



## BULLETIN 2

### STIRLING

### Sunday 12<sup>th</sup> October

*Forth Valley Orienteers welcome you to sprint and urban orienteering based from the Old Town area of historic Stirling – and with courses that visit Stirling Castle itself.*

*This is an International Orienteering Federation World Ranking Event and UK Orienteering League race, incorporating Park World Tour and UK Senior Sprint Home Internationals for the elite races and the UK Urban League final round for the urban races.*



# Bulletin 2 – Race the Castles Stirling

The information in this Bulletin is presented in three sections

- 1) General Information (**for all competitors**)
- 2) Elite Sprint races; an IOF World Ranking Event (**for elite competitors**)
- 3) Urban races (**for all non-elite competitors**)

## Section 1: General Information

### Important Notices

- **Please respect the rules on event traffic.** See “Travel Directions” below for full details, but in particular:
  - **Event traffic must not park at Stirling Castle (this is our agreement with the Castle)**
  - **Event traffic must not use the roads that lead to the Castle and Old Town area.**
- Elite competitors have to sign in to quarantine no later than 8.30am.
- Club banners are welcome at the finish arena.
- Please avoid unnecessary noise around the finish arena between 10am and 11am, during the service at the Church of the Holy Rude. There will be no commentary during this hour.
- No water will be provided at the finish, please bring your own supplies.
- There is a café and the “Loving Food Truck” at the finish arena.
- The competition uses mixed terrain and may be steep and slippery in places. Shorts may be worn. Please see the Terrain section for full details.
- **All competitors must wear their race number for access to the castle in the competition.**
- **Please listen to and obey the marshals in the castle at all times.**
- There will be limited rubbish collection facilities. Please take rubbish away with you.

### Location

The event is based from the Old Town area of Stirling in the Central Belt of Scotland and within one hour of Glasgow, Edinburgh and Perth.

The event will be centred around a Registration Hall at Stirling Boys Club and a Finish Arena at Cowane’s Hospital (previously Stirling Guildhall). These are either side of the road at the top of St John Street, Stirling.

Post code: FK8 1ED

Google maps: <http://goo.gl/Ja6lLY>

Grid reference: NS 793937

Cowane’s Hospital is adjacent to the Church of the Holy Rude, where the son of Mary Queen of Scots, James VI of Scotland (and later James I of England), was crowned in 1567.

## Travel Directions

There is no specified event car parking, but there are some restrictions for orienteering traffic and recommended areas for parking. Please see map below.

Please do **not** drive up towards the event registration area or Stirling Castle, these roads are out of bounds to orienteers on race day.

Please do **not** park at the Castle Esplanade even if you intend to visit the castle later in the day. Part of our agreement with the castle is no orienteering traffic in their car park in the morning.

The **recommended area for car parking** is in the Kings Park area of Stirling (see map below). This has ample on street parking, which is free and unrestricted on a Sunday. It is approximately ten minutes from here to the Registration Hall and Finish Arena.



Traffic coming via the M9 should leave the motorway at junction 10 and follow the brown tourist signs towards Stirling Castle via the Kings Knot and Royal Gardens roundabouts. After the Royal Gardens roundabout then stop following the brown signs (do **not** continue to take the left turn up Corn Exchange Road next to the Albert Halls), instead look for somewhere to park on the main road or on the roads in on the right hand side.

We are sorry that the public transport links (both bus and rail) in Central Scotland on a Sunday morning, particularly between Edinburgh and Stirling, are not at more helpful times for competitors and spectators. For access reasons we were unable to stage the races to start later in the day.

## Safety

All competitors take part in this event at their own risk. The courses go into Stirling Castle and pass by or through a number of other sites popular with tourists, as well as passing through residential areas – please be considerate to the general public (and other competitors) at all times.

**In Stirling Castle there will a number of marshals** placed at either end of narrow passageways, steep steps, and blind corners. Please listen to their warnings and **please obey the marshals at all times**.

Both in the castle and elsewhere, slowing down and taking care at negotiate sharp corners or alleyway entrances and exits is advised to avoid collisions.

Please be aware that there are many areas of the courses which are steep, slippery, uneven, or some combination of these – please take appropriate care.

In the unlikely event of a fire or fire alarm in Stirling Castle leading to evacuation of the castle, all competitors will be asked to stop running and follow the evacuation directions of marshals and castle staff. Please also be aware that in this extreme circumstance, the organisers may consider neutralising the castle section of the race for some or all courses and instead treat them as starting from the first control subsequent to the castle section.

