

EckO - Coaching tips for Glencruitten ROMP Short.

What do all the squiggles on an orienteering map mean?

What do all the numbers and letters in the control description mean?

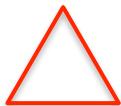
Glencruitten April ROMP		
Short	2.9 km	
▷	↔	
1 75	○	
2 70	▲	○
3 72	⊗	○
4 77	rr	L
5 79	◎	↖
6 74	/\w	X
7 82	rr	L
8 86	○○	○
9 83	▲	○
10 89	/\w	X
11 91	/ / Y	
12 69	●	○
13 84	/ / Y	
○<	60 m	>○

Length of course is 2.9km

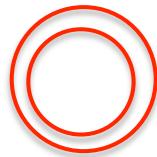
Start = Gate

1. Number on control = 75, shallow depression
2. Number on control = 70, boulder Northern side
3. Number on control = 72, thicket NW edge
4. Number on control = 77, crag foot
5. Number on control = 79, pond SW tip
6. Number on control = 74, path/stream junction
7. Number on control = 82, crag foot
8. Number on control = 86, clearing N edge
9. Number on control = 83, boulder E side
10. Number on control = 89, path/stream junction
11. Number on control = 91, path junction
12. Number on control = 69, knoll N side
13. Number on Control = 84, path junction

It is 60m from control #13 to the finish



Start triangle



Finish



Control

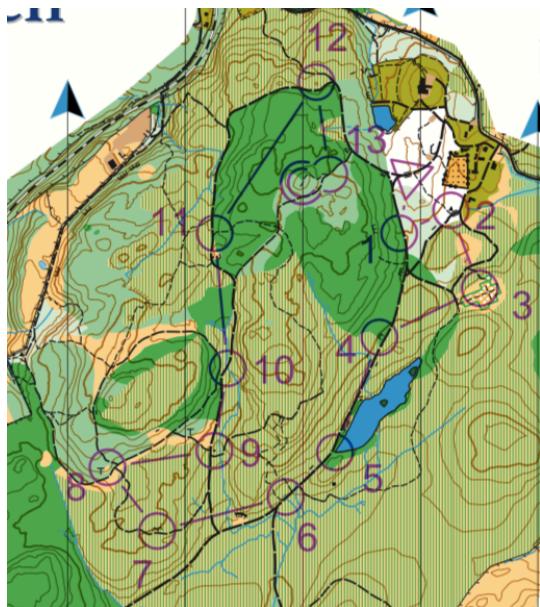
Red line connecting two controls

(You don't have to follow this line exactly but it does represent the shortest distance between controls. However, its not necessarily the quickest route!)

Before you start your course and before you move from your control always ask yourself 3 questions:

1. Where are you going?
2. What are you going to see?
3. How are you going to get there?

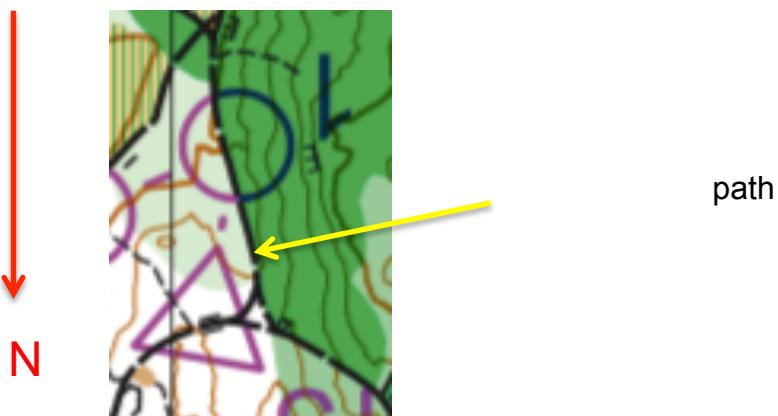
Find the start and finish on the map



Always make sure you orientate yourself and your map so that you are facing in the direction you want to go and your map matches what you are seeing on the ground.

