

# ESOC Corstorphine Hill SoSOL 16<sup>th</sup> Feb 2025

## Final Details

### Location Information:

Near: Murrayfield area, Edinburgh

Lat, Long: 55.94311,-3.26029 OS Grid Ref: NT215730

Postcode: EH12 6TX What3Words: [///nails.remind.tests](https://www.what3words.com/#!/en////nails.remind.tests)



**Directions:** The event will be based at the southernmost section of Corstorphine Hill adjacent to Corstorphine Road. Parking will be along Corstorphine Road, for safety please park in the east-bound bus lane - no restrictions on Sundays. This starts shortly after passing Edinburgh Zoo (1/4 mile to the west), and continues (with some gaps) until the junction with Balgreen Road

Please be careful exiting your car, there will be cars and buses passing close by at up to 30mph.

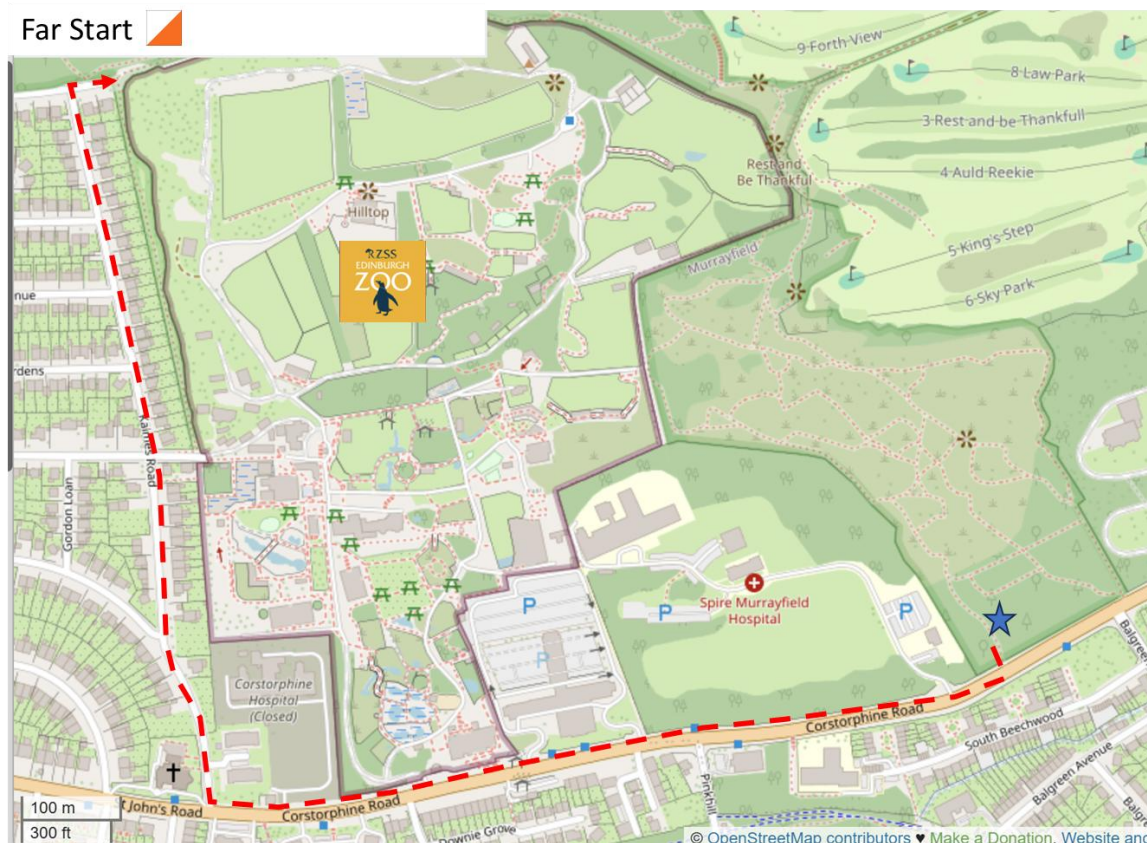
**Please use public transport if at all possible.**

Edinburgh based orienteers are welcome to join the newly expanded Edinburgh Orienteers - Car sharing WhatsApp group. Please contact [eventadmin@esoc.org.uk](mailto:eventadmin@esoc.org.uk) for the joining link.

