



# ESOC SPRINT O, INCORPORATING SCOTTISH SPRINT CHAMPIONSHIP AND bto SOUL 2 SUNDAY 3<sup>rd</sup> FEBRUARY 2019

## FINAL DETAILS

GR: NT072719

Postcode: EH52 5LH

OS Landranger 1:50 Sheet 65

**THE RACES & COMPETITIONS:** there will be 2 races in relatively close succession but unlike previous years there will not be a chasing start for the second race. The Races will qualify as follows for the 3 separate competitions within this 2-race event:

- **Scottish Sprint Championships:** This competition will be based on the outcome of Race 1 only.
- **bto SOUL (Scottish Orienteering Urban League) 2 and ESOC Sprint O:** These competitions will be based on the times from race 1 and race 2 added together.

More information about eligibility to be a Scottish champion is on [guidelines for Scottish Championships](#) pages of the SOA website.

More information about the SOUL competition is on the [SOUL guidelines page of SOA website](#).

**LOCATION:** The Event Centre is at Uphall Community Centre on Strathbrock Place, just off the A899. Parking will be at the Strathbrock Partnership Centre (SPC), 189a, West Main Street, Broxburn, EH52 5LH. Allow approx. 25 minutes for the walk from the car parking. See Map 1 below

**TRAVEL AND PARKING:** Parking is in the car park at the Strathbrock Partnership Centre. It is off the A899, the main road running east/west through Broxburn and Uphall. The SPC is on the South side of the A899. There are traffic lights to turn on to West Main Street from the A899 and the event will be signed from these traffic lights. Note that the Strathbrock Partnership Centre is specifically signed from these lights too – sign is on North side of road.

- **From the West** the traffic lights referred to above are just after the Police Station (on your right) and you need to turn right at the lights.
- **From the East** the traffic lights are the second set after the Fire Station (on your left) and you need to turn left.

Soon after turning into West Main Street, turn right into the SPC car park, keep straight ahead and park anywhere on the right. The visitor parking area, where we are allowed to park, has no barrier. The walk to the event centre starts from the west end of the car park and will be marked with yellow tapes. The route is flat and approx. 1.5km along the A899, there is a pavement but take care and use the pedestrian crossings when crossing the main road.

NB There is a small public car park at the Community centre which is also used by local residents. There should be space for families with young children to park and to drop off tents.

**FACILITIES AT UPHALL COMMUNITY CENTRE:** Please take off any muddy shoes before entering the centre. Clean shoes are fine.

- TOILETS
- CHANGING/BAG DROP - Clothing can be left in a dedicated room at Uphall Community Centre. There may not be space for everyone at the Centre if the weather is poor between the sprint races. Club tents may provide backup and can be erected on the adjacent King George's Field
- WIFI – details are displayed in the centre
- REGISTRATION and DOWNLOAD – see below for details
- REFRESHMENTS – Happy to announce that Angus Ivory (INT) and his team mates will again be selling cakes to support their World Schools trip and there will be tea, coffee and squash available for a small donation (self-service from a very well appointed kitchen). PLEASE bring your own mug.
- FIRST AID - provided by a qualified ESOC club member



**ESOC Sprint O, incorporating 2019 Scottish Sprint Championships and bto SOUL 2.**  
**3<sup>rd</sup> Feb 2019**  
**Route from Parking to Event Centre**  
**Strathbrock Partnership Centre signed from A899/ West Main Street junction**



**Event Centre**  
Uphall Community Centre Strathbrock  
Place, Uphall EH52 6BN

**Parking**  
Strathbrock Partnership Centre (SPC), 189a, West  
Main Street, Broxburn, EH52 5LH

- Walk to Event Centre from Parking**
- From west end of parking follow yellow tapes along paths to main road.
  - Turn left to first traffic light crossing, and cross to north side of road.
  - Head West for ~1.5km (crossing two major roads at traffic lights).
  - Immediately after the SEAT garage, turn right into St Andrews Drive, then left into Strathbrock Place
  - Uphall Community Hall is immediately on the right
  - NB Tapes and signs at start and end of route only, not along majority of A899