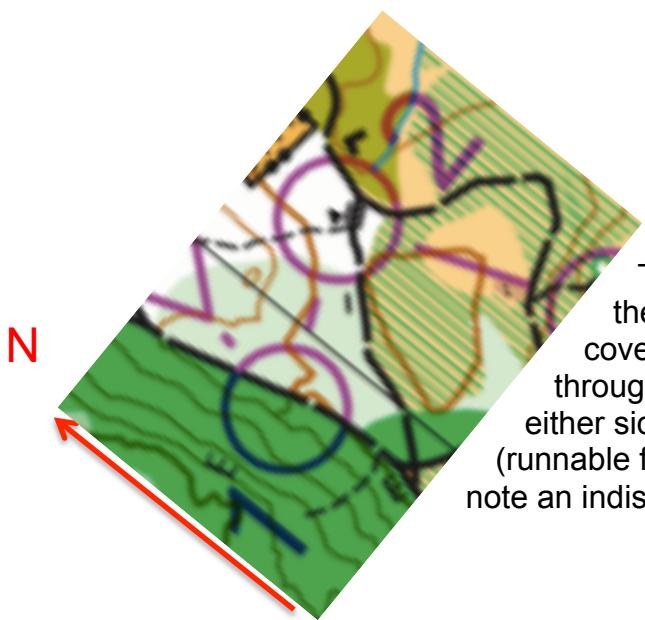
Start - gate

#1 - shallow depression



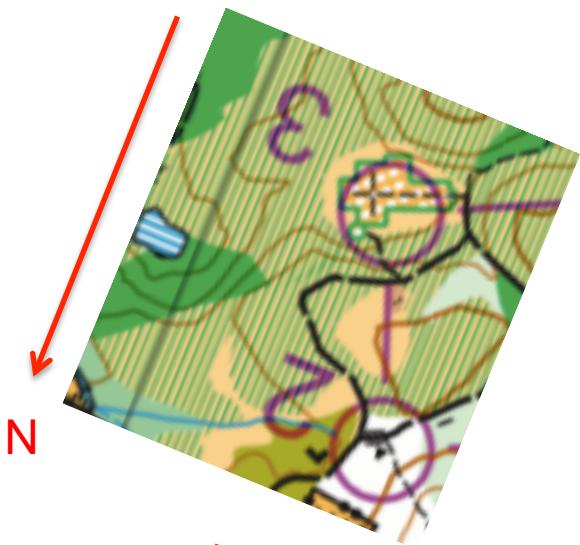
To get from the start (gate) to #1, follow the track (black dashed line) round the bend to the left. The light green represents forest that you can walk through, the white represents runnable forest and the dark green is dense forest. Spot the control in a shallow depression on the left before reaching the path junction.

#1 - #2 (boulder)

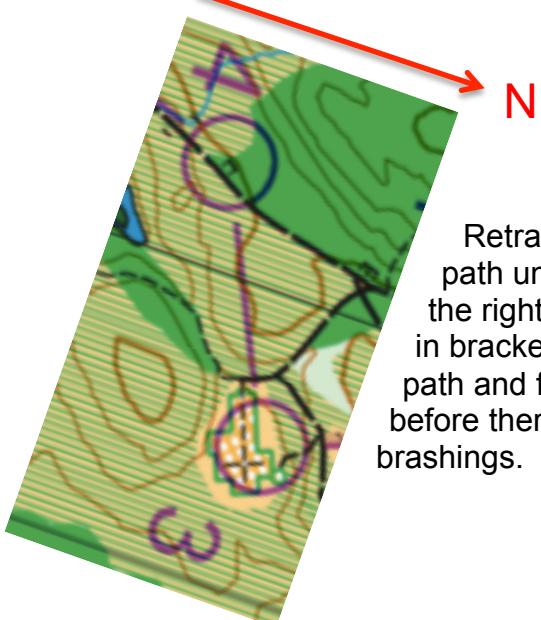


Continue following the path south to the path junction. On your right is dense forest (dark green). On your left is less dense forest (light green which changes to dark green just before the path junction). Take the path on the left. As you walk along the path note the rough open area to your right covered with bracken or brashings (difficult to run through). As you approach the control the colour either side of the path changes to white on the map (runnable forest). Just before the boulder you should note an indistinct path to your left.

