

**Kingdom of Fife Orienteers is very pleased to be hosting the Scottish heats  
of the 2017 CompassSport Cup and Trophy competitions.**

**FINAL DETAILS**

Date: Sunday 12<sup>th</sup> March 2017

Venue & travel: Tentsmuir Forest (North).

Orienteering signs from the B945 in Tayport. Ignore brown tourist signs to Tentsmuir Forest &/or Beach Car Park.

Access point at NO/467279, DD6 9EH on Shanwell Rd South is close to this, continue to far end of road, past the bus turning circle.

The last km is along a private, single track road with passing places leading to Shanwell Farm. You are requested to avoid driving on the grass verges.

The car park & assembly with portaloos is in a field at Shanwell Farm.

A parking fee of £2 per vehicle will be collected at the entrance to the field, all of which will be passed to the farmer. Please keep dogs under control in the field (there should be no animals about).

Do not attempt to approach via Morton Lochs car park – navigation aids such as ‘directions’ on google maps will suggest this route if the farm’s postcode is used (deliberately not given here) but locked gates would prevent access.

Please try to arrive by 1215. Please don’t leave before 1220. If you do need to leave early, please park in Tayport (car park near the end of the housing set back on the left) and walk/hitch the last 1km.

Public transport to Tayport is available. Bus services run from St. Andrews, Dundee and elsewhere – see <http://www.travelinescotland.com/> .

Clubs entering the competitions:

**CompassSport Cup** - FVO, INVOC & MOR.

FVO are defending champions. At this heat the winning team qualifies for the final. However, if FVO win, then the second placed Cup team also qualifies for the final.

**CompassSport Trophy** – BASOC, CLYDE, ECKO, ELO, GRAMP, INT, MAROC, STAG & TAY.

INT are defending champions and CLYDE were runners up in last year’s final. At this heat the first, second and third placed teams qualify for the final (for SOA, two Trophy teams qualify and the ‘eight or more clubs’ rule is applied). However, if INT and CLYDE finish 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> then the fourth and fifth Trophy teams will also qualify for the final.

Terrain: rather flat forest, with some very small ridges and hills plus a lot of contour detail in places, and mainly good runnability.

A wide steep sided ditch runs East to West through the competition area. The level of water and mud in this ditch varies with weather conditions. The Brown, Short Brown and both Blue courses all cross this ditch. Competitors may choose to cross the ditch at any point but will find the easiest places to cross are on the tracks and roads that run North to South.

There are a number of forest blocks where thinning has been carried out. In these blocks there are brushings on the forest floor and extraction lanes. The extraction lanes vary in size and direction and are not mapped.

Map: brand new survey, using the LIDAR data available for 80% of the area, by Deeside Orienteering and Leisure Maps in January 2017.

Courses:

CS Class	CompassSport Class	-BOF Age Classes	Course name	Length	Climb
1	Brown	Men Open	Brown	10.7 km	90 m
2	Short Brown	M20- M40+	Short Brown	8.9 km	75 m
3	Blue Women	Women Open	Blue Women	7.4 km	70 m
4	Blue Men	M50+	Blue Men	7.7 km	70 m
5	Green Women	W20- W45+	Green Women	5.1 km	50 m
6	Green Men	M60+	Green M & JM	5.3 km	60 m
7	Veterans Short Green	M70+ W60+	Short Green Vets & JW	4.4 km	45 m
8A	Junior Men (Green)	M18-	Green M & JM	5.3 km	60 m
8B	Junior Women (Short Green)	W18-	Short Green Vets & JW	4.4 km	45 m
9A	Orange Men	M14-	Orange	3.1 km	25 m
9B	Orange Women	W14-	Orange	3.1 km	25 m

			White	1.8 km	15 m
			Yellow	3.0 km	20 m
			Light Green	4.0 km	35 m

Note that some CS classes share the same course: (i) 6 & 8A, (ii) 7 & 8B, (iii) 9A & 9B.

Where classes share the same course the course name used on the map and control descriptions is, respectively, (i) Green Men and Junior Men, (ii) Short Green Veterans and Junior Women, (iii) Orange.

Map boxes at the start are labelled accordingly.

Be very careful to pick up the correct map at the start.

Map scale is 1:10000 for all courses. Maps are laser printed on waterproof paper

A string course will be provided. This is located immediately beyond the crossing point from the parking/assembly field into the forest (2 minutes from assembly).

## Entry & payment:

Entry on the day is possible on all courses, but there is not a guarantee of a map for your preferred course (I have about 100 extra maps printed to try and cater for this).

However, please note that entries have closed for the CompassSport Trophy and Cup. If from one of the 12 clubs competing in this and entering on the day you will not be competitive for your club in the trophy or cup.

On the day entry opens at 1030. Start times are between 1100 & 1300.

On the day entry fees: Adults £14, juniors and full time students £6.

Adults on courses white, yellow & orange £6.

There is a £2 surcharge if you are not a member of BOF, SOA or another national orienteering association.

## Also at registration

**White and yellow runners- please collect your map at the registration/download tent, do not wait until the start.**

SI cards – runners needing to borrow one of these should collect them from here.

## Start

Use the crossing point into the forest. Then follow tapes for 900m.

Call up is 3 minutes before your start time.

Please do not be late. It is a **TIMED** start. If you are late you will have to wait for an available slot which could be a very long time as some courses are quite full and start time allocation has been fairly balanced across clubs. Your start time **WILL NOT BE CHANGED**. PLEASE do not ask the start officials to change your start time as they do not have the authority to do so! If you feel your lateness is the fault of the organiser or the event organisation, please discuss that with the organiser.

Loose control description sheets available in the start lanes.

## Start times

For pre-entrants - available on o-entries from Thursday evening.

## Finish

150m from assembly. Please remember to go to download as soon as you re-enter the assembly/parking field.

Courses close at 1530.

**You must report to download at assembly even if you retire from competing.**

## Safety

If you become completely lost, head north to the edge of the forest, then west until you come to fields, where you will see the parked cars.

There are ticks in Tentsmuir so please check for ticks after your run and for a day or two afterwards.

Tentsmuir Forest is a popular recreation area. Please show consideration to others. You can expect to meet some or all of cyclists, other runners, (dog) walkers and horseriders. Notices have been up for 2 weeks at all access points, advising members of the public about the event.

## Event officials:

Planner: Rab Philp (KFO)

Organiser: John Emeleus (KFO) 01592 561291 (1900-2200) john.emeleus@blueyonder.co.uk

Controller: Ewart Scott (ESOC)

## Acknowledgements:

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Forest Enterprise - Tay Forest District

Competition rules: [www.pgopage.co.uk/docs/CSC2015\\_Rules.pdf](http://www.pgopage.co.uk/docs/CSC2015_Rules.pdf)