**Nearest town: Uphall & Broxburn**

- **Grid Ref:** NT072719
- **Postcode:** EH52 5LH
- **Latitude:** 55.931624
- **Longitude:** -3.485922

----- Walking route      ——— Vehicle route

**REGISTRATION:** This will be in the main hall at Uphall Community Centre and will be open from 10:00 am to 11:00 am only. Entry on the Day (EOD) is likely to be very limited and subject to map availability.

SI timing will be used. SI units will be set up for SIAC and standard SI punch timing. The START and FINISH are not contactless and must be punched normally

Free standard SI card hire, if required, but there will be a £30.00 charge if it is lost. Hire of SIAC cards is £2.50 and a charge of £60 will be made if it is lost

| <b>EOD entry fees</b>                             |            |
|---|------------|
| Seniors (born 1998 or earlier) BOF/SOA member     | <b>£14</b> |
| Seniors (born 1998 or earlier) non BOF/SOA member | <b>£16</b> |
| Juniors (born 1999 or later) BOF/SOA member       | <b>£7</b>  |
| Juniors (born 1999 or later) non BOF/SOA member   | <b>£8</b>  |
| Students BOF/SOA member                           | <b>£7</b>  |
| Students non BOF/SOA member                       | <b>£8</b>  |

In addition to entries registration will also be available for

- Drop off or completion of a medical statement to be used only in an emergency
- Drop off of car keys (for solo runners as an additional safety check). Please put keys in an envelope with your contact details.

**JUNIORS:** For Course 6 (M/W 12-), maps FOR BOTH RACES will be provided to competitors at registration (ie in the morning only) to allow parents to judge whether shadowing is appropriate (please keep these private!). For the parent to remain competitive on their course they must run first, then shadow the junior afterwards. Start times will be adjusted at Registration in this eventuality. However, we rely on individuals to report if, shadowing changes to helping a junior during the course of the race. Shadowed juniors will not be competitive in the Scottish Sprint Championships but will be eligible for SOUL points.

## MAP AND COURSES

The map was produced by Peel Land Surveys in 2017 to ISSOM specifications. It will be printed at 1:4000 scale; contours at 2m intervals. Map size will be A3. Controls will be secured to trees, fences, etc., on trestles or L-bars. Blank maps will be on display at the Starts.

Race 1 is the Scottish Sprint Championships. Races 1 and 2 combined are the ESOC Sprint and the bto SOUL event

| <b>Course</b> | <b>Classes</b>                                 | <b>Race 1</b> | <b>Race 2</b> |
|---------------|--|---------------|---------------|
|               | Start Times                                    | 11:00-12:00   | 13:30-14:30   |
| 1             | Men's Open                                     | 3.0km / 34m   | 2.9km / 40m   |
| 2             | Women's Open<br>Vet Men                        | 2.8km / 28m   | 2.7km / 30m   |
| 3             | Vet Women<br>Supervet Men                      | 2.4km / 36m   | 2.4km / 28m   |
| 4             | Supervet Women<br>M/W Ultravet<br>M/W Hypervet | 2.2km / 32m   | 2.1km / 28m   |
| 5             | M/W 16-  | 1.8km / 20m   | 1.8km / 20m   |
| 6             | M/W 12-  | 1.2km / 12m   | 1.2km / 12m   |

## TERRAIN AND CROSSING POINTS

Areas of classic housing estate sprint terrain but also what might be called urban terrain. There is very little climb across the area apart from on the longer Race 1 courses. Both races include a small amount of running on soft surfaces for which rubber studs are advised. Please respect the mapping, and do not pass through if mapped as impassable/closed and take extra care on blind corners to avoid collisions by taking a wide berth. Please respect pedestrians and others who are going about their business at the same time as you are orienteering and you must obey and marshals instructions and normal traffic conventions; i.e. give way to cars on roads and to use pedestrian crossings and traffic light crossings wherever possible

- Course 5 & 6 runners stay within estates where there are only access roads. However, on main access roads there is a marshalled compulsory crossing point for these runners, marked on the map and in the control



descriptions. Other course maps will not show these crossing points. These courses do cross moderately busy through roads with awkward bends, so please take care when crossing.