#2 - #3 (thicket, NW edge)



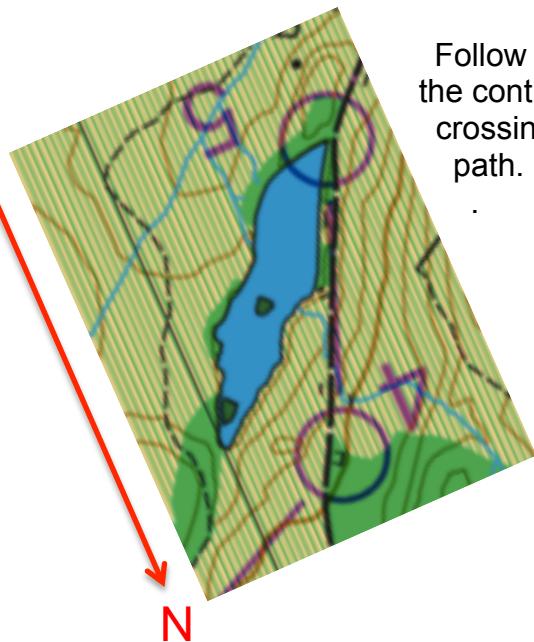
Carry on to the T junction and take the path to the right. Follow the path round the bend and notice an indistinct path on your left opposite and rough open area. Follow the path to the thicket.



#3 - #4 (crag foot)

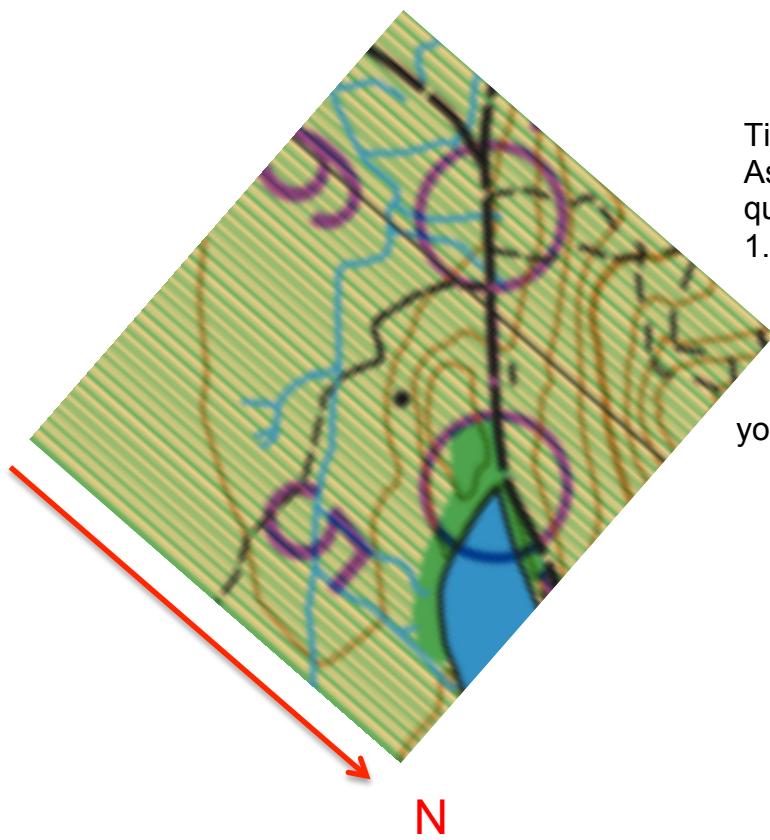
Retrace your steps to the main path. Take the left path until the next junction is reached. The vegetation to the right changes to thick forest with rough open covered in bracken to the left. At the next junction take the left path and follow this till you see the crag on the right just before there is a vegetation change to rough open plus brashings.

