 km	110 m	<i>Lower</i>	<i>Lower</i>
White	1.1 km	50 m	<i>Lower</i>	<i>Lower</i>

## **Course notes**

Due to lack of line features, the White and Yellow courses have had to use the very restricted paths within the oak woods and as a result are shorter than recommended lengths and somewhat hilly. For a section, Yellow uses an indistinct path which is nevertheless reasonably easy to follow.

The Orange course has one short taped route between controls and a long taped run-in from the final control.

Black and Brown courses will start in the oak woods. Early in their course runners will cross the narrow neck of felled forestry alongside assembly to get from the oak woodlands to the more open terrain. Runners should follow tapes via a marshalled crossing of the access/parking road to a gate in a deer fence from which their course resumes. A similar route will be used by those making their way to the upper start or back from the finish, with the gate being a bottleneck. Please note that the access/parking road is marked as a forbidden route - you may only cross it at the marshalled crossing point.

## **String course**

The string course will be close to the lower start, approximately 100m further downhill along the access track.

## **Fences**

The longer courses have several fence crossings. Fences can be crossed where convenient and do not have barbed wire. Please cross with care and report any damage to the organisers.

## **Control descriptions**

Control descriptions will be pictorial for all courses, including White and Yellow. They will be shown on the front of each map and loose copies will be available at the pre-start area before call-up.

## **White/Yellow course map issue**

**White and yellow maps will be issued at the registration tent, not at the start.** White and yellow courses make use of tracks.

## **Shadowing**

This is allowed on the white and yellow courses only, parents are reminded they should declare if they are actually helping a junior competitor as opposed to following. Please do so at the start. In the interest of fairness you can only shadow after you have finished your own run.

## **Courses close**

All courses close at 3:30 p.m

## **Finish**

Finish is 600m (white/yellow courses) and 300m (for all other courses) from download/assembly.

ALL COMPETITORS MUST DOWNLOAD, EVEN IF THEY HAVE NOT FINISHED THE COURSE. IF THIS IS NOT DONE A SEARCH WILL BE INITIATED.

## **Safety**

All competitors are strongly advised to carry a whistle. Six short blasts indicate a competitor in trouble. Anyone hearing this signal is asked to offer assistance.

If you travelled alone, keys can be left in a box at registration.

Orienteering is an adventurous activity and as such carries certain risks. Minor injuries such as sprains, cuts and bruises are not uncommon. More serious injuries can occur. All competitors must accept this risk and take part in the competition at their own risk. Each competitor is also responsible for their own safety. (BOF rule 1.7.1)

## **First Aid**

There will be no specific first aid provision. However there are several trained first aiders available during the event and they will have access to a basic first aid kit. This will be located at the enquiries and registration tent.

Competitors should bring their own basic first aid kit for minor cuts.

Please report any accident/incident to officials in the download area.

The nearest Accident and Emergency is Lorn and Islands District General Hospital, Glengallan Road, Oban PA34 4HH (Tel 01631 567500)

## **Ticks**

Ticks are abundant in this area and may carry Lyme disease. The best way to keep them at bay is to wear lycra or other tight clothing and long socks/gaiters. Check thoroughly for ticks after running and be aware of the symptoms of Lyme disease.

## **Weather conditions**

Competition area can be exposed to wet and windy weather. If the forecast indicates that this is likely, competitors will have to carry/wear a cagoule on their course and this will be checked at the start. Notice of this will be posted on the EckO website by 10am Saturday 13th May 2017 and there will be signs when competitors leave assembly on route to the start.

## **Dogs**

Dogs are allowed in the parking or assembly areas but not in competition area.

## **Rubbish**

Please help us to maintain orienteering's reputation for leaving competition sites clean. Whilst we will provide some rubbish bins/bags for you to use, please help us by taking your rubbish away with you and recycle what you can.

## **SI-card punching**

Competitors are advised to take care when they punch. As the sportident (SI) system is being used, the control unit will bleep and the light on the control unit will flash. If the competitors punch produces either of these signals, the punch will have registered on their SI-card. If you are not absolutely sure that you have heard the bleep or seen the flash, go back and punch again. It is the competitors responsibility to punch correctly. Use the pin punch to mark your map if there is a problem with the control.

## **Thanks**

Our thanks go to Forestry Commission for permission to use Glen Nant and to Shuan Honeyman and Martin Charlton of Barguillean Estate .