

TAY Moncreiffe Hill 26th April 2025- Final Details

Registration- 1100-1200

Starts- 1230-1400

Courses close- 1600 so you must make your way off the hill and back to download even if you haven't completed your course. Controls will be collected in from 4pm.

Directions

From the South-

Come off the M90 motorway at junction 10 and this will take you onto the Edinburgh Road. In about 500m turn right into the Rhynd Road (122210). Now see Parking instructions below.

From the North-

Make your way through Perth until you get to the Edinburgh Road (A912). Now follow the instructions in the Parking section below.

Parking

Parking and assembly are in a small field at the top of the main **Woodland Trust Tay Car Park**. Turn east off the A912 Edinburgh Road (by the M90 motorway ramp) onto Rhynd Road (122210). Follow this minor road for roughly one mile and the car park is on the right. Parking signs will be placed at the turning into the car park only. Please proceed through the main car park and park in an area through a gate at the top of the car park. If this area fills up we will then have to use the main car park but it gets busy with walkers. Parking is limited – please car share as much as possible.

Assembly area

Registration and download will be in a tent in the parking area.

PLEASE NOTE: There will be no toilets on site – the closest is at the Tesco on Edinburgh Rd.

Entry on the day

Late entries/entry on the day an additional £2, subject to map availability.

If you want to run as a pair or a family group, please email the organisers so that we know and can arrange suitable maps.

Fees-

Seniors

£5 - British Orienteering member

£6 - Scottish Orienteering member

£7 - Non-member

Juniors (18 years and under)

£2 - British Orienteering member

£3 - Scottish Orienteering member

£4 - Non-member

Please note that you can attend 3 events as a non-member and are covered by BOF Insurance. After this it is recommended that you join the Club to continue to benefit from Insurance cover.

Terrain

A long east-west hill with a variety of tree cover, much of it managed by the Woodland Trust. Moncreiffe Hill has steep southern flanks with crags very visible from the M90 motorway, and just a few ways down, but more gentle northern slopes, which are a mix of open and wooded land, offer good orienteering with an adequate path network. There are two iron-age hill forts in the area. There are some areas of windblown trees.

Safety

A comprehensive risk assessment has been carried out and can be viewed at Registration.

Yellow courses suitable for rugged buggies

Dogs allowed but must be kept on a lead and away from neighbouring fields with livestock

BE AWARE: Ticks are prevalent in all areas of Scotland and have been noted here in significant numbers– full body cover is required

We recommend that you carry a whistle while out running and wear appropriate clothing as dictated by the weather forecast.

Please remember to download on your return to the parking area to save any unnecessary searches!

Moncreiffe Hill is a very popular walking/dog walking area so please be courteous to other hill users. There will be dogs around so try not to startle or surprise them!

'If you or anyone travelling with you has a specific medical condition that the organisers should be aware of, please complete and bring with you a copy of the attached confidential medical form in a sealed envelope with your name on it, and hand it to the Organiser. This will be kept in confidence during the event and either returned to you afterwards or shredded.

First aid will be available in the registration tent.

Maps-

The map scale is 1:10,000 with 5 metre contours. Maps and separate control descriptions will be printed on waterproof paper

Courses.

Blue: 5.3 km, 210m climb

Green: 4.3 km, 190m climb

Short green: 2.4 km, 80m climb

Light green: 3.0 km, 85m climb

Orange: 2.7km, 85m climb

Yellow: 2.5 km, 65m climb

Starts

Punching Start all courses. Go to the start whenever you are ready. Bear in mind that there may be short queues on popular courses. Leave a couple of minutes between competitors on the same course. The start is a 15 minute walk from the assembly field and involves 35metres of climb on a very well graded track.

Finish/Download

The Finish is close to the Start.

Download is located in the registration tent in the parking field. It is **compulsory** to go to download whether you finish your course or not. It is our only way of knowing that you are not lost in the forest and stops unnecessary searches being organised for you.

Emergency Procedure

To report an accident, please make your way back to the registration area. Emergency contact for the day is printed on the map

Contacts

Organiser-	Lindsay McManamon- linz_melrose@hotmail.com , 07830402407
Planner-	Alistair & Finn Duguid- ra_duguid@yahoo.co.uk
First Aider-	Moirra Laws- moira.laws@hotmail.co.uk