#4 - #5 (pond, SW tip)



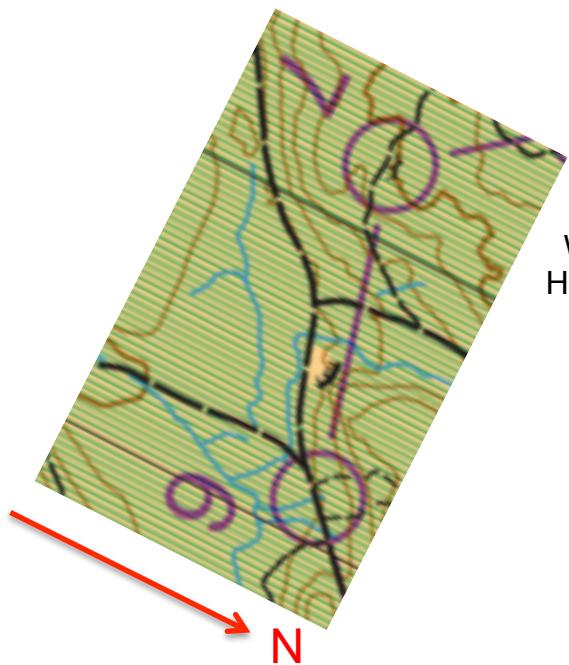
Follow the path past the pond/lochan on the left until the control is reached at the SW tip. Notice the burn crossing the path and the thickets on the left of the path.

#5 - #6 (path/stream junction)



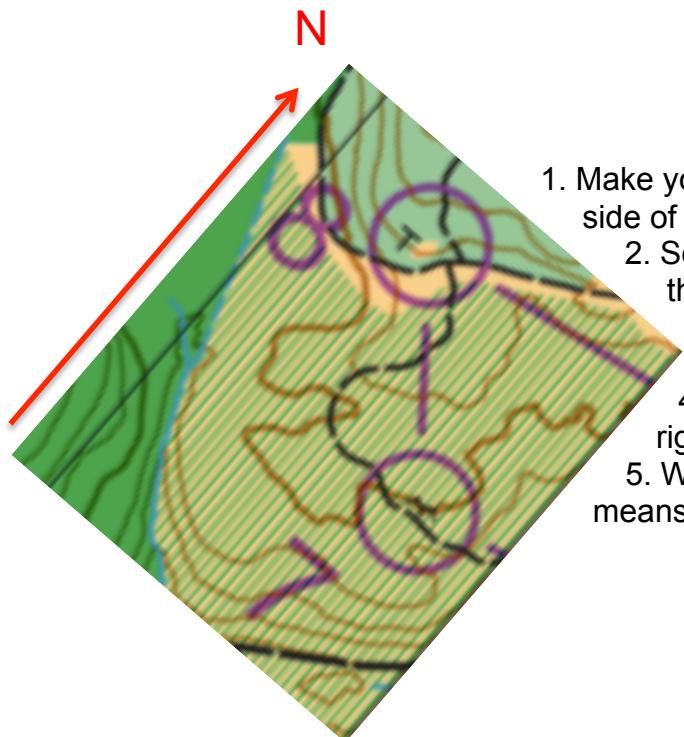
Time to fly solo ☺
Ask yourself the 3 important questions -
1. Where are you going?
2. What are you going to see?
3. How are you going to get there?
What information will tell you that you are in the area of the control?

#6 - #7 (crag foot)



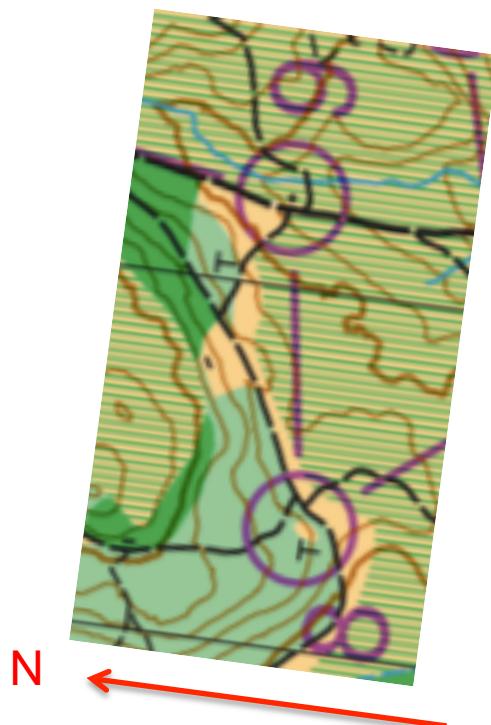
Set your map, making sure that what you are seeing matches the map.
What is your plan to get to #7?
What is the vegetation like?
How many burns will you expect to cross?

