



We look forward to welcoming you to Corstorphine Hill for this SoSOL league event, incorporating the ESOA (East of Scotland) Championships (open to members of ELO, ESOC, EUOC, INT, KFO, RR, TAY) and the 2023 ESOC Club Championships

Prizegiving for the ESOA Club Championships will take place in the GTC car park at approx 2:30pm (please stay if you can) and for the ESOC Club Championships at a social later in the day, details of which will be circulated to club members via ESOC Matters.

Safety

- Dress: Please check the weather forecast on the day and dress appropriately. This event is in the city, but it is November, and the weather could be very cold, windy and wet.
- It will be muddy (so much rain) so we strongly recommend that competitors on all courses wear studded or grippy shoes if they have them, as the steep slopes can be slippery in both wet and dry conditions.
- Whistles are strongly advised, and we require full leg cover for all competitors.
- Other Users: The area is very well used by the general public, including dog walkers, runners, families out for a walk, mountain bikers and even horses Please respect their right to be there at the same time as you are orienteering.
- Please slow down to a walk and give plenty of room if passing off-lead dogs and horses and stand still if a dog or horse is agitated.
- Take care in and around the car park, public road and assembly areas: look after your children and follow the Highway Code.
- Competitors dogs are allowed but should be kept under very close control at all times.
- Course Closure Time: Please note that courses have a closure time of 3.00pm after which controls will start to be brought in. All competitors should be back at Download by 3pm. At this time of year this is especially important as we don't want to be bringing controls in during darkness.
- You must report to Download even if you do not complete your course, so we know you are back safely (and don't need a search party). Please return to Download by 3pm.
- Safety bearing is "West" to Clermiston Road and an event phone number is printed on the map in case of emergency.
- The map is bounded by three main roads (Queensferry Road, Clermiston Road, and Craigmillar Road). The pavements of these roads are in bounds, but the roads themselves are out of bounds, and there is no reason for them to be crossed.
- **Please read the Planners notes for more guidance especially regarding special symbols and OOB areas.**

