

Event	Kames – SoSol 5
Webpage	www.AYROCC.co.uk
Date	Sunday 20 th September 2026
Venue	Kames, Muirkirk
Terrain	Open moorland with no trees. It is ex industrial so has many historic features including buildings, a football pitch, many pits and depressions as well as a river to the west. The ground is rough underfoot with tussocks in places and hidden ditches. There are few paths. There is a mandatory river crossing point for Brown/Blue courses. Also there are some small steep crags although courses have been planned so that route choice should avoid them. Please take care.
Grid Reference	NS 695265
Postcode	KA18 3QQ
Travel directions	A70 passes through Muirkirk. On M74 from North take Junction 11, from the South Junction 12, signposted to Douglas and Ayr (approx 12.5mls). In the middle of Muirkirk, there is a brown sign to Kames Circuit from the Coach House Inn. Follow this on Furnace Road for approximately 1 ml to East Ayrshire Car Club Gate 1 on Right. See Traveline for public transport options
Parking	East Ayrshire Car Club, Kames
Dogs policy	On leads in car park. None on courses as this is a sheep moor.
Registration hours	10.00 – 12.30
Registration location	East Ayrshire Car Club, Gate 2 Yellow/White map collection, Hired dibber collection, Payment for late Entries, Entry on Day, Car key drop
Toilets	East Ayrshire Car Club
Entry on the Day	None planned . Please contact the Organiser before hand. £2 extra for late entry.
Entry Fees	This includes a car parking fee for East Ayrshire Car Club. BOF member Senior £14, Junior £7, SOA member Senior £15, Junior £7 , Non member Senior, £16, Junior £8
Electronic Punch Hire	SI units No fee for hiring but £30 charge if lost
Course equipment	Punch start and finish. SIAC enabled controls. Backup clippers.
Course choice	White1.2km 30m, Yellow1.5km 35m, Orange 2.1km 55m, Light Green 3.2km 110m, Short Green 3.3km 120m, Green4.1km 145m, Blue 5.9km 175m, Brown 7.6km 220m (No String Course or equivalent available)
Start and Finish directions	Only 1 Start and 1 Finish Leave East Ayrshire Car Club at Gate 2, past Registration, Cross road, Turn Left, walk 100 metres to Entrance of Walkers Car Park, enter, follow tape to start, 150 metres. (Total 250 metres) From Finish, walk straight ahead for 300 metres to gate which leads to Walkers' Car Park, Follow signs to Download, Gate 2 of East Ayrshire Car Club. (Total 400metres)

Safety	Orienteering is an adventure sport. Risks have been assessed and mitigated as far as possible but participants take part at their own risk and are responsible for their own safety. There may be other users of the area; walkers so be considerate. Please also be considerate of the livestock – sheep. Wearing full leg covering and carrying a whistle are strongly recommended as is carrying a waterproof if the weather is inclement. If you have medical concerns, carry information about your medical condition and identity on your person so that a First Aider can find it. Check for ticks Safety Heading - North
Call up time	None, punching start
Start times	11.00 to 12.30 Turn up at the time block you asked for and queue
Loose descriptions	Collect at Start
Map scale	Blue/Brown 1:10,000 All others 1:7500
Printed on	A4 all apart from Green A3
Any Map Flips?	None
White/Yellow Maps	Collect at Registration
Courses close	15.00
Download	At Registration, East Ayrshire Car Club, Gate 2
Results	On AYROC website after event. On Day – Local Results service available, details at registration
Route Gadget	Will be available after event
First Aid	At Registration, Gate 2 Provided by qualified Ayroc members Nearest A&E - University Hospital Ayr
Organiser	Sheelagh Nichol, ayroc.club@outlook.com
Planner	Phil Smith
Controller	Terry O’Brien, BEM, STAG
Planner’s Notes	All fences, unless otherwise marked as uncrossable with purple overprint, are crossable with care, with most fence posts being fairly solid. Please report any damage. The Garpel Water, which bisects the Area from South to North is marked as uncrossable and should be treated as such, Competitors on the Blue and Brown Courses should cross via the mandatory crossing point at Tibbie's Brig, to the North. Any transgressions will result in disqualification. It is boggy in places but streams should be crossable with care unless marked as uncrossable on the map. Courses have been planned as far as possible to avoid the worst of the boggy areas/tussocks but you may still encounter some legs that are slower going. There are no gaps in the control circles, instead Purplepen blending has been used which should allow the features beneath to show through. Yellow Course – Control 58 to Control 61 indistinct path so follow tapes on

	white posts
Other Information	Muirkirk Caravan Site, 300 metres from East Ayrshire Car Club has a restaurant and bar in which all are welcome for Sunday lunch as well as snacks. Couple of Cafes in Douglas and Cumnock, including Dumfries House.
Welfare	AYROC is committed to ensuring that orienteering is enjoyable and safe for everyone. We fully endorse Scottish Orienteering Association's policy on protection of children and vulnerable adults.
Privacy	When entering our events your name may appear in the results section of the AYROC website and the British Orienteering website.
Photography	Photographs may be taken for publicity purposes. If you have concerns please contact an AYROC official or speak directly to the photographer.
Acknowledgements	Nick Wright of Stanley Wright, Factors to Dumfries Estate Mrs Blackwood Auldhouseburn Farm -tenant East Ayrshire Car Club Terry O'Brien BEM for taking on some of the duties of Planner in his absence. Members of Ayroc