



## ESOC Edinburgh Urban Race

SOUL 7

Saturday 9<sup>th</sup> November 2013



**Event Centre and Car Parking:** Firrhill High School, EH 14 1DP

### Directions:

**From outwith Edinburgh:** Leave the City Bypass (A720) at the Dreghorn Junction, continue straight on at the small roundabout by Shell services, turn right at next roundabout onto Redford Road. At T-junction, turn left onto Oxgangs Rd North/Colinton Mains Road (the name changes along the road) and continue on this road until you reach the mini-roundabout at Tesco. Turn right, then take the 2nd right onto Oxgangs Road North. The school is signposted from here (route shown in red on map below).

**From within Edinburgh:** Head out on Colinton Road, past Napier Craiglockhart. At the next mini-roundabout go straight ahead and then turn left onto Oxgangs Road North. The school is signposted from here (route shown in red on map below).

### Travelling by Bus:

Lothian Buses services 4, 27 or 10 will take you to close to Firrhill School. The closest bus stop is just past Napier Craiglockhart and is labelled "Firrhill High School". Full bus timetables and route maps are available at [lothianbuses.com](http://lothianbuses.com). From the bus stop head straight on at mini-roundabout, past the Firrhill Centre. There is then a sign indicating pedestrian access to Firrhill High School (route shown in yellow on map below).



Access to Firrhill (yellow route shows pedestrian access and red route shows access for cars)

## Car Parking:

Car Parking will be in the car park at Firrhill High School. To minimise disruption to local residents please do not park on the surrounding streets, there should be plenty of parking in the car park.

Please proceed to Registration/Start using the marked route past the front of the school. Do not walk out the car park on the road into it, as this is narrow and has a blind corner.

Please note that the route to the starts crosses the road into the car park. There will be a Marshall at this point, but please can drivers take care when entering and leaving the car park and follow the directions of the Marshall.

Please ensure that you have removed your car by 6pm as the gates to the car park will be locked then.

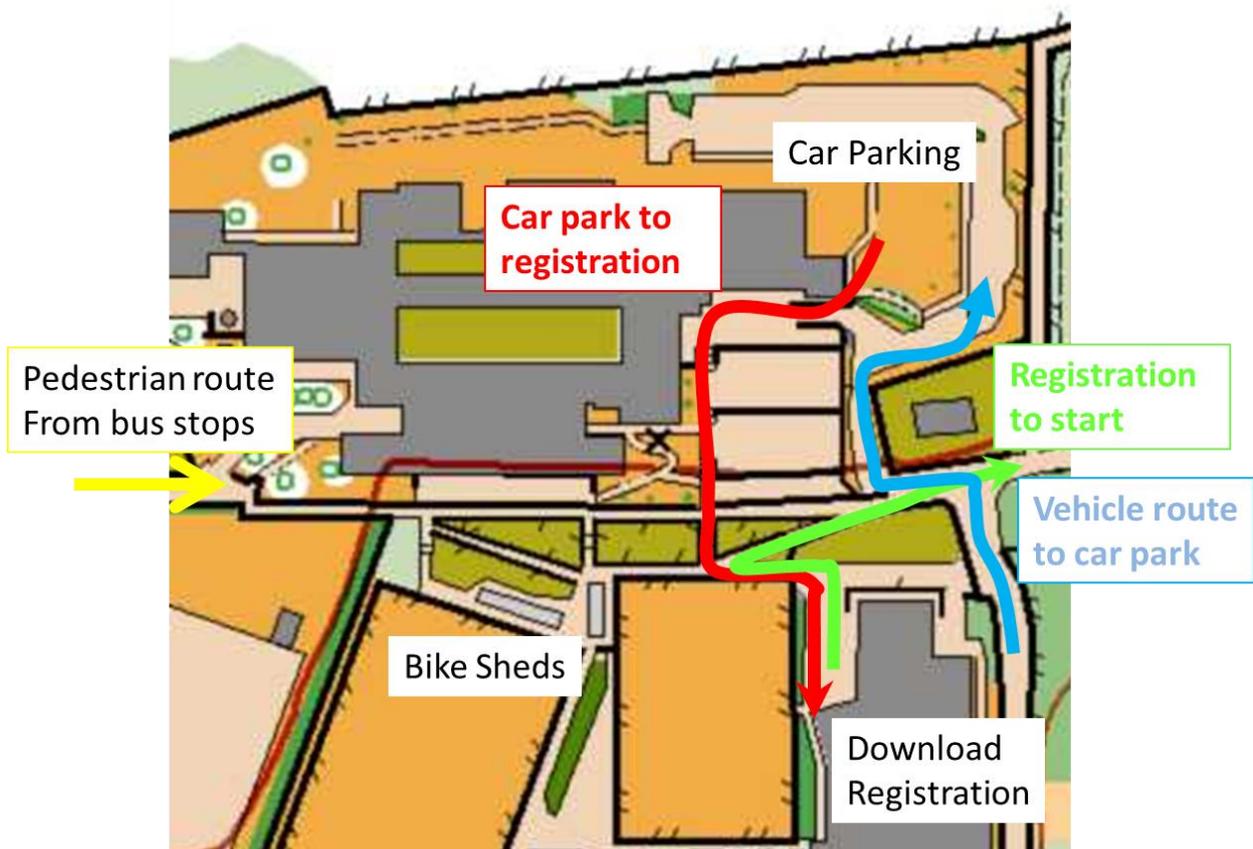
**Bike Parking:** There are bicycle sheds available in the school grounds close to the Sports Centre.