#7 - #8 (clearing, N edge)



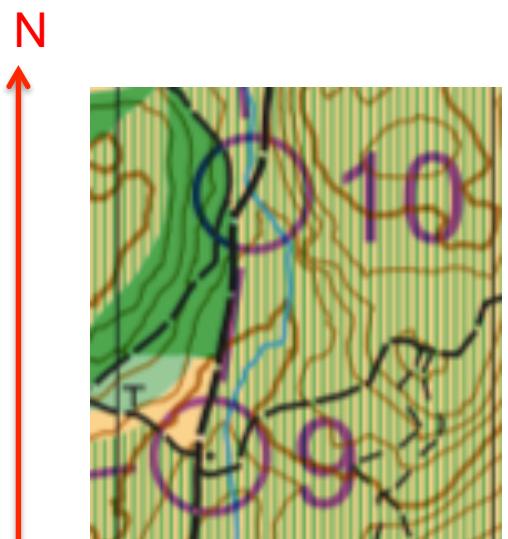
1. Make your **plan** - the control is on the Northern side of the clearing.
2. Set your map and make sure you set off in the right **direction**
 3. Make a picture of what you will see on the way to the control.
 4. What will tell you that you are in the right area?
 5. What do you think that T on the map means?

#8 - #9 (boulder, east side)



Don't lose concentration here.
Make your plan
There are 2 T's. Would you expect to cross any burns?

#9 - #10 (Path/stream junction)



Make sure you have set your map and make your plan.
Ask yourself what you would expect to see in the area of the control.

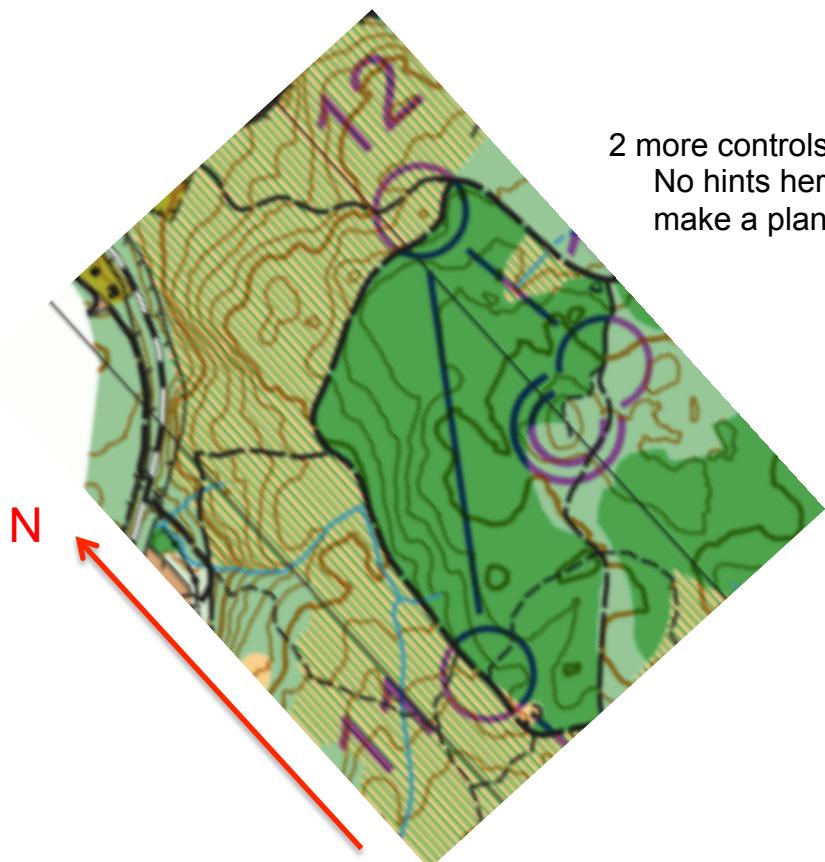
#10 - #11 (path junction)