- Some roads in the early part of Race 1 have no pavements, which means running in the road. This is little different from running across parking areas within estates, but it would be wise to alert 16- and 12- runners to this.
- Race 2: compulsory timed-out crossing point **for all runners**. In Race 2 there is a marshalled compulsory crossing point across the busy main road through Uphall, located at a traffic light controlled pedestrian crossing. There will be controls on both sides, which **all runners should punch on arrival and departure** so that their crossing time can be deducted from their race time. The pedestrian lights respond in less than 1 minute: a maximum of 3 minutes time-out between controls is allowed for the crossing.

**STARTS, FINISHES:** See Map 2 below

### **SCOTTISH SPRINT CHAMPIONSHIPS & ESOC SPRINT O RACE 1**

Start times 11:00-12:00 Courses close 13:00

There is a single start for all competitors, with competitors starting at allocated times at 1-minute intervals using a punching start. The Start and Finish are both in King George's Field next to the Uphall Community Centre. Download is in the Uphall Community Centre

### **ESOC SPRINT O RACE 2:**

Start times 13:30-14:30. Courses close 15:30

There is a single start for all competitors with competitors starting at allocated times at 1-minute intervals using a punching start. The Start is to the south of the A899, please use the 400m taped route and road crossing point signed from the Community Centre. Allow 5-10 minutes. Adults should accompany juniors to the start. There is a single finish for all courses in King George's Field next to the Uphall Community Centre. Download is in the Uphall Community Centre

**COURSES CLOSE at 13:00pm (Race 1) and 15:30pm (Race 2)**

**CONTROL DESCRIPTIONS:** On all course maps. Loose control descriptions available at the Start.

**PRIZEGIVING** for the Scottish Sprint Championships will be held in the Uphall Community Centre at 15:30

**SAFETY:** A risk assessment is being prepared and courses planned appropriately for likely entrants within age classes however all competitors take part at their own risk and remain responsible for their own safety at all times. The event is in a residential area and competitors should be considerate to residents and general public throughout the competition. Slow down to negotiate sharp corners or alleyway entrances/exits to avoid collisions.

**WEATHER:** competitors are encouraged to dress according to the conditions. If the forecast indicates that it would be too dangerous to race (eg ice forecast), the event may be cancelled. Please check the ESOC website on Saturday (2<sup>nd</sup>) evening.

**HOSPITAL:** Nearest hospital with A & E:

St John's Hospital (Livingston)

Howden Road West

Livingston

West Lothian

EH54 6PP

Telephone: 01506 523000

**LITTER:** Please take your litter home with you. The bins in car park have been pretty full during earlier visits.

### **EVENT OFFICIALS:**

Planner: Roger Scrutton ESOC

Controller: Trina Rogerson ELO

Organiser: Anne Hoy ESOC [social@esoc.org.uk](mailto:social@esoc.org.uk)

Entries (only): Simon Firth [entries@esoc.org.uk](mailto:entries@esoc.org.uk)

**ACKNOWLEDGEMENTS:** We are grateful to the Strathbrock Partnership Centre for allowing us to use the Uphall Community Centre and the SPC parking. Also thank you to West Lothian Council for the use of King George playing field.

**RESULTS:** As soon as possible Results will be posted on the ESOC website: [www.esoc.org](http://www.esoc.org)





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Event Centre , Starts and Finishes

3<sup>rd</sup> Feb 2019