**By Bus:** Check the [Lothian Buses](https://www.lothianbuses.co.uk/) website to plan your journey. Many buses run along Corstorphine Road eg 12, 26, 31, and Stagecoach buses 900, AIRX, X38 (Balgreen Road/Beechmount stop).

**By Tram:** The Balgreen stop is a 20-minute walk to Registration, along Balgreen Road.

**By Bike:** A variety of quiet cycle route maps throughout the city are available on the [Edinburgh City Council Quiet Routes](https://www.edinburgh.gov.uk/council-quiet-routes/) web pages. It will be possible to lock your bike close by Registration while you run. There will be a bag drop tent at Registration.



★ Registration, Finish, String course and Near Start

--- Route to Far Start

## Event Layout:

### Safety: General points here, please also read the important Planners notes under Terrain

- Other Users: Corstorphine Hill is very well used by the general public, including dog walkers, runners and bikers using **informal mountain bike trails**. Please respect their right to be there at the same time as you are orienteering.
- Dogs: Competitor's dogs are allowed and should be kept under very close control at all times.
- SAFETY NOTE RE DOGS: Please give any dog walkers you encounter whilst running on your course extra space ie don't run too close, especially if their dog/dogs are off lead. This applies to all competitors, not just those running with a dog. We always need to respect other people's right to be there.
- An emergency contact number will be printed on the map.
- Course Closure Time: **All courses have a closure time of 3pm** after which controls will start to be brought in (before it gets dark. All competitors should be back at Download by 3pm.
- You must report to Download even if you do not complete your course, so we know you are back safely, and we don't have to mount a search for you.
- Whistles are strongly advised, and we require full leg cover for all competitors, as per standard rules. Brambles, prickly thickets etc are present throughout the area.
- Weather. Current forecast looks dry if a bit chilly (but please check the forecast on the day) and some paths may be icy as well as muddy and slippery especially on the steep slopes. Please ensure you wear appropriate clothing/footwear. See note below under facilities about a clothing/shoe transfer.

## Map:

1:5000 with 5 m contours. Peel Land Surveys 2019, extensively updated by Vicente Lopez 2023 and used for SoSOL in November 2023. A few minor revisions 2025. The dark green dashed line symbol is used to show the boundaries of patches of pine/fir trees in the forest.

The map 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 the map size A3, except for Yellow and White whose map size is A4.

Brown and Blue courses have double sided maps with the course in two parts. The control descriptions indicate where to flip the map.

## Terrain:

Corstorphine Hill has plenty of contour features (as the name suggests), with detail in places. Some steeper slopes are often very slippery, whether muddy or icy, so shoes with studs or spikes are strongly recommended. The terrain is mainly forest, with some open areas. There are many crags and boulders, with only the larger ones mapped. There are many paths, and some smaller and less distinct ones are not mapped. Much of the undergrowth shown by screens on the map has now completely died down in winter, although some mapping indicates brambles that are still unpleasant (particularly in open areas).

The forest has survived Storm Eowyn fairly well. There are lots of new twigs and small branches on the ground, and a few newly fallen trees. Most of these are easily avoided. Two have fallen over small paths that might be met on the Blue and Brown courses. The resulting thin line of light will be shown on the map via a purple overprint, to make it clear the path is blocked, and because the trees will probably be removed soon, perhaps even before the event.

The residential area in the NE of the maps is not being used this time.

### Courses:

Usual courses for a SoSQL plus we will have a free String course for very young juniors close to Registration (details below).

Course lengths: Note too that whilst the length given is straight line, the climb given is based on optimal route choice.

| Course      | Distance (km) | Climb (m) | No of controls | Paper size | Map Flip |
|-------------|---------------|-----------|----------------|------------|----------|
| Brown       | 7.5           | 320       | 31             | A3         | Y        |
| Blue        | 5.9           | 205       | 23             | A3         | Y        |
| Green       | 4.2           | 145       | 18             | A3         | N        |
| Short Green | 3.5           | 135       | 19             | A3         | N        |
| Light Green | 3.3           | 125       | 17             | A3         | N        |
| Orange      | 2.7           | 80        | 14             | A3         | N        |
| Yellow      | 1.8           | 100       | 15             | A4         | N        |
| White       | 1.3           | 80        | 16             | A4         | N        |

