

FINAL INFORMATION - POLLOK COUNTRY PARK, FRIDAY 1 JUNE 2018

VERY IMPORTANT CHANGE

Due to construction work at Nether Pollok we have moved our base to the Lochinch Sports Ground owned by Police Scotland which was the venue for this year's Scottish Night Championships. The plus with this is that we have a much better base for the event but the downside is that the single track road in this area of the Park is unsuitable for large coaches. This means that those travelling in a large coach need to park at Cartha Rugby Club and students will need to walk 900 m along a grass verge between the parking area and Lochinch. There should be very little traffic apart from those going to the Festival and the speed limit is 5 mph.

Travel

From Glasgow/M8/M74 East - Merge onto M77 and take Junction 1 (Dumbreck). Take left at lights on to Dumbreck Road and then immediately right at traffic lights (Haggs Castle Golf Club). Coaches then take immediate left, then right into the car park at Cartha Rugby Club. Cars and mini-buses should continue on the single track park road for 900 m to arrive at Lochinch Sports Ground and park as directed by stewards.

From M77 (South) - Take Junction 1 and stay in the right hand lane of the slip road. At traffic lights turn right and stay in the right hand lane before turning right towards Haggs Castle Golf Club and follow directions as above.

On arrival at the event the team organiser should proceed to registration where SI dibbers can be collected for the whole team. Take care to give the correct dibber to each pupil and any unused dibbers are returned. Warn the pupils that lost dibbers will cost the school £30. Can those orienteers who have their own SI dibber, please bring it to the event.

Terrain and Safety

The area has a good path network. Undulating, mixed woodland with some open areas. There will be a lot of controls in the area – please advise competitors that, even on the shorter courses they will come across controls that are not on their course. **They should therefore check the code number on the control before punching!**

Map

The map scale is **1:7500** with the contour interval at 5 m. The map will be printed on A4 size waterproof paper. The map was updated in May 2018 by T O'Brien. Control Descriptions will be in written format and printed on the front of the map.

Descriptions

There will be no loose descriptions.

Start

The start will be close to the Lochinch Sports Ground. Starts are from 10.15 to 12.30. Start lists above.

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Finish

Please ask all runners to punch the finish control and then proceed to the download as quickly as possible. This will help to ensure that the results can be processed as soon as possible. Download will be located in the Lochinch Sports Centre.

Toilets

These are available in the Sports Centre.

Trophies

There are team trophies for each course worked out from the total time of best three from the school. Overall Schools Trophies, Primary and Secondary, go to the school with most runners within twice the winners time.

Prize Giving

This will take place as soon as possible after 1.15 pm. **Current trophy holders – please return these to registration on arrival.**

Litter

Please help us to keep litter to a minimum by encouraging your pupils to either use the bins provided or take litter home. Runners are asked not to take food or drink out on their course as this inevitably leads to litter being dropped. Thank you for your co-operation with this matter.

Disqualifications

This year, pupils who cannot find controls or visit the wrong one will not be disqualified but will have a 10 minute penalty for each one missing. Pupils who deliberately miss controls may still be disqualified.

Courses

Please note that S1 Boys and Girls will run on the same course

This year we have an entry of over 400 pupils from 58 schools and they will be travelling from Kirkcudbright in the south to Avoch and Fortrose in the North, Lochgilphead in the West to East Lothian in the East.

Course	Distance	Climb	Controls
P5/6 G	1400 m	25 m	7
P5/6 B	1500 m	30 m	8
P7 G	1900 m	35 m	8
P7 B	2000 m	35 m	8
S1	2400 m	30m	8
S2/3 G	2900 m	35m	9
S2/3 B	3100 m	40 m	11
S4/5/6 G	3200 m	45 m	11
S4/5/6 B	3700 m	60 m	13