



ESOC bto SOUL 6 – South Queensferry

Sunday 2nd June 2019

Final Details



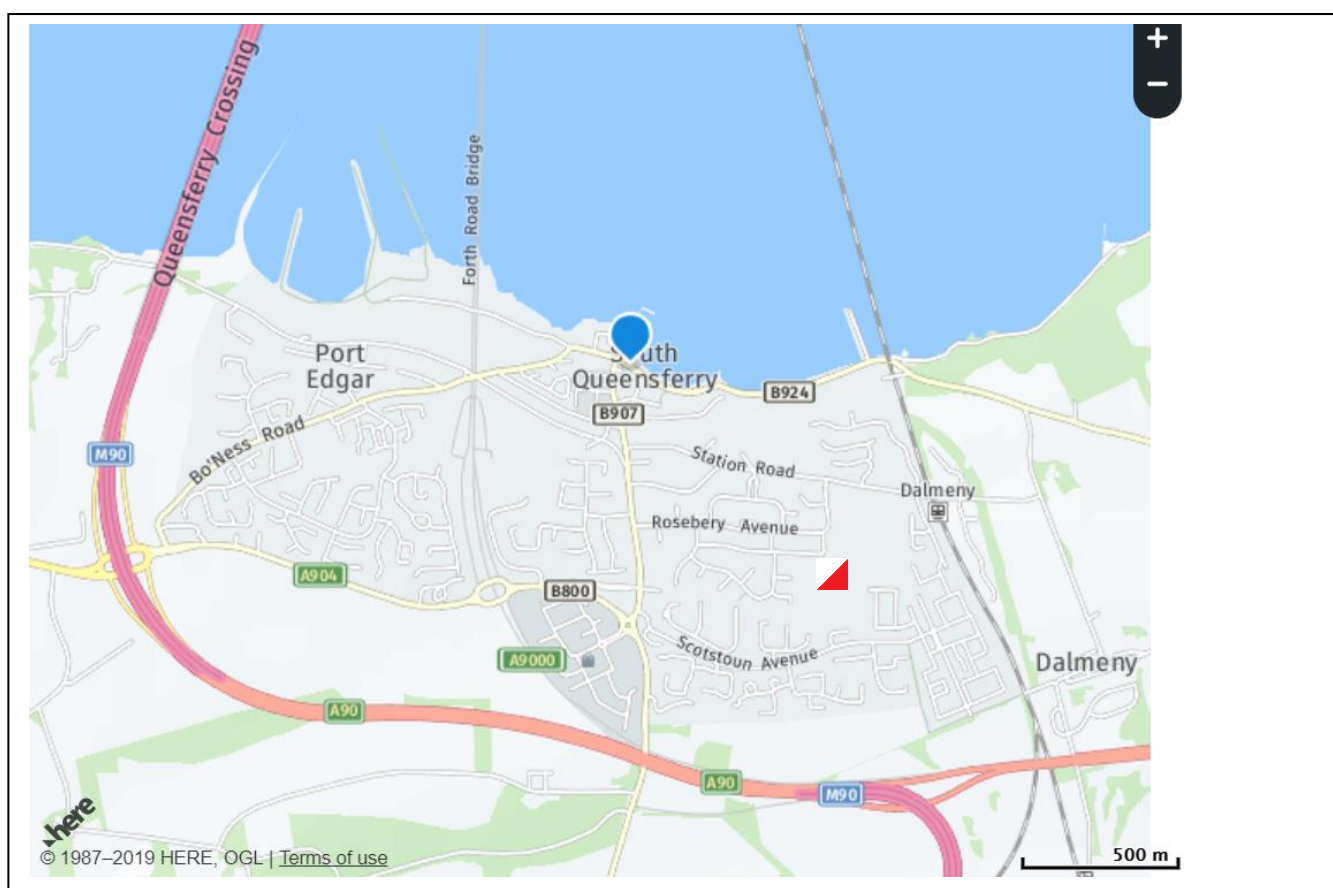
Postcode: EH30 9JN

OS Landranger 1:50 Sheet 65

GR: NT135776

ESOC welcomes you to visit historic South Queensferry, within sight of the Forth Bridges. Travel to this event is possible not only by car but by train, bus or cycle from Edinburgh City Centre so it would be possible to combine orienteering with a weekend in Edinburgh. There is also a low-key Local event on Saturday 1st June being staged by Interlopers at Almondell – more details here <https://www.interlopers.org.uk/>

