



Cademuir SoSOL Final Details
17th September 2017

GR: NT250397 Postcode EH45 9HB

Event Centre: Peebles High School. Parking will be marshalled.

Travel: From the A72 at west end of Peeble's High Street (at Old Parish Church) cross the Tweed Bridge. Fork right along Springhill Road for 400m to 1st right, Springwood Road (signed "high school").

There is a **£1 parking fee**.

Registration and Entry on Day (EOD): Open from 10.30am till 12.00 pm and located in the P.E. department of Peebles High School.

SI electronic timing will be used. Dibbers can be hired free of charge but a £30 charge will apply if lost.

EOD Fees: £10 adult, £5 adult (white, yellow, orange), £5 junior & student. There is a £2 (senior) / £1 (junior) surcharge if you are not a member of British Orienteering. There are currently lots of maps available.

Toilets: available within registration.

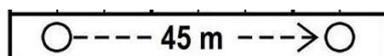
The Start: Open between 11.00 and 13.00. 1km from registration and approximately 15 minutes walk. The taped (red and white tape) route has a residential road crossing and, in part, follows the John Buchan Way. Blank maps will be on display at the start and loose control descriptions available.

Start times are NOT allocated, please arrive in good time if you think you may require a long time to run your course. Note the course closure time of 15.00.

Course details:

	Course Length	Course Climb	Controls	Map Scale
White	1.2km	70m	13	1:5000
Yellow	2.4km	140m	14	1:5000
Orange	3.0km	180m	13	1:7500
Light Green	3.8km	220m	13	1:7500
Short Green	3.5km	180m	12	1:7500
Green	4.6km	240m	12	1:10000
Blue	6.9km	345m	19	1:10000
Brown	8.5km	425m	21	1:10000

White and Yellow: Maps should be collected from registration. Please note that the following control description is used between 2 controls. Juniors should be instructed this means "follow the taped route".



Map: Map updated during summer 2017. Please note the different map scales used as above. Safety bearing (north east) and emergency phone number (07920 464 431) are written on the map.

Terrain: Cademuir consists of a large open moorland to the north and west, plus a forest to the south east. The two terrain types are split by a boundary wall which is marked with a purple line (must not be crossed) except at the marked crossing points and gates.

The open area is mostly fast grassy terrain, with plenty of rock and contour detail. The rock features are all relatively small and only the most prominent are mapped.

The forest is steep in places, but courses have been planned to minimise climb. The brown course crosses a large clear felled hill within the forest: Its southern flanks are particularly steep, but can be avoided by route choice.

The forest also has a good path network, but there is evidence of mountain bike use, so please watch out for cyclists and warn your children accordingly. The white and yellow courses have two taped routes that they should follow up short steep hairpin sections. Parents should explain this to their children and add that they should stay close to the tapes in case there is a cyclist. Yellow and black tape, plus signs will be used to warn any cyclists. Advance notice signs have already been erected.

Finish: Close to start (100m), in open field. **You must report to download** in the high school even if you have not completed your course, so we know everyone has returned safely.

Course Closure: Courses close at 15:00, controls being collected from this time.

String Course: Featuring "Autumn Orienteering", will be close to Registration/Download on the grass sports pitches adjacent to the school. There is plenty of space for football and general "playing" while waiting for "split-starters" to get back from their runs, and most of the course is visible from luxury seating on the "Bleachers"

Safety: A comprehensive risk assessment has been carried out but all competitors take part at their own risk and are responsible for their own safety. This is available for viewing and you are encouraged to do so.

Please ensure you are properly dressed for orienteering with long trousers and shoes which give appropriate grip and protection. The area is exposed and cagoules may be compulsory in adverse weather. Water is not provided. Whistles are advised. Safety bearing is "North East" and printed on the back of the map with the event phone number.

Remember to check for ticks which can infect you with Lyme Disease. If you have any doubts you should seek medical advice. Although no livestock is planned to be on Cademuir during the event, all competitors should wash their hands thoroughly after the event.

Other users: The John Buchan Way passes through the area. You may encounter walkers, cyclists and horse riders and you should adhere to the Scottish Outdoors Access Code.

Medical Conditions: You are encouraged to leave details of any relevant health conditions on the British Orienteering medical form. Sealed forms can be left at reception and will be

destroyed after the event if not collected. You can download and print off a copy of the Medical Form from the Cademuir Event page of the ESOC website.

First Aid: Provided by qualified ESOC club members. First Aid Kit located in the School. Nearest Hospital with A&E is the Borders General, Melrose, TD6 9BS.

Officials

Planner	Martin Caldwell	ESOC
Organiser	Tyler Morrison	ESOC
Controller	Ken Daly	INT
Entries	Simon Firth	entries@esoc.org.uk

Acknowledgements: We are grateful to the Forestry Commission and Patricia Anderson for use of the land, and Peebles High School for our event centre. We are also grateful to Bill Stevenson for mapping updates and Janet Clark as events coordinator.

Edinburgh Southern Orienteering Club

www.esoc.org.uk