N



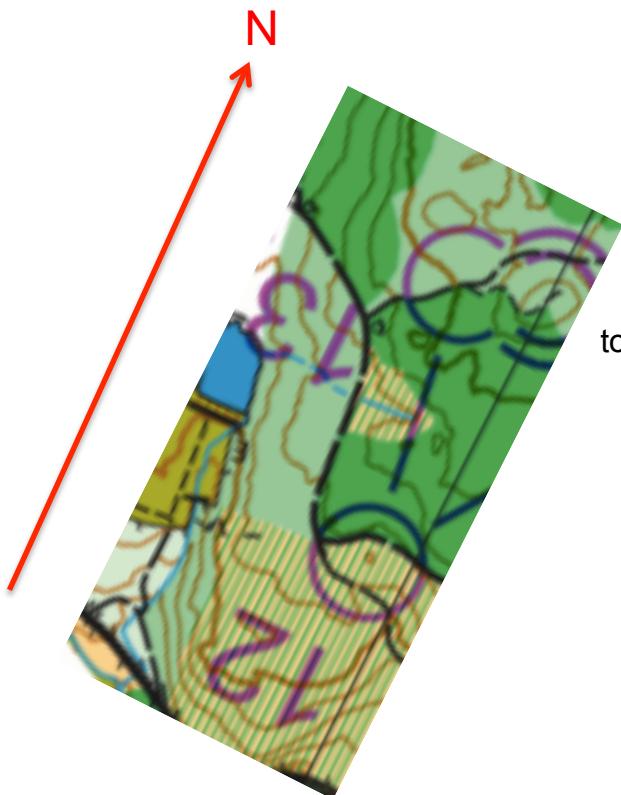
Don't lose concentration!
What will tell you if you have gone too far?
How many path junctions will you pass on your way
to the control?

#11 - #12 (Knoll, N side)



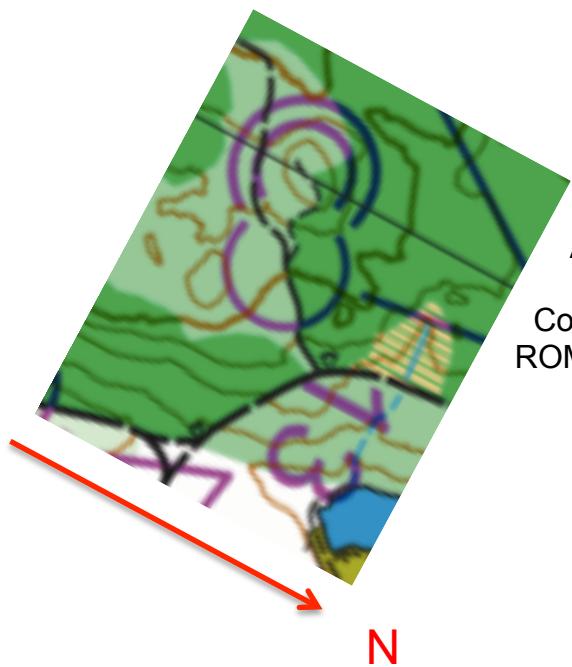
2 more controls to go - keep focused
No hints here except set your map and
make a plan 😊

#12 - #13 (Path junction)



It's really important not to lose concentration here. It's very easy to do near the end of the course.
There are a few decision points on the way to #13.

#13 - Finish (knoll)



Set your map and make sure you take the right path.
Are you going uphill or downhill to get to the finish?

Congratulations - you have completed Glencruitten ROMP short course.