LOCATION: The SOUL Event Centre is at The Queensferry Sports and Community Hub, 30 Ashburnham Rd, South Queensferry EH30 9JN, just off Station Road. Parking will be at the adjacent Queensferry High School. Although the Community Hub has a car park, this will be busy on Sunday with activities on the various sports pitches so orienteers should park at the school as instructed. There is additional parking at Dalmeny Station, 250m (a 5-10-minute walk) away



TRAVEL:

By Car

- **From the East, South and North** - Please approach from the western side of South Queensferry, along the A904 from the roundabout above the A90/M90 Junction 1A (Queensferry Crossing southern approach road).

Take the A904 east. Go straight ahead over the large roundabout above the A9000 (old Forth Road Bridge approach). Continue past Tesco/Burger King to the next roundabout and take the B907 (first

exit). After approx. 500m turn right (east) into Burgess Road (please don't follow earlier signs to the Community Hub along Rosebery Avenue as this passes through the competition area). Drive east along Burgess Road for 250m to the junction with Station Road, turn right (east) and drive for approx. 350m to the side turning on the right with Ashburnham Rd and then follow O signs.

- **From the West** – use the M80/M876/M9 motorways exiting at Junction 2 onto the B8046/A904, follow signs to South Queensferry, then to the event as above.

By Public Transport

Bus – Lothian Country Bus route 43 is an hourly service on a Sunday from Edinburgh City Centre, stopping on Station Road, leaving a 5-minute walk to the Event Centre. Timetable and route are here (download PDF) https://www.lothianbuses.com/timetable/?service_name=43

Train – Some trains from Edinburgh to/from Fife stop at Dalmeny Station on a Sunday (a 10-minute walk to the Event Centre), see the Scotrail website for details, timetable here NB This is a new timetable as of 19th May 2019

https://www.scotrail.co.uk/sites/default/files/assets/download_ct/20087_edinburgh-fife.pdf

By Cycle

National Cycle Network route NCN1 passes through South Queensferry on the way North from Edinburgh, (part of the Coast and Castles North route). More information here (plus the opportunity to buy a map)

<https://www.sustrans.org.uk/ncn/map/route/coast-and-castles-north>.

There is a downloadable map (NB Dated 2009!)

https://www.sustrans.org.uk/sites/default/files/images/files/migrated-pdfs/Sustrans_edinburgh_mapguide_Jan09.pdf

PARKING:

The main parking will be in the upper car park at Queensferry High School (behind the old school buildings) and will be signed from the junction of Station Road and Ashburnham Road in Queensferry, 250m west of Dalmeny Station. A secondary area of parking is at Dalmeny Station (no charges), there will be signage (follow red tapes) to direct you to the Event Centre along Station Road.

From the Station Road/Ashburnham Rd junction follow signs and marshals' directions to the car park behind the old school. The pedestrian route to the Event Centre will be taped through a pedestrian only side gate from the car park, please **take care** crossing the Community Hub car park. The High School and Event Centre (Community Hub) are in the competition area so do not stray far in order to warm up – there will be plenty of opportunities to warm up on the route to the Starts.



ENTRIES

Online pre-entries at Fabian 4 closed on 26th May 2019. Start times will be allocated on Fabian 4 and available a few days before the event and linked from the ESOC event web page

Entry on the Day (EOD) is subject to map availability.

Start times 11:00-13:00 (NB There will be 2 Starts as described below)

Courses close 15:00

Competitors are welcome to enter any course according to their ability (there is an Open class for each course) but will only be competitive for SOUL league points if they run the course for their age group (see table below)

Juniors (in age classes 16 and under) must enter junior classes on courses 6 & 7

Final course lengths

Course	Classes	Length (km)	Climb (m)	Start
1 *	Men Open (M18-35)	7.2	130	North
2 *	Women Open (W18-35) Men Veteran (M40+)	5.9	125	North
3	Women Veteran (W40+) Men Super Veteran (M55+)	5.0	75	North
4	Women Super Veteran (W55+) Men Ultra Veteran (M65+)	3.8	70	North
5	Women Ultra Veteran (W65+) Women Hyper Veteran (W75+) Men Hyper Veteran (M75+)	2.9	70	North
6	Women Junior (W16-) Men Junior (M16-)	3.5	10	South
7~	Women Young Junior (W12-) Men Young Junior (M12-)	2.9	10	South

*Maps for courses 1&2 will be double sided.