The weather in October can be very variable so please dress accordingly for before, after and during your race.

Please also note that shoes with metal spikes are not appropriate for the terrain and are forbidden inside the castle.

## First Aid and Injuries

In **Emergency Situations** call the emergency services contact number: **999**

For serious injuries the nearest hospital with an **Accident and Emergency** department is:

**Forth Valley Royal**

**Stirling Road**

Larbet FK5 4WR

Telephone: 01324 566000

For minor injuries, there is a **Minor Injuries Unit** open in Stirling from 9am-9pm at:

Stirling Community Hospital

Livilands Gate

Stirling

FK8 2AU

Telephone: 01786 434036

There will also be First Aid support available in the finish arena.

## Church Service

There is a Church of Scotland service at the Church of the Holy Rude (adjacent to the Finish Arena) at 10am. Race the Castles participants are very welcome to attend.

We are very grateful to the Church of the Holy Rude for their co-operation with the event, and we have agreed with them that there will be no commentary during the service (from 10am-11am). Please also avoid unnecessary noise at the Finish Arena during that time.

## Programme

Time	WRE Elite Sprint	Urban Race
07:30	Quarantine opens	
08:30	Quarantine closes	
08:30	First starter	
08:45 approx	First finisher	
09:20 to 09:35	Top ranked Women finishers	
09:35 to 09:50	Top ranked Men finishers	
10:00 to 11:00	No commentary; no unnecessary noise please	
10:15		First Starters
11:15	Flower Ceremony	
12:15		Last Starters
13:30		Edinburgh prizegiving Stirling prizegiving UK Urban League prizegiving
14:15		Courses close

## Registration Hall

Event Registration and Enquiries is in the sports hall at Stirling Boys Club.

The registration hall is adjacent to the entrance to the Finish Arena.

Both are approached by walking up St John Street.

**As you approach the Registration Hall and Finish Arena, you may encounter competitors already on their course – please be aware.**

The hall contains

- Number collection (except for elite competitors)
- Entry on the day
- Enquiries
- SI card hire
- Car key deposit /collection
- Lost property
- Goodie bag collection
- T-shirt collection (for “full package” entrants)
- T-shirt sales
- Toilets

In addition, competitors are able to leave their bag(s) in the hall while they run. Whilst the hall will be marshalled, please be aware that any belongings are left at your own risk.

Any complaints and protests should also be recorded at enquiries.

## Finish Arena

The Finish Arena is on the old Bowling Green adjacent to Cowane’s Hospital and is designed to provide the best experience of the elite races for the spectators.

Spectators will see elite competitors live video footage from on the course, GPS tracking of competitors mid-race, radio control split times and results.

To help you keep track of everything going on there will be a commentary team keeping everyone informed with the status of the racing.

The arena is grassy and quite compact so whilst club feather flags are welcome, we prefer if there are no club tents.

Cowane's Hospital itself (previously Stirling Guildhall) is acting as the elite quarantine area, but the hall will be opened up to all competitors after 10am.

Inside Cowane's Hospital after 10am will be results display and full access to the coffee shop. It is also fine to purchase food from the Loving Food Truck and bring that into the hall.

### **Spectator Control**

There is a spectator control, used by both elite races, immediately outside the Registration Hall. This control will also be visited by many of the competitors on the urban race courses.

### **Event Entry**

Entries closed at midnight on Friday 3<sup>rd</sup> October.

Entry on the day will be offered in the Registration Hall for all pre-entry courses while spare maps and spare start slots remain available. The cost will be £18 for seniors, and £8 for juniors and students.

Elite competitors who wish to run an urban race course after their own race may only do so non-competitively, at a charge of £5.

In addition there will be a "Try It Today" course offered specifically for people wishing to enter on the day. This will be at a cost of £8 for seniors/juniors/students.

### **Race Numbers**

For all except elite competitors, you have the same race number for all days of Race the Castles. Numbers not collected at Edinburgh on Friday or Saturday will be available for collection at Registration.

For elite competitors, numbers will be issued at quarantine.

Replacement of lost numbers (from registration) will cost £2, so please keep your number safe!

### **Goodie Bags and T-shirts**

Goodie bags with traditional Scottish snacks from Nairn's, Stoats, Walkers and Tunnocks and with discount vouchers for Tiso and for Run and Become are available to all entrants while stocks last.

All "full package" entrants also receive a T-shirt.

T shirt sizes are S, M, L, and XL with some ladies cut in XS, S and M.

For other entrants T-shirts will be on sale for £10 while stocks last.

