



## ESOC ULTRASPRINT 20 September 2015 Bush Estate, near PENICUIK NT 245 635

**Travel:** Bush Estate/Edinburgh Technopole is entered through the gates with stone pillars off the minor road linking the A702 at Easter Howgate to the A701 at Gowkley Moss. Coming from the A702 these gates are the second turning on the right. From Gowkley Moss they are second on the left after the small roundabout.

Follow signs through the gates to **Parking, Registration, Start and Finish**; all close. There are public toilets within Ikea or within Asda both of which are North of Bilston on the A701.

**Registration:** 13.00 - 14.15

**Starts:** 1st race: 13.30 – 14.30. 2<sup>nd</sup> race: up to 15.00. 3rd race: up to 15.30

**Courses close: 16.30**

**EOD:** BOF members: £6.00

Non-members: £8.00

Juniors & Students: £3.00

Family groups: £5.00

**The entry fee** pays for three separate runs: Courses 1, 2 and 3.

(No reduction if you choose not to do them all). Each of these courses visits controls both inside and outside the Maze.

Course 4 is within the Maze only and is suitable for children and families.

**Your total time** is the sum of your three times. You **must download after each course** and make sure to clear your dibber before starting the next course.

You can do whichever course you like first, and then join the other queues when you come back for your second and third course. All courses are approx. 1.5km.

**At the Finish** you will be asked to hand in your map after your first and second course, and will be able to keep your third map.

**Control Descriptions** will be printed on the maps only; no loose copies. There will be **no control codes in the second column for Courses 1, 2 and 3**. It is up to you to make sure by accurate map-reading that you are at the right control. **Penalty of 2 minutes added to your time for each control wrongly punched.**

The Maze-only Course will have control codes in the usual way.

One of the courses crosses a minor estate road, which will be marshalled.

All fences are un-crossable and marked as such with red lines on the map

Please be considerate to any other people you might encounter while running.

**Planner:** Ray Ward ESOC **Controller:** Norma Coutts ESOC

**Organiser:** Janet Clark 0131 225 7771 [janetclr@aol.com](mailto:janetclr@aol.com)