~Maps for Course 7 should be collected from Registration

- The course length shown is the direct straight-line distance between controls and due to the nature of urban orienteering, there will be buildings, fences to run/navigate around and perhaps steep terrain meaning that the direct path is not possible.
- To complete the course successfully, the distance involved will be significantly greater than the course length stated above.

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

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

Standard SI card hire, if required, is free but there will be a £30.00 charge if it is lost.

Hire of SIAC cards (touch free SI) is £2.50 and a charge of £60 will be made if it is lost (Limited to the first 50 participants requesting this option)

NB Courses 1 & 2 have more than 30 controls so only Series 9 and later dibbers will work. High capacity Series 9 dibbers will be available to hire at registration (no hire charge).

EOD ENTRY FEES

	EOD, on 2 nd June
Seniors (born 1998 or earlier) BOF/SOA member	£12
Seniors (born 1998 or earlier) non BOF/SOA member	£14
Juniors (born 1999 or later) BOF/SOA member	£6
Juniors (born 1999 or later) non BOF/SOA member	£7
Students BOF/SOA member	£6
Students non BOF/SOA member	£7

FACILITIES AT THE EVENT CENTRE (Open from 10:00)

Please take off any muddy shoes before entering the Community Hub, follows signs to the function room (there will be other people using the building)

- TOILETS (within the function room)
- CHANGING/BAG DROP – There will be limited space for leaving bags inside the function room which will be reserved for those that have travelled by public transport. Car drivers please use your car to leave bags. We may have access to a changing room with showers if refurbishment is complete. If its dry there will be a non-private area in the hub garden for bags, picnics etc with a view of the Finish.
- WIFI – unfortunately won't now be available for the general public.
- REGISTRATION and DOWNLOAD – see below for details.
- REFRESHMENTS – The Hub has a small cafe selling refreshments.
- WATER – sink with tap in function room.
- FIRST AID - provided by a qualified ESOC club member.

REGISTRATION: This will be in the Event Centre and will be open 10:15-12:30. Entry on the Day (EOD) is likely to be very limited and subject to map availability.

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 car keys (for solo runners as an additional safety check). Please put keys in an envelope with your contact details.

JUNIORS: For Course 7 (M/W 12-) maps should be collected at registration so that parents can judge whether shadowing is appropriate (please keep these maps 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 the Start in this eventuality.

NB On both the junior courses (Courses 6 & 7) there will be a marshalled mandatory road crossing point marked on the map and in the control descriptions. There is a control on either side of the road (which is a bus route) and the leg between them will be removed in the results so there is no need to rush across the road. Please obey all marshals' instructions, you must stop at the road until the marshal indicates it is safe to cross.

Shadowing means shadowing from behind at a distance, not assisting or accompanying. We rely on parents to report honestly at Download if, whilst shadowing, they interact with or assist (in ANY way) a junior, during the course of their race. Shadowed juniors on Course 7 (who are not assisted during their race) will be eligible for SOUL points.

MAP AND COURSES

Map surveyed by Stirling Surveys in 2013 and updated in April 2019 to ISSOM 2007 specifications. It will be printed at 1:5000 scale on waterproof paper; contours at 2.5m intervals. Map size will be A3. Controls and flags will be secured to trees, fences, etc. or L-bars. Blank maps will be on display at the Starts.

TERRAIN AND CROSSING POINTS

Typical urban street terrain with cobbles, one area of rough open and small green spaces. There is some climb for starters from the North start. Flat running shoes are suitable though there will be short distances of running on soft surfaces for which low rubber studs would give added grip. In wet conditions pavements and cobbles may become slippery.

