



Scottish Urban League event (SOUL 8) - Newhaven - 23rd Nov 2025

Including the prizegiving for the 2025 SOUL series and the ESOA Championships

Final Details

The Event Centre is at **Bangholm Outdoor Centre**, 23 Craighall Gardens, close to Victoria Park in the Trinity area of north Edinburgh

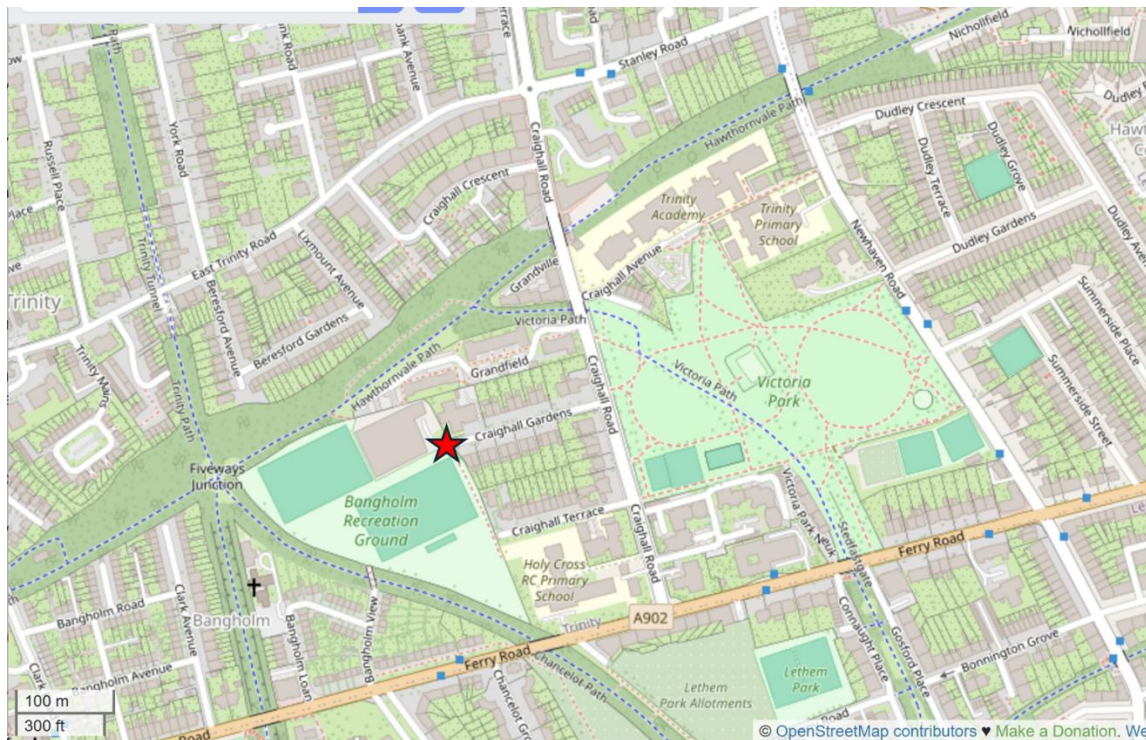
Lat,Long: 55.9745,-3.1986

OS Grid Ref: NT252763

Postcode: EH6 4RH

What3Words: [///type.mirror.holly](https://www.what3words.com////type.mirror.holly)

Limited parking at the centre so please use local streets showing due consideration to residents. Please use public transport, if at all possible.



By Bus: Check the [Lothian Buses](https://www.lothianbuses.com/) website but options include

- Numerous buses which travel along Ferry Road
 - Buses 7 and 11 from the City Centre to Newhaven and Western Harbour
 - Bus 23 from the City Centre to Trinity

By Tram: The terminus at eastern end of the Edinburgh tram (from Edinburgh Airport to Leith) is a 1km walk away.

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/quiet-routes/) web pages.

It will be possible to lock your bike close by Registration.

