

Cademuir Hill, Scottish O League event, 13th September 2026

Final Details

The event is based in the Sports Hall on the Peebles High School campus, where there will be Parking, Registration, Toilets, Download, Junior Ozone and the ScotJos cake stall.

Grid Ref: NT250396

Postcode: EH45 9HB

Latitude/Longitude: 55.645 / -3.194

What3words: ///enforced.outsmart.pixies

By bus: X62 Borders Bus runs hourly from Edinburgh on a Sunday and takes about 1 hour and 15 mins to Peebles, then there is 1km walk to Peebles High School.

By vehicle: From the A72 at the west end of Peebles High Street, turn left to cross the River Tweed bridge. At the south end of the bridge avoid an immediate turn to the right but go across to the right fork up Springhill Road. After 400m, turn right up Springwood Road signposted 'High School' (see map below). Parking is up this road in three different places. There is a parking plan with the map below, please follow any marshals' instructions - N.B. Parking Area 1 has a one-way entrance/exit which needs to be carefully navigated - (See plan). There is also roadside parking in Springhill Road with a 5-minute walk to the Event Centre.

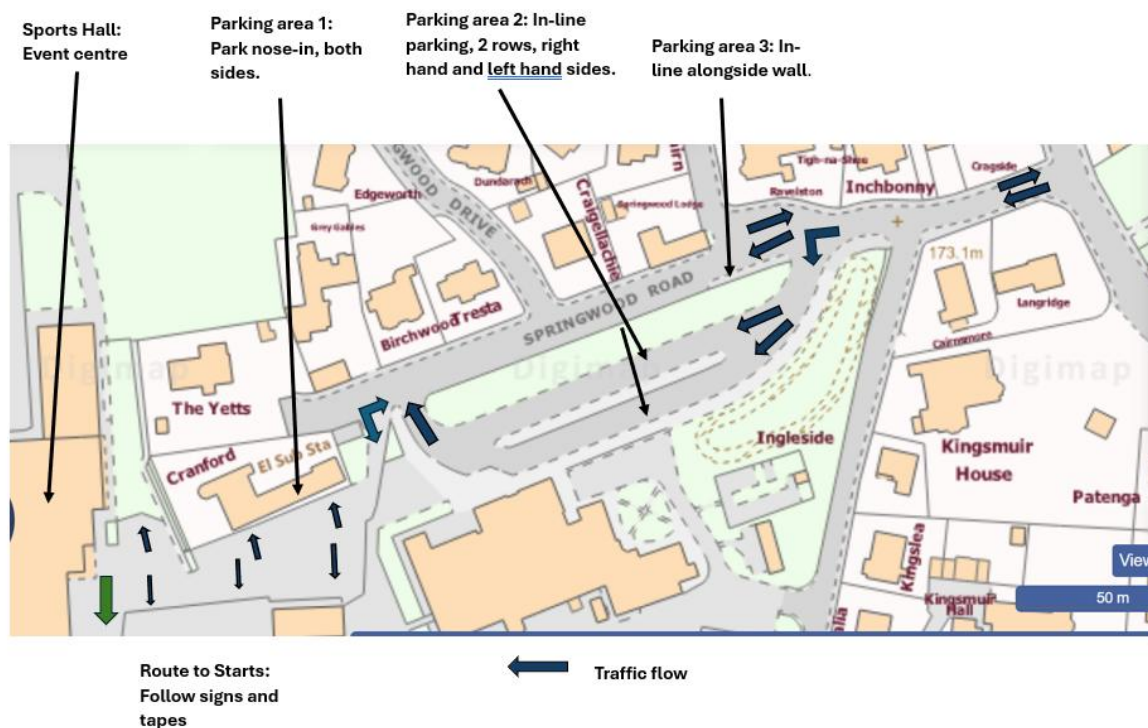
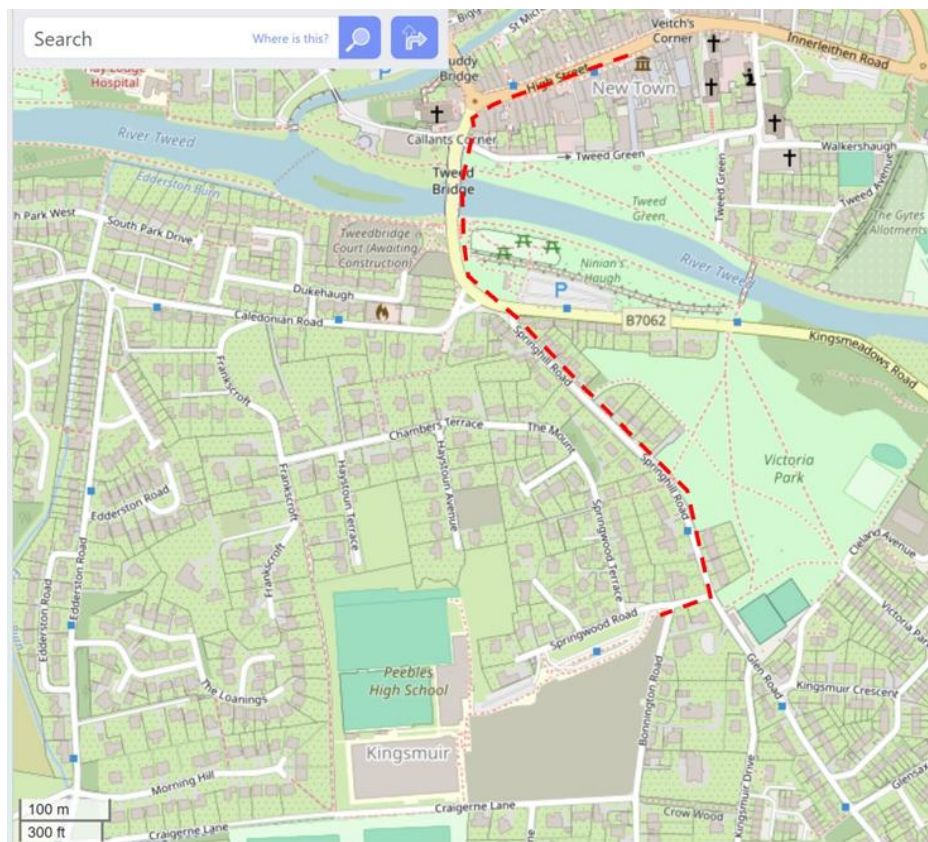
Edinburgh based orienteers are welcome to join the newly expanded ESOC car sharing WhatsApp group. Please contact eventadmin@esoc.org.uk for the joining link.