The goodie bags and t-shirts will be available in the Registration Hall.

### **Enquiries**

An information and enquiries point will be available in the Registration Hall which will deal with: general enquiries, car key deposit, lost property, complaints and protests.

### **Toilets**

Toilets are available in the Registration Hall, and in quarantine for elite competitors.

After 10am, there will also be toilets available in Cowane's Hospital adjacent to the finish arena.

### Commentary and big screen

Race commentary will be provided, as will the opportunity to follow the races on the big screen via live footage, GPS tracking and live results.

The commentary and big screen will be used for the elite races and also for the urban races. Most urban courses have at least one radio control.

It is our intention that, following completion of the elite races, some late-starting urban race competitors will also be asked to carry GPS trackers, with the urban competition followed live on the big screen following the elite prizegiving.

### Prizegiving

There will be two prizegivings.

The first prizegiving will be at 11.15am, and will be for

- Elite flower ceremony (for Stirling race)
- Sprint Senior Home International (combined result over the weekend)

The second prizegiving will be at 1.30pm and will be for

- Stirling and Edinburgh urban races, all age categories
- UK Urban League, final standings.

Forth Valley Orienteers are very proud to have as club members both the previous President of the International Orienteering Federation (Sue Harvey), and the current President (Brian Porteous). We are delighted to say that Brian will be presenting the prizes.

### Traders and Caterers

Food and drinks at the finish arena will be available from the Loving Food Truck.

Before 10am, the cafe at Cowane's Hospital will be offering a takeaway service. After 10am when Cowane's Hospital opens to competitors, the cafe will also have tables available inside.

Sorry but there will be no equipment trader at the event.

### Results

These will be

- Displayed in Cowane's Hospital from 10am onwards
- Available by WiFi in the vicinity of download. SSID: soa\_results, URL 192.168.2.2 (no password needed)
- Linked from the Race the Castles and FVO websites as soon as possible after the event.

The commentary and big screen will of course also be used to keep spectators up to date with the progress of the races.

### String Course

We are sorry but no string course will be provided at the event.

### Rubbish

There will be bin bags provided in the arena and litter bins in various locations near to the Registration Hall and Finish Arena.

Please dispose of any rubbish you have in a bin, or take it home with you.

### Water

No water will be provided at the event. Competitors should bring their own supplies.

### Dogs

No dogs inside Stirling Boys Club or Cowane's Hospital please.

In the finish arena, dogs should be on a lead and any mess must be removed.

### Sprint Senior Home Internationals

The inaugural Sprint Senior Home Internationals are being held in conjunction with the two Race the Castles elite sprint races at Edinburgh and Stirling, and the competition decided by results across the two days.

Teams of three men and three women representing England, Ireland, Scotland and Wales will be selected by the National Team managers for the race at Edinburgh and separately for the race at Stirling.

The fastest two men and women from each nation count at each race, with the overall result decided by adding the eight times together.

### 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 relevant Day Organiser.

### Complaints, Protests and Appeals

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue then a Complaint should be made to the Day Organiser (via Enquiries). A Complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result for that class being displayed.

### Main event officials

Organiser: Jon Cross (FVO)  
Planner: Ross McLennan (FVO)  
Controller: Clive Masson (BAOC/ESOC)  
IOF Event Advisor: Dick Carmichael (TINTO)

### Jury and IOF WRE Jury

The jury members will be:

Philip Gristwood (MV)  
Tony Carlyle (AIRE)  
Andy Lewsley (BL)

Thanks to them for agreeing to be on the jury.

If the jury needs to be convened for an aspect affecting the WRE courses, the IOF Adviser Dick Carmichael (TINTO) will join the jury as a non-voting chairman.

### **Cancellation Procedure and Refund Policy**

Forth Valley Orienteers reserve the right to retain a portion of the entry fees in the event that the event is cancelled through influences outwith their control (e.g. weather, withdrawal of permissions).

### **Acknowledgements**

This event would not be happening without the support and enthusiasm shown by the many volunteers from Forth Valley Orienteers and others from within the Scottish Orienteering Association. Thank you to all of them.

Particular mention should go to Graeme Ackland for his enthusiasm and tireless work as co-ordinator of the overall Race the Castles festival; to Elizabeth Furness as entry co-ordinator across all five events; to Graham Gristwood for putting together the elite fields and his wider support to the organising team; to the support of the WOC 2015 technology team including Jon Marsden, Robin Strain, Dave Coustick, Lorna Eades and Ted Finch, and to the commentary team of Andy Monro and Chris Poole.

