



Scottish Night Championships 2016
Saturday 6th February 2016
North Pentland Hills, Edinburgh
Grid Ref: NT212676, Postcode: EH13 0PB

FINAL DETAILS

ACKNOWLEDGEMENTS: We extend our thanks to staff at Bonaly Scout Centre, City of Edinburgh Natural Heritage Service (previously the Pentland Hills Rangers) and Bob Barr (farmer).

TRAVEL DIRECTIONS: The competition area is very close to the Edinburgh city bypass, A720. **Those travelling from outside the city, head for the A720 and exit at Dreghorn Junction.** From the East and South, cross back over the bypass via the bridge over the carriageway to reach the same point, close to the Dreghorn Services, as those coming around the bypass from the West and North. All should then follow signs for B701, Colinton. This route passes by Dreghorn Barracks on Redford Road. Just over a mile after leaving the bypass turn left at the T junction where Redford Road meets Colinton Road. Very soon after the turn there are pedestrian lights, go straight ahead then fork left at the Y junction at the next lights (which, again, are very close). This is Woodhall Road. Take the 3rd road on left on to Bonaly Road – the Event will be signed from the turn into Bonaly Road. (Note there is a long gap between the 2nd and 3rd roads on left off Woodhall Road) Continue up Bonaly Road and when you cross over the city bypass you have reached the beginning of Torduff Road where parking will be.

Those travelling from within the city of Edinburgh, head for Bonaly Road on the South side of the city and continue as above.

It is possible to get reasonably close to this event by bus. Check out www.lothianbuses.com for details of services. Service 10 is closest – some, but not all, 10s terminate at Bonaly shops, pretty close to the event. The remainder of service 10 buses terminate at Torphin and you need to get off at the bottom of Bonaly Road and walk the rest of the way. Double-check the timetable for Saturdays.

TRAFFIC NOTE: The 2016 Scotland/England rugby international is taking place at Murrayfield Stadium the same day as this Event. The rugby match starts at 4.50pm. Traffic around Edinburgh, especially the west side, may be affected by this rugby match – both in the afternoon and later in the evening. If you live in Edinburgh the rugby match may affect your journey time to get to Bonaly.

PARKING: On Torduff Road, a continuation of Bonaly Road, just South of the Edinburgh City Bypass (A720). There will then be a short walk along a narrow road to the Scout Centre/Toilets/Start. Take great care walking along this road as it is narrow, twisty and, though a dead end road, there could still be vehicles. The route will be taped from the near end of the car parking. *Please let Organiser know in advance if you intend to bring a motor-home.*

There is no parking for competitors at the Scout Centre or at the small car park beyond it.

WEATHER/CANCELLATION OF EVENT: The forecast for the general area is cold with a bit of wind (likely to be stronger on the open areas) and a chance of rain as the evening progresses. degrees, cloudy and light winds. The above information is from the BBC Weather website on Friday 5th February. There is no reason now to think the weather will deteriorate to the extent that cancellation needs to even be considered so no further weather updates will be given.

TERRAIN: The terrain is a mix of open heather moor rising to 360m above sea level, tight plantations of conifers and mature pine forest. Some areas of moorland have complex contour details, other areas are featureless. Much of the area is very exposed. There will be sheep on the terrain, including pregnant ewes, please try to avoid the sheep if you can.

FACILITIES: The Event's HQ is in the Bonaly Scout Centre but facilities are limited. We'll have the Blair Barn which is a room with mains power and little else. The Barn is open at one side and therefore partly open to the elements. Space unfortunately doesn't allow for competitors to change or gather for any length of time though we welcome those competitors who have come by public transport or bike to change there and leave their bag (at own risk). Toilets will be available in a nearby building, signposted at entry to Registration from the main track.

CLOTHING/BAG DROP: There will be a clothing/bag drop identified within sight of both the start and finish. Clothing and bags are left there at the owners' own risk. A named plastic carrier with your basic essentials is advised rather than a more valuable backpack/bag.

REGISTRATION: Registration is within the room described above which is around 350 metres from the near end of the car parking. Registration will be open from **5.30pm to 6pm** for the following:

- **Very limited Entry On Night (EON):** Entry fees for EON will be Seniors £12, Seniors (Non-members) £14, Juniors/Students £6, Juniors/Students (Non-members) £7.
- **Enquiries:** Any general enquiries will be dealt with at Registration.
- **Course changes/enquiries:** If you've pre-entered but need to change course for any reason Registration volunteers will do their best to provide the alternative of your choice and a new start time if needed.
- **Hired SI cards:** Collect hired SI-cards from Registration before proceeding to the start. Loss of a hired SI-card will result in a charge of £30.
- **Car keys:** may be left at Registration.
- **Competitors coming alone:** If you are coming alone to the event please let Registration know you are alone. This helps in the event of an emergency situation arising.