Terrain: Open hillside with contour detail and some paths and tracks. Where the map shows undergrowth, this might be high in places and competitors are advised to choose their route accordingly, especially on shorter courses. The summit of the hill is rocky in places – take care.

Other users: The John Buchan Way passes through this area (the route to the Starts largely follows this). You might encounter walkers (+/- dogs), cyclists or horses. Please be considerate and courteous to everyone.

Map: Based on the 2007 version by Peel Surveys and used in 2023 for a SoSOL (see ESOC Route Gadget for that event). The scale will be 1:10000 for the longer courses or 1:7500 for the shorter courses (see table below) and the contour interval is 5 metres. It will be printed on A3 waterproof paper and control descriptions will be printed on the maps and available as loose descriptions at the Starts. These courses have a map flip – Black, Brown and Long Orange.

Safety bearing is 'Northeast / 45 degrees'. An event phone number will be printed on the map in the case of an emergency (you may choose to carry a phone **ONLY** for safety, not for GPS)



Event Timetable

09:30	Event Centre opens for officials
09:45	Event Centre opens for competitors
10:00	Registration open
11:00	Starts open
13:00	Last official start time, starts may close earlier.
14:30	Courses close
15:15	Download closes
15:30	Event Centre closes

Course information: Remember to collect White and Yellow maps from Registration.

Course No	Colour	TD	Length	Climb	#Controls	Map Scale	Start	Map Flip
1	Black	5	9.8km	450m	22	1:10000	Far	Yes
2	Brown	5	8.2km	360m	21	1:10000	Far	Yes
3	Short Brown	5	6.7km	275m	17	1:10000	Far	No
4	Blue	5	5.4km	255m	14	1:10000	Far	No
5	Short Blue	5	4.6km	160m	12	1:10000	Far	No
6	Green	5	3.7km	120m	11	1:10000	Far	No
7	Short Green	5	3.1km	90m	10	1:10000	Far	No
8	Very Short Green	5	2.6km	65m	11	1:7500	Far	No
9	Light Green	4	2.8km	90m	11	1:10000	Far	No
10	Long Orange (aka Red)	3	4.6km	185m	17	1:7500	Near	Yes
11	Orange	3	2.9km	100m	11	1:7500	Near	No
12	Yellow	2	2.4km	90m	9	1:7500	Near	No
13	White	1	1.3km	80m	7	1:7500	Near	No

Map Scales: Note that some courses have been adapted to use a 1:7500 scale (instead of 1:10000 as described on the pre-entry details) and the legend may have had to be removed. Copies of the legend can be viewed at registration.