Thanks to Stirling Castle and Historic Scotland for allowing us to use the castle and esplanade, and for all their help and co-operation.

Thanks also to the Cowane's Hospital Trust, Stirling Boys Club and Stirling YHA for the access to their facilities, and to the Church of the Holy Rude for their co-operation with the staging of the event.

### **Tourist Information**

Stirling is host to many of Scotland's top tourist attractions including Stirling Castle (of course!), the National Wallace Monument and the Battle of Bannockburn experience.

Please visit [www.destinationstirling.com](http://www.destinationstirling.com) for information in advance of your visit.

On race day please also visit the Tourist Information office, conveniently situated at the entrance to the Old Town Jail, which you will see directly opposite the Registration Hall.

## Section 2: Elite Sprint Races

### Quarantine

Quarantine is located in Cowane's Hospital adjacent to the Finish Arena.

Quarantine opens at 07.30am.

**All athletes must have signed into the quarantine area before 08:30am.**

**Any coaches requiring access to quarantine must contact the organiser in advance of competition day to be granted access. Coaches must also be signed into the quarantine area before 08.30am.**

At quarantine, athletes will be issued with

- Race numbers
- SIAir cards
- Warmup maps
- GPS trackers and vests (for selected athletes)

The quarantine area is indoors and has toilet facilities.

Old maps of the area and phones/internet-capable devices must not be brought into quarantine.

Athletes are reminded that GPS devices with a display or audible feedback are not permitted at World Ranking Events. Any disallowed GPS units will be put into labelled bags at the entrance to quarantine and will then be taken to Enquiries after the last start time.

### Timetable

Time	WRE Elite Sprint
<b>07.30</b>	Quarantine Opens
<b>08:30</b>	First Start for Women and Men Last Check-in for Quarantine
<b>09:20</b>	Last Women Elite start
<b>10:00</b>	Last Men Elite start
<b>11:15</b>	Flower Ceremony

### Terrain

The competition takes place in mixed hilly terrain including Stirling Castle as well as a variety of urban terrain and parkland including a graveyard.

The terrain includes steep grassy slopes as well as steep stone steps, cliffs, narrow passageways, temporary fencing, and high walls with steep drops. The grass and stone can both be very slippery in all conditions, and the stone slabs are often uneven, please take care.

Please also take care in some of the urban areas where there may be washing lines at around head height, and around all temporary fencing and barriers.

The competition area does include some public roads and you may encounter traffic during the competition. **Please take care crossing roads and beware of traffic.**

Be considerate of the general public and other competitors in all areas, in particular please take care around Stirling Castle and in the graveyard area.

## Map

Surveyed by Graham Gristwood in 2014 to ISSOM 2007 standard.

Map scale 1:4,000 with a 2.5m contour interval.

The maps will be A4 in size and printed on waterproof paper. There is no legend on the map.

Some special or unusual symbols have been used which competitors should be aware of:

	Temporary closed area
	Out-of-bounds area (dangerous
	Temporary barrier
	Play equipment
	Statue / cairn / sundial
	Cannon
	Underpass / tunnel
	Crossing point

Cannons are not shown in the castle or the finish arena, but they are mapped where they appear elsewhere in the terrain.

Large cliffs are marked with solid black showing the area of the cliff. In some of the more urban terrain, the 'passable stone wall' symbol has been used for clarity when adjacent to green or yellow areas.

There are a number of underpasses on the map, indicated with the standard underpass symbol of parallel lines of dots. Where the underpass is only a short distance and this creates legibility issues (i.e. shown by only a few dots on the map), it has been overprinted with a crossing point symbol.

As well as the usual uncrossable and forbidden symbols, some temporary Out of Bounds is marked on maps with purple overprint.

Please make sure you respect all uncrossable, forbidden and out of bounds areas.

## Start list

Seeded start lists will be available via [www.fabian4.co.uk](http://www.fabian4.co.uk) by Thursday October 10th.

The start lists will be based on the IOF Sprint World Ranking lists as correct on Monday 6<sup>th</sup> October, following the World Cup Final race on Sunday 5<sup>th</sup> October.

The start lists will also be published separately on the event website at [racethecastles.com](http://racethecastles.com). Please check your IOF ranking identifier on that list is correct.

## Warmup map

Athletes will be issued with a warmup map at quarantine.

This map should be used to navigate to the pre-start. It will also show a number of sample controls.

Once an athlete has left quarantine, they will not be permitted to return to it and must proceed to the start using the warmup map.