COURSE INFORMATION: All courses are TD5 except Course 6 Novice Course which is TD2

Course	Age Classes	Distance	Climb	Controls
1	M21L M20L M35L	6.1km	210m	18
2	M40L M45L M50L W20L W21L W35L M Open	4.5km	190m	14
3	M18A M55L M60L W40L W45L M/W Open	3.5km	135m	12
4	M16A W18A W50L W55L M/W Open	3km	145m	12
5	M65 M70 M75 W16A W60 W65 W70 W75 Novice M/W Open	2.2km	110m	11
6	Novice	1.6km	8m	9

WARM UP: Competitors should warm up on the route between the car park and the Registration. Soon after passing Registration and toilets all competitors have to go through a gate to gain access to the competition area. The start is very close to this gate and ALL areas beyond this gate should be treated as competition area. Please go straight to the start after passing through the gate.

START: There is one start which is approx 250 metres from Registration and around 650 metres from the closest end of car parking. Pre-entered competitors with their own SI card may go directly to the start.

Competitors "hiring" SI cards should go to Registration to collect them before going to the start. Note that Registration and toilets are on the direct route from the car park to the start. There will be a whistle/back-up light check at the start.

START PROCEDURE:

All competitors should ensure they arrive at the start in plenty of time bearing mind that call up will be at 4 minutes before your start time. There will be a punching start for all competitors at your allocated start time. The start window is relatively short so if you miss your allocated start time you may have to wait around in the cold for an appropriate slot.

CLEAR – this will be at the pre-start area.

At -4 Competitor names will be checked and you will be asked to punch a 'Check' box. There will also be a whistle/back-up light check here.

At -3 collect loose pictorial control descriptions (printed on waterproof paper).

At -2 view blank maps.

At -1 Competitors will be asked to punch a further 'Check' box then pick up their map at the start line. At your start time you should proceed to the start punch and make sure you punch it before setting off on your course. Timing starts when you punch the Start Box and ends when you punch the Finish Box.

The route from the start line to the start kite will be taped if the kite is not visible from the start line.

It is the competitor's responsibility to check he/she has picked up the correct map.

PERSONAL SAFETY: Competitors are reminded that they take part at their own risk and are also responsible for deciding on appropriate clothing to wear to compete and whether to take a drink or food with them. Full leg cover is however essential. Cagoules may be compulsory if the weather dictates this. Check the website on the evening before the Event to see if cagoules are to be compulsory. Carrying a whistle and back-up light are compulsory, no whistle/back-up light, no go. **Please note 'British Orienteering have confirmed that every competitor must carry a whistle and a backup light and that the organising club must physically check at the start that a reasonable percentage of participants are complying with this rule. Please bear with us while this kit check is performed.'**

'Backup light' can be simple and small as long as it is bright enough to see the map, see the compass, illuminate the ground by your feet or be used to attract attention. No need for a back up head torch. Reflective strips on clothing or high viz clothing on upper body is also recommended in order to further comply with insurance. A mobile phone is also a useful safety measure. Neither of these will be checked.

Emergency phone number for use while competing only will be 07504 343533. This phone is not in regular use and will be switched on only for the duration of the competition i.e. from just before the first starter goes out until the last finisher downloads. Competitors who will be taking a mobile phone with them on their course should temporarily add this number to their contacts list.

Medical Conditions - Any competitors with a medical condition are asked to send an email to the Organiser, Margaret Dalglish at margaret.events@esoc.org.uk with the subject heading entitled "SNC 2016 – Medical Condition". This information will be treated in the strictest confidence and only passed on in an emergency situation. Even then it would only be to a 1st Aider, members of any Rescue Team deployed in a competitor search or any relevant member of the medical profession e.g. an NHS paramedic. The information will be destroyed after the event.

Animals – Farm, domestic and wild animals are all regularly on the competition area. Please ensure you take appropriate hygiene precautions, especially before handling food. Note that though the toilets are fully functional, there are no hand-washing facilities there and there will be limited amount of hand sanitiser.

Safety bearing: A significant north/south track bisects the mapped competition area and if possible head towards this track then head northwards until you reach the Finish. If you don't know how to get to the track, the safety bearing is North until you reach civilisation – the lights of Edinburgh are visible in the northern distance from a large proportion of the competition area.