- Please respect the mapping, and do not pass through if mapped as impassable/closed
- 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 and busses on roads and use pedestrian crossings and traffic light crossings wherever possible.
- Courses 6 & 7 runners from the South start, stay within estates where there are only local access roads, but still take care when crossing. However, on one larger access road 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 this crossing point.
- Courses 1-5 from the North start cross moderately busy roads with awkward bends, so please take care when crossing.
- Courses 1-3 from the North start go close to the South Start (Junior courses), take care not to affect these runners.
- For courses 1-3 transparent shading has been used to illustrate an overpass. Note the path underneath that can be run along



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

STARTS and FINISH:

Start times 11:00-13:00 Courses close 15:00

There are 2 Starts – the South Start for courses 6 & 7 (Juniors) and the North Start for Courses 1-5 (all other classes)

South Start (Courses 6&7) will be signed then taped (yellow tapes) from the exit from the car park and from the Event Centre and is approx. 500m on flat paths. The route to the Start only crosses minor roads which will not be marshalled, Competitors will start at allocated times at 1-minute intervals using a punching start. Loose control descriptions and blank maps will be available.

North Start (Courses 1-5) will be signed then taped (red/white tapes) from the exit from the car park and from the Event Centre and is approx. 900m on flat (or downhill) paths. The route to the Start crosses a main road (a

bus route) which will NOT be marshalled, please take care when crossing. Part of the route also follows the National Cycle Network route NCN1, please be aware of cyclists in addition to walkers and dogs.

Competitors will start at allocated times at 1-minute intervals using a punching start. Loose control descriptions and blank maps will be available

Finish: The Finish is 50m from the Hub, please take care to avoid collisions with other users of the Hub especially when crossing the car park.

Download is signed to the Event Centre and accessed through a side door (unless the weather is bad) and all competitors must report to Download even if retiring (so we know you have returned)

SAFETY: A comprehensive 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. Please obey the marshal's instructions at all times.

WEATHER: competitors are encouraged to dress according to the conditions, shorts will be allowed. If the forecast indicates that it would be too dangerous to race, the event may be cancelled or postponed. Please check the ESOC website on Saturday (1st) evening.

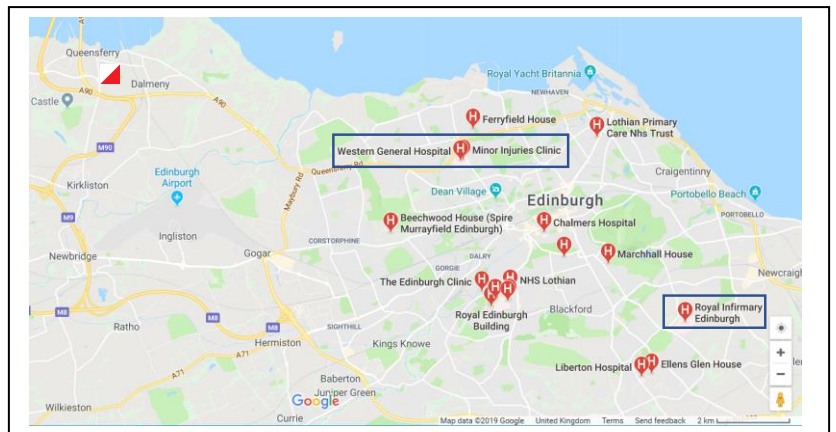
HOSPITAL: Nearest hospitals

With Minor Injuries Clinic (08:00-20:30):

Western General Hospital
Crewe Road South
Edinburgh
EH4 2XU
Telephone: 0131 537 1000

A&E:

Edinburgh Royal Infirmary
51 Little France Crescent
EDINBURGH
EH16 4SA



LITTER: Please take your litter home with you

DOGS: Dogs are not allowed in the Community Hub or on the competitive courses. Please clear up after your dog if you bring them.

EVENT OFFICIALS:

Planner: Richard Purkis (ESOC)

Controller: Rob Hickling (BASOC)

Organiser: Jayne MacGregor (ESOC) jayne.macgregor@outlook.com

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

ACKNOWLEDGEMENTS: We are grateful to the Queensferry Sports and Community Hub and Queensferry High School for the use of their facilities.

RESULTS: As soon as possible Results will be posted on the ESOC website: www.esoc.org