All athletes must respect the out-of-bounds areas shown on the warmup map and not enter the competition area. Any athlete found to have entered the competition area will be disqualified.

## Start location

The start is located 1.2km from quarantine on good tracks and then a section of road. **The road section is narrow with no pavement, please take care and keep well in to the side of the road.**

The start location is shown on the warmup map.

There are no toilets at the start

## Start procedure

The start will be operated with a 4-minute call up. A clock at the start will display call up times. Competitors will be called into the -4 box according to their start time.

-4 minute: Call up, Check SI number, Check race number

-3 minute: Clear SI, Check SI

-2 minute: Pick up Control Descriptions

-1 minute: Second SI Check

0 minute: Receive map and start.

The start kite will be visible from the 0 minute location.

It is a timed start, not a punching or start gate start.

Competitors who are late for their start will only be allowed to start after the last start or in a gap, at the discretion of the start official. If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time.

## Punching system

SI Air will be used as the punching system. SI Air cards will be issued to all Athletes upon check-in to quarantine.

There are demonstration SI Air controls on the warmup map to allow athletes who have not used the punching system before to familiarise themselves.

Timing will be to the nearest second .

Any competitor who fails to return a hired SI Air card will be charged £65.

## Courses

Course	Controls	Distance	Climb
Men Elite	21	4.3 km	145m
Women Elite	18	3.9 km	135m

The distances quoted are the optimum distance rather than the straight line distance, in accordance with IOF WRE rules for sprint races.

## Control descriptions

Control descriptions will be printed on the front of the map and loose control descriptions will be available at the start. The loose control descriptions have the following dimensions:

- ME descriptions 55mm x 160mm
- WE descriptions 55mm x 135mm

### Race numbers

Race numbers will be issued to athletes at quarantine. **Race numbers must be worn.**

### GPS

A selection of athletes will be asked to carry GPS during their run. Athletes will be informed if they are to be carrying GPS upon check-in to quarantine.

### Athlete presentation

Any athlete selected to be involved in athlete presentation to the crowd prior to their run will be informed upon check-in to quarantine.

### Kit transfer

Bags may be left at quarantine and will be transferred to the Finish.

Before entry to quarantine, bags may also be left at the Registration Hall.

Any kit left at the pre-start will be transferred to the finish but may not arrive until after 10am.

### Out of bounds

If athletes enter areas marked on the map as forbidden or out of bounds, they will be automatically disqualified.

In general, there is no additional marking to show private property or graveyards as out of bounds, they are shown with the olive green map colour. In the graveyard areas all competitors must keep to paths.

There will be marshals in the terrain, and they will report violations of forbidden/uncrossable/out of bounds areas.

### Finish

Elite competitors have touch-free punching and so do not need to punch an SI unit at the finish.

Download will be at the finish.

Maps may be collected from athletes at the finish and redistributed once the race has ended.

### Flower ceremony and Prizegiving

There will be a flower ceremony at 11:15 for the top placed competitors on the men's and women's elite races.

This will be followed by the prizegiving for the Sprint Senior Home Internationals.

### Results

Results will be available at the arena after the competition and will be published online at [www.racethecastles.com](http://www.racethecastles.com).

## Section 3: Urban Races

### Terrain

The competition takes place in mixed hilly terrain including Stirling Castle as well as a variety of urban terrain and parkland including a graveyard.

There is minimal traffic on the M/W12- and M/W16- courses, but please do make sure participants on those courses are aware of the possibility of cars exiting/entering driveways etc.

The terrain includes steep grassy slopes as well as steep stone steps, cliffs, narrow passageways, and high walls with steep drops. The grass and stone can both be very slippery in all conditions, and the stone slabs are often uneven, please take care. In some of the more urban terrain, please also take care where there may be washing lines at around head height.

The competition area does include crossing of public roads. **Please respect out of bounds markings, take care crossing roads, and beware of traffic at all times.**

Be considerate of the general public and other competitors in all areas, in particular please take care around Stirling Castle and in the graveyard area.

### Map

Surveyed by Graham Gristwood in 2014 to ISSOM 2007 standard.

Map scale 1:4,000 for all courses, with a 2.5m contour interval.

The maps will be A3 in size and printed on waterproof paper.

The longer courses have back-to-back maps.

The map shows a partial legend only. A full legend will be on display in the Registration Hall and copies will be available at Enquiries on request.