CONTROLS: The Controls will be aluminium L-bars. Each control will have a label bearing the control code and the control code will also be on the SI box. It is your responsibility to check you have punched the correct control and that it has registered correctly. If you think the SI Box has not registered your punch then you should use the needle punch on the L-bar to punch the edge of your map and draw this to the attention of the DOWNLOAD team after you have finished.

CONTROL DESCRIPTIONS & MAP: Control Descriptions are printed on the front of the map which will be scale 1:7500 with 5m contours. Maps will be approximately A3 in size. The map has had several recent minor updates, the most recent being specifically for this event by the Planner and Controller. No mandatory crossing points though gates are highlighted on the map as an alternative to climbing fences. There are two Out of Bounds (OOB) areas marked on the map using purple hashing, routes have been planned to avoid the temptation to pass through these areas. These areas are OOB due to the steep nature of the terrain there. Note that the thumbnail map on the website only gives a flavour of the terrain, it does not cover the whole competition area.

FINISH PROCEDURE: Your run will be timed from when you punch the Start SI unit to when you punch at one of the SI Finish units at the Finish line. Make sure your punch has registered and that it is not the bleep of another close finisher that you heard. **Return to Registration to DOWNLOAD, receive a print-out showing your time (including split times).** ALL competitors MUST download.

RETIRALS: All competitors MUST pass through the Finish system whether or not they have completed their course. They should then proceed to download.

COURSE CLOSURE TIME: All courses close at 9pm. All competitors should ensure they have punched the Finish by 9pm and proceed immediately to Download.

RESULTS: Simple results will be displayed at intervals during the evening on a laptop next to download. Full results, winsplits, Routegadget etc will be posted on the ESOC Web Site - www.esoc.org.uk as soon as possible after the event.

FIRST AID: A Club 1st Aider will be available throughout the event by asking at Registration. A basic 1st Aid kit will be available at Registration.

HOSPITAL CONTACT DETAILS: The nearest A&E is at the Royal Infirmary of Edinburgh (RIE):

Royal Infirmary of Edinburgh (RIE)

51 Little France Crescent

Old Dalkeith Road

Edinburgh

EH16 4SA

Telephone: 0131 536 1000

The RIE is the largest hospital in the area and has 24 hour A&E services. It is easily accessible from the Event – approx 9 miles. Head back to the Edinburgh City Bypass (A720) at Dreghorn junction and take the Eastbound slip. Drive eastwards to the Sheriffhall Roundabout then exit on the A7 towards the city. The hospital is signposted from there. Assuming reasonable traffic and weather conditions typical evening driving time from the event to the RIE is around 15/20 minutes.

DRINKS: No drinks will be provided. Competitors should bring all their required food and drink with them to the Event. Note there are no indoor facilities for consumption of food and drinks. There is limited food (snacks) and drinks sold in the shop at Dreghorn Services on A720.

TROPHIES/MEMENTOS: There are few trophies available for the Scottish Night Championships. At the present time the organiser of the 2015 Scottish Night Championships is attempting to track down any that exist. Current trophy holders reading this, please return trophies to Registration on your arrival at the Event. **For 2016, certificates will be awarded to all class winners. There will also be a small memento for class winners.** *In view however of the lack of a suitable warmish room at Bonaly, the presentation will be the following day at the Sprint event at South Queensferry. The presentation will follow on from the Scottish Sprints presentation. If you aren't able to stay on at the sprints then you can collect your certificate and memento at the Computing desk at the Sprint event.*

Eligibility: To be eligible to be a Scottish Night Champion in your class you need to be recognised as a 'Scottish'. Members of Scottish open clubs will automatically be recognised as Scottish for this purpose. *Others wishing to be considered Scottish for these championship purposes e.g. those born in Scotland or long term Scottish residents currently living outside Scotland or competing for their university, must make their status known to the organiser before the event.* You should either be born in Scotland or have at least one Scottish parent or be a member of the Scottish Orienteering Association.

PROTESTS & COMPLAINTS: Any complaint should initially be discussed with the Event Organiser. However any approach should bear in mind that the Event Officials are volunteers who have given up their time to lay on the event.

If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller.

Planner: David Godfrey (BAOC/ESOC)

Controller: Clive Masson (ESOC)

Organiser: Margaret Dalglish (ESOC) margaret.events@esoc.org.uk

Entries (only): Simon Firth (ESOC) entries@esoc.org.uk