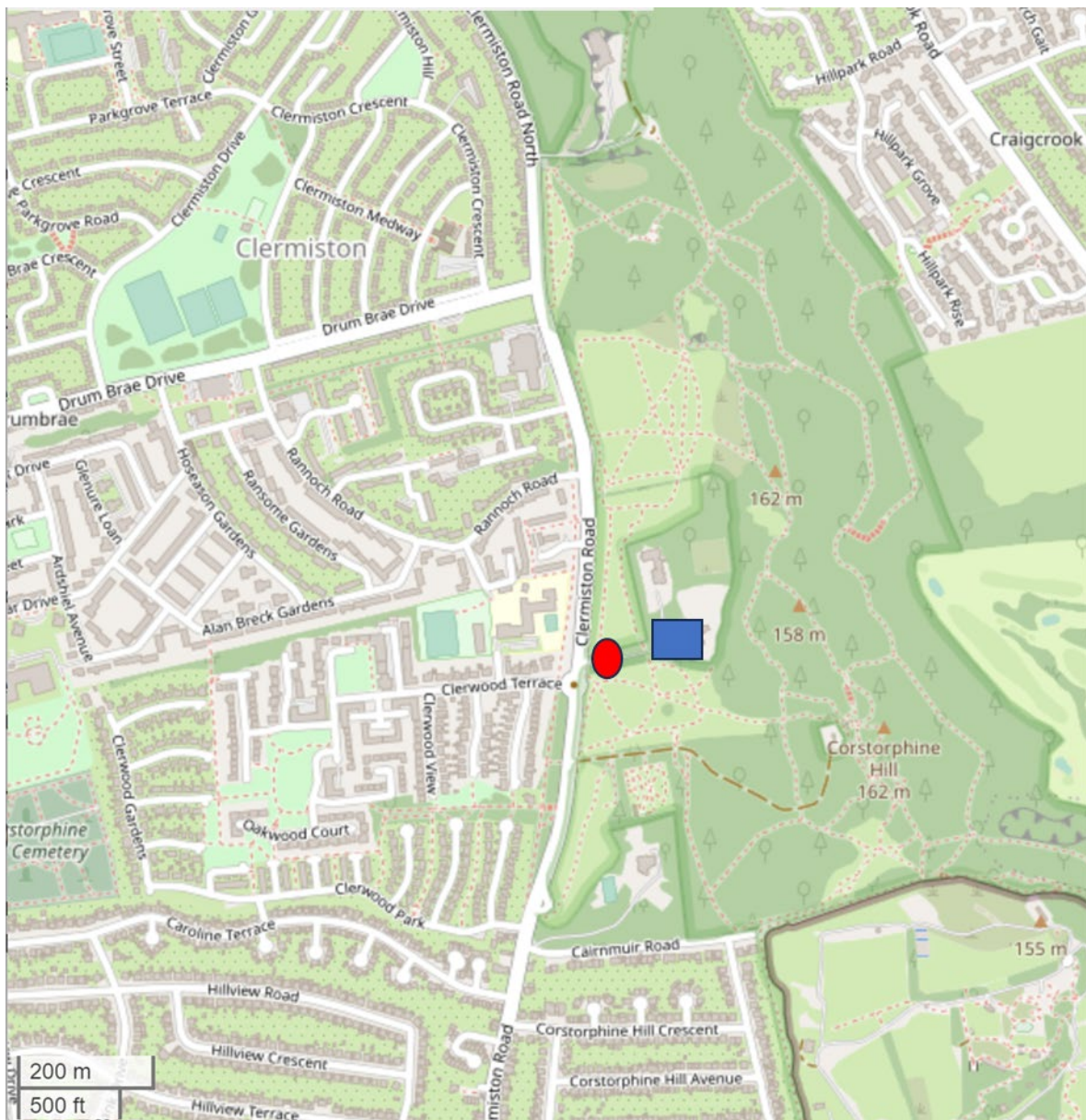
Travel

The event will be based in the car park at the General Teaching Council, 96 Clermiston Road, Edinburgh EH12 6UT. where there will be Registration and Download, but no parking here for competitors.

- **Grid Ref:** NT204740
- **Postcode:** EH12 6UT
- **Latitude:** 55.95251
- **Longitude:** -3.27672
- **What3words:** ///riches.fetch.muddy.

Please check the [event webpage](#) to see the options for getting there, by bus, bike or car but be advised that cars will probably have to park in adjacent streets and almost all people will need to cross the busy Clermiston Road to reach the event.

Facilities: There are no facilities ie NO TOILETS - Please 'go before you go' to the event. 'Informal toileting' is discouraged as this is a busy area for the public. There are numerous options for calling in at a supermarket or shopping centre on your way to the event.



 Registration/Download  Route to Start signed from here

Start and Finish:

There is one start for all courses which is a 5–10-minute walk from the GTC car park (where registration and download are). If you don't need to visit registration prior to your run (ie do not need to collect hired dibbers, white/yellow maps, drop off keys or bags etc) the route to the start will be signed at the bottom off the GTC access road, close to the mini-roundabout on Clermiston Road.

Please follow the marked route to the start to avoid straying into the competition area.

The Finish is nearby.

Planners Terrain and Mapping Notes : Map based on 2019 version by Peel Land Surveys, with a major revision in 2023.

- There are many small footpaths, boulders and crags so only the most prominent (bigger than 1m) have been mapped.
- Roads are out of bounds, but have not been over printed with the out of bounds symbol to avoid obscuring some routes.
- There are several areas, including sections of footpath, that descend steep slippery rock slabs, so slow down and take care. Forest is also steep and slippery in places, especially when wet.
- There are also unmapped and unofficial mountain bike tracks, which have increased in the area recently.
- Courses brown, blue and green will have some controls in an urban area with low traffic. Extra caution should be taken by the runners, and respect private areas within them. This area has been mapped using the Sprint symbols set the most important being the olive colour that indicates OOB ie



Area that shall not be entered symbol.

NB This symbol is also used in other (forest) parts of the map to designate Out of Bounds

Special symbols to be kept in mind



Root mound



Tree trunk (no crown)



Pine tree



Fir tree forest





There are some areas where large trees can be differentiated from others, and they have been drawn as prominent trees whenever the distance required by regulation was met to draw them



Courses Brown and Blue have a spectator control. Please, do not run on the area marked as out of bounds around this control or run on the paths marked with the purple x.