Event Centre

The Bangholm centre will include

- Registration (open from 10:30-12:45) for
 - Collection of Course 7 maps and hired dibbers
 - To leave keys – lone runners should leave in a named envelope.
 - To leave a confidential medical form – see the Important Event Information panel
 - First Aid provided by qualified club members
 - Download – follow signs as we may use a different door. Please remove muddy shoes which can be left outside the registration/download room.
 - Entry on the day, if maps are still available (see the RaceSignUp page for entry limits) and a map may be reserved by contacting eventadmin@esoc.org.uk. Entry fees as on the [event webpage](#) (no surcharge)
 - Dibber hire - SI cards are free to hire, and there will be a £30 charge if lost. SIAC cards cost £2.50 to hire and the charge if lost is £60.
- Toilets
- Space to change and leave bags
- An Ozone area with O-themed games and puzzles for all ages.
- Plus, there will be a free String course in the grounds of the Event Centre

Start and Finish - The Start is ~300m from the Bangholm Centre in Victoria Park, follow red & white tape streamers from the Event centre, and you can pick up the tapes from the corner of Craighall Gardens and Craighall Road. Please be careful crossing Craighall Road which can be busy, juniors under 16 must be accompanied. The Finish is close to the Event Centre

Start Times : Start times from **11:00-13:00** in minute intervals in 15-minute self-selected start blocks, which are available on [RaceSignUp](#) (scroll to the bottom of the page). Just turn up at the Start anytime within that block and join the lane for your course (feel free to sort yourselves within the queue). Remember that courses close at 14:30, so start early if you think you may be out for some time.

Safety – see also the planners notes under map and terrain

- You are responsible for your own safety, and it is the competitors' responsibility to note the following
 - Follow instructions provided by the organisers at all times, either on signage or verbally.
 - Respect out of bounds areas and impassable features - it is your responsibility to know the map symbols! (see Map section)
 - Please don't come to the event if you have Covid or symptoms of Covid.
- Please take extra care when crossing roads, some will be busy.
- There will be other people in the area and there are some narrow paths so please be careful watching out for people running in the opposite direction to you and at blind corners.
- The area may be busy with the general public, including dog walkers, runners and bikers. Please respect their right to be there at the same time as you are orienteering.
- Please give any dog walkers you encounter extra space ie don't run too close, especially if their dog/dogs are off lead
- **Emergency contact** – a mobile number is printed on the map

- **Courses Close:** You must report to Download even if you do not complete your course. Please return to Download by 14:30/2:30pm.

Courses will close at 14:30/2:30pm

Map

New map at 1:4000, with 2m contours, mapped to ISSprOM 2019-2 v6 (Vicente López Sánchez, August 2024), with additional extension and update by Vicente López Sánchez, September 2025.

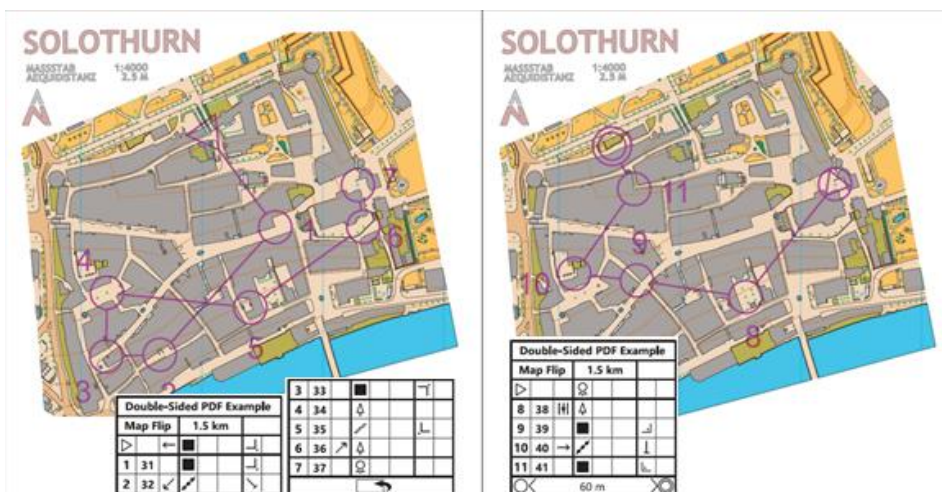
The symbol 530.000 has been used to represent posts taller than one meter.

The symbol 531.000 has been used to represent both play-park equipment and postboxes.

Maps will be printed at A4 on waterproof paper with control descriptions on the front. Loose control descriptions will be available in the start lanes. All courses have a map flip except course 7. Blank maps will be in the Start lanes.

Note: For courses 1 and 2 the two parts of the course are on different, but overlapping areas, blank maps showing both side of the maps will be in the start lane.