Map flip: Black, Brown and Long Orange will have a map flip and the course will be printed in 2 parts on both sides of the map.

Courses closure time: 14:30, and controls will start to be brought in from this time. If you think you might be out for longer than this, please ask for an early start. **Everyone must have download by 15:15 as the event centre will close at 15:30.**

First Aid: Provided by qualified ESOC club members. First aiders will be at the Far Start, the Finish and at the Event Centre. Nearest hospital with A&E facilities is the Borders General, Melrose, TD6 9BS. Tel: 01896 826000. There is also a Minor Injuries Unit but appointments can only be made through NHS24 or by calling 111. Depending on where you live you may prefer to attend A & E or the minor injury unit local to your home

Safety:

- Please check the weather forecast on the day and dress appropriately. The event is entirely on open hillside. **Whistles are compulsory and hooded rain jackets are very strongly advised as weather conditions can change very rapidly. In the event of bad weather, these will be compulsory.** Notices/reminders will be posted where the route to the Starts leaves the Event Centre.
- Studded shoes recommended
- Full leg cover is strongly recommended due to high heather and bracken and the presence of ticks. Check for ticks as they can infect with Lyme Disease. If in doubt, you should seek medical advice.
- There will be sheep on the hill – all competitors should wash their hands thoroughly after the event and please don't be tempted to drink from streams.

Registration: Open 10:30 – 12:00 in the main Sports Hall (please remove muddy shoes) for:

- The collection of Yellow and White course maps and hired dibbers
- Payment of late entry fees
- EOD, if maps are still available, payment by cash or card/contactless – a note about remaining map numbers will be posted on the event webpage.
- To leave medical forms and car keys (for lone runners please leave in an envelope with your car registration and alternate contact details)
- Download
- Junior Ozone – O-themed games and puzzles
- ScotJos Cake stall – please bring change
- Toilets and bag drop

NB The room in the Event Centre being used must be cleared by 15:30.

Start and Finish: There are two Starts, accessed by the same route from the Event Centre – follow signs and red/white tapes. Exit the Event Centre going south onto Graigerne Lane. It then follows quiet roads, but on the second part of the route there is no pavement and you should be aware of any occasional vehicles. The walk to the bottom of the hill is about 1km, taking you along Craigerne Lane and then up Edderston Road. This is also the route back from the Finish. The Near Start is then a further 600m and 75m of climb up the hill and the Far Start a further 1km and 130m up the hill. Allow 35-40 minutes altogether to reach the Starts.