Map and Courses

The maps will be printed on waterproof paper, the control descriptions will be printed on the map and there will be loose control descriptions at the Start. The map scale will be 1:5000 for all courses and please note

- Physical map size in the table below
- The maps for Brown, Blue, Green and Light Green will be double-sided ie you need to turn the map over part way through the course

Course Information: Final course lengths

Course	Length (km)	Climb (m)	No of controls	Size	Single/double sided
Brown	7.9	400	29	A3	Double
Blue	6.6	330	24	A3	Double
Green	4.7	250	18	A4	Double
Short Green	2.5	105	13	A4	Single
Light Green	3.6	180	19	A4	Double
Orange	2.5	120	13	A4	Single
Yellow	2.0	80	12	A4	Single
White	1.4	45	10	A4	Single

Course Closure Time: Courses close at **3pm**, controls will start to be brought in from this time.

START TIMES : 15-minute start blocks selected when entering are on the RaceSignUp page [here](#)
Please arrive in time to start within your chosen time block, it is not necessary for everyone to be there at the beginning of their chosen block.

Registration: Will be open from 10.30 – 12:45 in the GTC car park for

- The collection of
 - hired dibbers.
 - **Yellow and White maps**
- To leave
 - completed medical forms (see below)
 - car keys, especially important for solo runners, please leave in a named envelope.
 - Bags – there will be a couple of places under cover to leave bags.
- Download

Late entries and EOD:

- Pre entry by [Racesignup](#) close on until Friday 17th November at 8pm, if maps are still available. The RaceSignUp page will automatically display the number of maps available on each course (ie entry limit- number of entries) from Tuesday 14th November at 2pm.
- Late entries after 8pm on Friday may be accepted by emailing eventadmin@esoc.org.uk
- EOD if maps are still available will be taken at Registration, payment by cash, bank transfer or card payment.

Entry fees (no surcharge for late entries) are on the event [webpage](#)

Free standard SI card hire, if required, but there will be a £30.00 charge if lost.

Hire of SIAC cards is £2.50 and a charge of £60 will be made if it is lost.

First Aid: We encourage you to bring your own first aid kit and administer as necessary, although a basic first aid kit, and a qualified ESOC club member will be available at Registration/Download. Nearest Hospital with A&E facilities is the Royal Infirmary of Edinburgh, 51 Little France Crescent, Old Dalkeith Road Edinburgh EH16 4SA Telephone: 0131 536 1000. There is also a Minor Injuries (for children 12 years old and over and adults) at the Western General Hospital Crewe Road South, EH4 2XU.

Depending on where you live you may prefer to attend A & E or the minor injury unit local to your home. Note that current advice is to ring 111 before attending A&E if the situation is not life threatening.

Medical Conditions

- If you are injured or ill during the course of the event, it is very useful for those helping you to have some details of any pre-existing conditions you have. If this applies to you please download, complete and hand in this [Medical Form](#) to the Organiser (via Registration). Please put in a sealed envelope with your name on it. It will only be opened if required and will be destroyed unread if you don't collect before the end of the event.
- **COVID 19:** You should not attend the event if you are showing any symptoms of Covid 19 even though you have pre-entered. You should also not attend if you have specifically been asked to quarantine or self-isolate. The event will be managed to take account of all Scottish Government Guidelines and run in accordance with Scottish Orienteering Association (SOA) Guidelines. Please:
 - do not arrive too early for your start block
 - keep a 1m distance to others outwith your household
 - use the hand sanitiser provided at the Start and Download

Acknowledgements: We are grateful to the City of Edinburgh Council for access to Corstorphine Hill and to the General Teaching Council (GTC) for the use of their car park

Officials:

Planners: Vicente López Sánchez (ESOC)

Controller: Paul Caban (INT)

Organiser: Catherine MacColl (ESOC)

Entry enquiries: eventadmin@esoc.org.uk

PUBLIC LIABILITY INSURANCE INFORMATION: Please note that all participants will be covered by Public Liability insurance provided by British Orienteering's insurance policy.

To become a member of an orienteering club, such as ESOC, which includes membership of British Orienteering and/ or Scottish Orienteering visit our website www.esoc.org.uk or ask at Registration. There are many benefits of being a member of an orienteering club and one of these is lower entry fees at most events.

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.

Privacy: when entering our events your name may appear in the results section of this website or in newspaper reports.

Read our [privacy policy](#) to see how we look after your personal data.