Some special or unusual symbols have been used which competitors should be aware of:

	Temporary closed area
	Out-of-bounds area (dangerous)
	Temporary barrier
	Play equipment
	Statue / cairn / sundial
	Cannon
	Underpass / tunnel
	Crossing point

Cannons are not shown in the castle or the finish arena, but they are mapped where they appear elsewhere in the terrain.

Large cliffs are marked with solid black showing the area of the cliff. In some of the more urban terrain, the 'passable stone wall' symbol has been used for clarity adjacent to green or yellow areas.

There are a number of underpasses on the map, indicated with the standard underpass symbol of parallel lines of dots. Where the underpass is only a short distance and this creates legibility issues (i.e. shown by only a few dots on the map), it has been overprinted with a crossing point symbol.

As well as the usual uncrossable and forbidden symbols, some temporary Out of Bounds is marked on maps with purple overprint.

Please make sure you respect all uncrossable, forbidden and out of bounds areas.

### Yellow course

Maps for the Yellow course will be available at the pre-start.

Anyone looking at a Yellow course runner's map must either i) have completed their own run already; ii) not be competing themselves, or iii) have declared themselves non-competitive.

Anyone needing help with the start time allocations to meet these requirements should contact the organiser as soon as possible – it may not be possible to make such adjustments on the day.

### Start Lists

Start lists will be available via the Fabian website by Thursday October 10th.

### Control descriptions

Descriptions will be printed on the map, with loose descriptions being available in the start lanes. For courses with double-sided maps, the descriptions are printed on one side of the map only. This is the opposite side of the map from the side with the start triangle and early controls on the course.

### Courses

Course	Controls	Distance(km)	Climb(m)	Two maps?	Age class	
<b>Black</b>	39	7.5	320	YES	Men Open	
<b>Brown</b>	37	6.5	240	YES	M40+	Women Open
<b>Blue Men</b>	28	5.5	195	YES	M55+	
<b>Blue Women</b>	29	5.4	190	YES		W40+
<b>Green</b>	27	3.7	185	NO	M65+	W55+
<b>Short Green</b>	25	3.0	150	NO		W65+
<b>Light Green</b>	24	3.1	110	NO	M16-	W16-
<b>Yellow</b>	18	2.0	65	NO	M12-	W12-
<b>Try It Today (EOD only,)</b>	17	2.3	120	NO	Over 16s only	Over 16s only

The stated distances are straight line distances. Competitors should expect the optimum route to be around 30%-50% further than the stated distance.

Competitors should note that the high volume of controls means that the loose control descriptions may be longer than they are normally be accustomed to!

**Black, Brown, Blue Men and Blue Women** courses have double-sided maps, which will need to be turned twice during the race (i.e. the first and last part of the course are on one side, the middle part is on the other side).

**Competitors on Black and Brown will need a suitable SI card for more than 36 controls.** See 'Punching system' below. Suitable cards are available for Black and Brown competitors at Registration if needed.

**Yellow** is at the upper end of the TD2 range as the nature of the terrain means that some legs have multiple decision points. The maps will be available at the pre-start rather than at enquiries/registration (please see special section above).

### Punching system

Sportident will be used as the punching system.

Competitors on Black and Brown will need to use an SI card that can cater for more than 36 controls. Unsuitable SI cards are Series 5 (numbers below 500,000) and Series 8 (numbers from 2,000,001 to 2,999,999). Hire cards will be available free of charge at Registration for those Black/Brown course competitors who need them.

Any competitor who fails to return a hired SI card will be charged £35.

### Start

There is one start for all competitors.

The route to the start leaves from the finish arena and is 1.2km along good paths and a short section of road. **The road section is narrow and has no pavement, please take care and keep well in to the side of the road.**

The route to the start passes through the competition area. Competitors should stick to the marked route, the competition terrain to both sides is out of bounds.

There will be no toilets at the Start.  
There will not be a clothing transfer.

### Shadowing

The person shadowing must complete their own run before shadowing and they must not pick up a map at the start.

### Out of bounds

If athletes enter areas marked on the map as forbidden or out of bounds, they will be automatically disqualified.

In general, there is no additional marking to show private property or graveyards as out of bounds, they are shown with the olive green map colour. In the graveyard areas all competitors must keep to paths.

There will be marshals in the terrain, and they will report violations of forbidden/uncrossable/out of bounds areas.

### Finish

Download will be at the finish.

All competitors should punch the SI unit at the finish line. (Do not be confused by watching Elite competitors finish without punching – the procedure is different for them).

Competition maps will not be collected. Please do not show the map to competitors who have not yet run.