## Registration and Download:

Registration and Download will be in the Games Hall in the Sports Building at Firrhill High School. The Sports Building is to the South of the main school building. Registration will be open from 12:30pm.

Download will be in the same location.

Please note no muddy shoes within the building and no studs in the Games Hall.



## Starts:

The start is a short walk (450m) from the parking and Registration. The route will be taped. Please take care crossing from the school to the pathway. There will be a Marshall but cars entering/leaving the event car park will cross the route to the start at this point.

## Start Times:

Start times will be between 13:00 and 15:00.

Courses will close at 16:30.

Start times will be pre-allocated and posted on Fabian4 before the event and displayed at Registration.

There will also be limited entry on the day. Costs for entry on the day will be:-

Seniors (born 1992 or earlier) - BOF member	£10.00
Seniors (born 1992 or earlier) - Non-BOF member	£12.00
Juniors (born 1993 or later)	£5.00
Students	£5.00

Free SI hire, if required, but £30.00 charge if lost.

## Finish:

The main finish for courses 1 to 5 will be within the school grounds. The finish for the Junior Courses (course 6) will be across from the school close to the route to the Starts. Juniors can cross back to Download with the Marshall at this point.

Please remember to go to Download after you have finished.

## Toilets:

There are toilets in the Sports Building adjacent to the Games Hall.

## Course Information:

Course	Category	Course Length	Climb	No. of Controls
1	Men Open (M18-35)	7km	60m	29
2	Veteran Men (M40+) Women Open (W18-35)	6km	50m	28
3	Super Veteran Men (M55+) Veteran Women (W40+)	5km	45m	24
4	Ultra Veteran Men (M65+) Super Veteran Women (W55+)	3.9km	25m	20
5	Ultra Veteran Women (W65+)	3.3km	20m	16
6	Junior Men (M16-) Junior Women (W16-) Young Junior Men (M12-) Young Junior Women (W12-)	1.6km	10m	14

A copy of the map for course 6 (Young Juniors and Juniors) will be available at Registration for parents to view to decide if they wish to shadow their child. Please ask at Registration if you need to view this map.

## Map and Terrain:

The area has been mapped by Graeme Ackland in 2013. Maps will be printed on waterproof paper by Stirling Surveys and will be at a scale of 1:5000.

Please familiarise yourself with the peculiarities of urban mapping, and in particular to areas marked as uncrossable. (Olive green = UNCROSSABLE areas, usually enclosed yards and gardens but can also apply to certain patches of grass in public gardens for example). The following document from MAROC gives a good summary of features and why areas may be marked as uncrossable (<http://www.marocscotland.org.uk/documents/general/UrbanSprintMapSymbolExplanation.pdf>)

The terrain varies between residential streets, grassland and parks. There is quite a lot of grass and several strides of real terrain, so trainers are fine but racing flats not ideal unless it's really dry.

There are unmapped washing lines (and may be unmapped washing!). These may be at neck height - so please take care (and avoid any washing you encounter).

Most roads are residential, but courses 1 to 5 cross one road with light traffic. It is a bus route, so it is possible that you may have to wait a few seconds if you are unlucky enough to encounter a bus with a tail of traffic. Please be sensible.

Very low fences and short sets of steps (less than 5) may not be mapped. There are huge numbers of communal lawns which people in practice do cross. Although you probably have legal right of access, the council may have devolved responsibility to residents and they may get upset. Yellow on the map means you won't be disqualified for crossing, but doesn't absolve you from showing normal courtesy.

Please show courtesy to local residents and other street users at all times.

## Prize Giving:

The Nopesport Urban League prize giving and the SOUL prize giving will be held in the Games Hall, at 4pm or as soon as possible after the event.

## Safety and Risk

A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

## First Aid:

A First Aid kit will be available at registration and first aid trained helpers will be available. Nearest A&E is Edinburgh Royal Infirmary.

## Contacts / Officials

Organiser: Judy Bell (ESOC)                      07866 270541                      [judy.esoc@gmail.com](mailto:judy.esoc@gmail.com)

Planner: Andrew Dalgleish (ESOC)

Controller: Graeme Ackland (INT)



Map sponsored by RaceTheCastles 2014

[www.racethecastles.com](http://www.racethecastles.com).

Looking forward to welcome you back to Edinburgh in 2014