- The Short Green course is not much shorter than the Green course, but this is what is suggested by the current guidelines.
- Note that the Brown course has 31 controls, which is beyond the capacity limit of older SI-8 dibbers (numbers 2,000,001 – 2,999,999). Anyone affected by this, on this course only, will be contacted by Event Admin and offered a SIAC dibber hire free of charge.
- Three legs near the end of the Yellow course are at the upper end of level 2 difficulty – there are routes on paths but with quite a lot of junctions. On one leg people may pass a control that is found later on the course. There is no penalty if it is punched on passing the first time, but you must go back and punch again when it appears in the required sequence.
- Please slow down when approaching the Finish as the downhill path goes close to the String course.

### String Course

The free Wild Animals String Course will use pin punches and the option to “interact” with the controls, by scanning a QR code, and stickers for all finishers

### Registration and Entries:

Registration and Download will be co-located in a tent visible from Corstorphine Road and will be open from 10.15 for

- The collection of hired dibbers and White & Yellow maps
- To leave car keys (lone runners should leave in a named envelope)
- To leave a confidential medical form (see the Medical Conditions section on the [event webpage](#))
- To enter on the day (EOD) if maps are still available (fees as on the [event webpage](#) ie no fee surcharge). Number of maps available will be on [RaceSignUp](#) page. Maps may be reserved by emailing [eventadmin@esoc.org.uk](mailto:eventadmin@esoc.org.uk)

#### Facilities:

- **Bag Drop:** There will be a dedicated bag drop tent at Registration, for those coming by bike or public transport.
- **Toilets:** One portable toilet cubicle will be located near Registration. Informal toileting in the forest is strongly discouraged as this area is very popular with the general public. There are numerous options for calling in at a [Public Toilet](#) or shopping centre on your way to the event eg the [Gyle Centre](#) or [Corstorphine Retails Park](#).
- **Clothing transfer:** We will be offering 2 shoe/coat clothing transfers, from far start to download, leaving at 12:00 and 13:00 for those that don't want to walk to the start in O-shoes. Please bring your own small bag to put them in, no big rucksacks please.

#### Starts and Finish:

There will be 2 Starts open from 11:00-13:00

- The **Near start** for the White and Yellow courses will be less than 100 m from Registration.
- The **Far start** for other courses is 1.5km and 75m climb and will be signed from Registration. Walk west along Corstorphine Road past the Zoo, then turn right into steep Kaimes Road, climbing to the top, to the junction with Cairnmuir Road – the start is less than 50m from here. It is possible to drive here and drop off very near the start, or even park nearby, if you do not need to visit registration, and if you prefer the climb after your run rather than before! The route does not involve any major road crossings so parent's discretion whether to allow for Under 16s to walk on their own.
- Please arrive at the Start in time to start within your chosen time block. It is not however necessary for everyone to be there at the beginning of their chosen block.
- Start times: You can view an entry list for all competitors and their chosen start block on [RaceSignUp](#) (scroll down to Start List section).
- There will be 3 start lanes, with 2 courses in each, with a -4-minute call up. The start team will alternate courses in the same lane, but feel free to adjust your position in the queue for your lane as you see fit.
- SIAC will be enabled for all controls EXCEPT the Start and Finish which must be punched manually

The main Finish for all courses will be close to Download.

All courses close at 3pm. If you are still out beyond this time, please make your way back to download as soon as possible. Competitors who have not returned by 3pm will be considered missing and a search party may be sent out.

#### Covid:

Please don't come to the event if you have Covid or symptoms of Covid. Please also try to respect other people's personal space at all times.

**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. The main hospital for A&E services in Edinburgh is:

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.

**Officials:**

Planner: Peter Halling (ESOC)

Controller: Paul Caban (INT)

Organiser: Catherine MacColl (ESOC)

Entry enquiries once entries open: [eventadmin@esoc.org.uk](mailto:eventadmin@esoc.org.uk)

**Acknowledgements:**

We are grateful to the City of Edinburgh Council for access and enabling the event to take place

**Public liability and Data Privacy Notices are on the [event webpage](#)**