Map flip: A [Map Flip](#) means, that the runner needs to turn the map over and continue the second part of the course on the other side of the map.



Example

Please refresh your understanding of the Sprint mapping symbol set - Sprint (ISSprOM 20-19-2) - [here](#) and in particular the symbols indicating impassable features which must not be crossed and out of bounds housing areas in olive green and in purple hashing for larger roads and private properties.

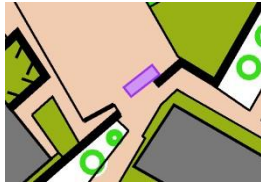
Terrain

The Newhaven, Trinity, Fort, and Fort area in north Edinburgh offers a varied and interesting setting for urban orienteering, combining historic harbour streets, suburban housing areas, and open parkland. Newhaven includes narrow lanes, courtyards, and coastal paths that require accurate navigation and quick route choices. Trinity provides a more suburban environment with residential streets, small parks, and green corridors, where high walls and private gardens create route-planning challenges. The Fort area, including Victoria Park and the grounds around Trinity Academy, features open grassland, sports fields, and school buildings, with some more complex urban sections that test both running speed and precise map reading. The terrain is mostly flat with gentle slopes and a mix of paved and grassy surfaces.

For safety reasons, all the courses that have been planned to cross Newhaven Road, Craighall Road (north) and Stanley Road will do it diagonally. However, please take extra care when crossing, as traffic can be very busy at times. Craighall Road is closed to traffic near Trinity Academy, but please be careful when crossing, since cars might still be going in and out of the parking areas.

The Newhaven area has some narrow sections, so runners are asked to be careful of possible collisions, especially when turning corners.

There's a crossing where lots of rubbish bins have recently been placed, so runners should be extra careful when passing through there, as there's a risk of collisions. The bins are marked with symbol 714.000.



Bins represented on the map



Area in the terrain

Shoes: We recommend wearing shoes with good grip, as there may be slippery areas if it has rained the days before the event.

Courses

Final course details – distances quoted for optimal route choice not straight line

Course	SOUL Classes (M)	SOUL Classes (W)	Length	Climb	Scale	#Controls	Map flip
1	M Open (MO)		11.2km	70m	1:5000	28	Yes
2	Men Vets 40+ (MV)	W Open (WO)	9.5km	40m	1:5000	23	Yes
3	Men Supervets 55+ (MSV)	Women Vets 40+ (WV)	8.3km	40m	1:4000	23	Yes
4	Men Ultravets 65+ (MUV)	Women Supervets 55+ (WSV)	7km	35m	1:4000	21	Yes
5	Men Hypervets 75+ (MHV)	Women Ultravets 65+ (WUV) Women Hypervets 75+ (WHV)	5.2km	25m	1:4000	15	Yes
6	Men Juniors M16- (MJ)	Women Juniors W16- (WJ)	3.1km	10m	1:4000	23	Yes
7	Men Young Juniors M12- (MYJ)	Women Young Juniors W12- (WYJ)	2.4km	10m	1:4000	20	No

Juniors

Under 16s must be shadowed by an adult, even though they are not crossing busy roads; they are running next to them. If the adult is also competing they **must have run their own course** before shadowing the junior.

Results: Online results should be [here](#) SOUL league results will be published [here](#)

Trophy Presentation

The prizegiving for the 2024 SOUL series and the East of Scotland championships will be held in the Event Centre, no later than 14:00.

Why not make a weekend of it at the ESOC junior and family day local event at [Blackford Hill](#) on Saturday 22nd?

Acknowledgements

We would like to thank Edinburgh Leisure and the staff at the Bangholm Outdoor Centre for their co-operation in allowing us to use this excellent Event Centre.

Officials

- Planner: Vicente Lopez Sanchez (ESOC)
- Organiser: Catherine MacColl (ESOC)
- Controller: Graeme Ackland (INT)
- Pre-event enquiries: events@esoc.org.uk
- Entry enquiries: eventadmin@esoc.org.uk

Local Hospital

As stated above, first aid will be administered by a qualified club first aider using a basic first aid kit available at Registration/Download. You are welcome to bring your own first aid kit and administer as necessary. 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 clinic (for children 12 years old and over and adults) at the (closer) 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.

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

Privacy: Read our [Privacy Policy](#) to see how we look after your personal data.