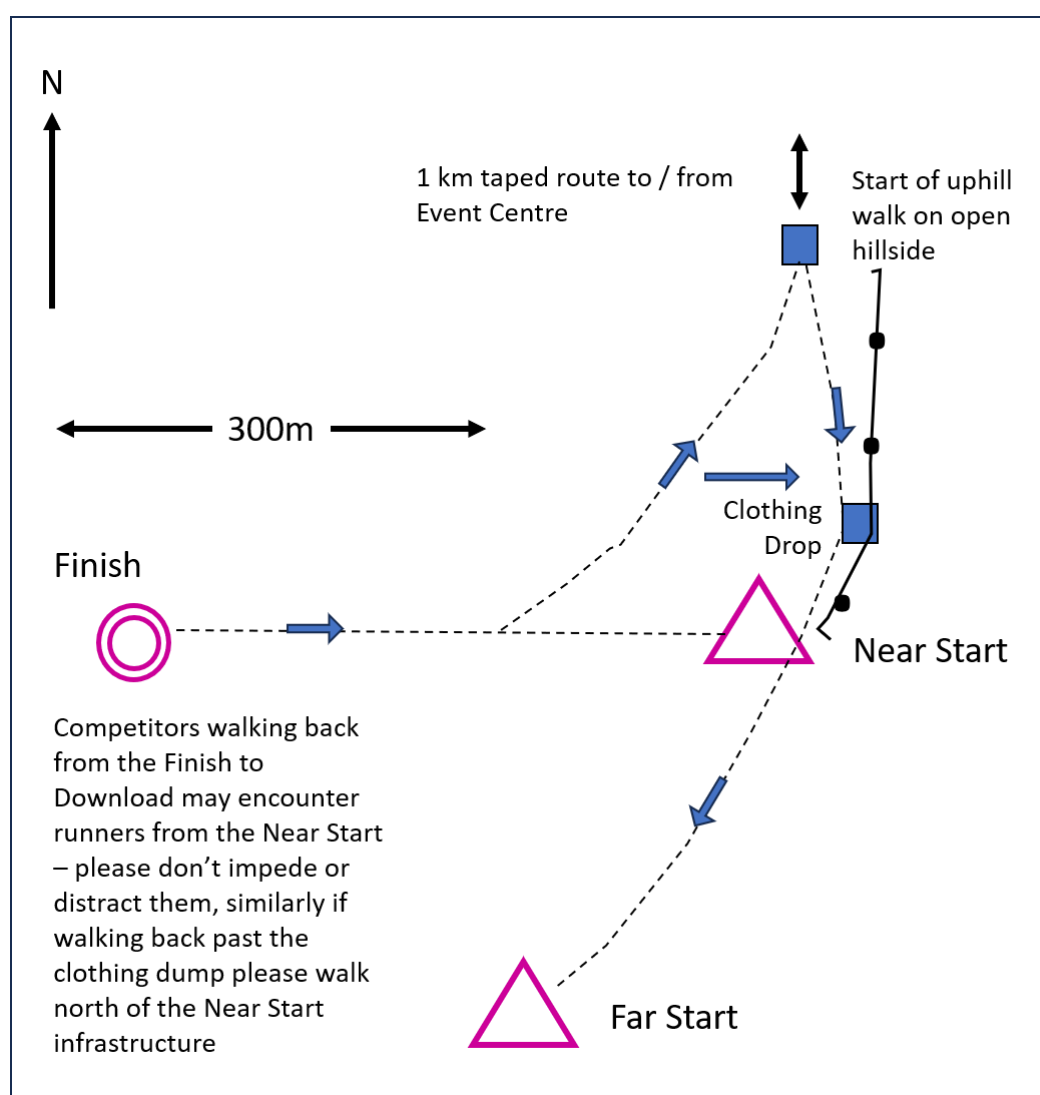
Starts: Each start will have a 4-minute call up, loose control descriptions (also on the map) and blank maps will be in boxes 2 and 3. Please ensure you punch the hand-held 'CHECK' box on entering the -4 start box and stand in the -4 box labelled with your chosen course. Please follow the official's instructions and it is your responsibility to

arrive in time for your allocated start time. If you miss your allocated time you may have to wait to be fitted into a suitable slot.

Start times: Between 11:00-13:00 and **the Start List has been posted on the [event webpage](#)**. In general start times are as pre-selected in RaceSignUp, but some have been adjusted (generally to a later time) to abide by this SOL rule – Runners from the same club on the same course must start 4 minutes apart. **Competitors on these courses in particular (Black, Blue, Short Blue, Brown, Short Brown and Short Green) should double check their start time.**

SI/SIAC: SIAC (aka Si-Air) will be enabled for the course controls but the SI boxes at the Start (Clear, Check and Start) and Finish must be punched manually.

Clothing drop: There will be a small tent and a large groundsheet just before the Near Start where clothing can be left. Please remember to collect your belongings on the walk back from the Finish and be careful not to hinder or distract runners starting from the Near Start. Here is a sketch map of the event layout on the hill



Dogs: Dogs are not allowed in the Event Centre or on the courses to avoid distracting other competitors (and there will be sheep grazing) but may be walked to the Start if kept on a lead at all times. There are likely to be local people out with dogs.

Results: We plan to upload live results during the event to: [Live results link](#)

Medical conditions: If you are injured or ill during the event it is very useful for those helping you to have some details of any pre-existing medical conditions you have. If this applies to you, please download and complete this [medical form](#) and hand it to the Event Organiser (via Registration). Please put the completed form in a sealed envelope with your name on it. It will only be opened if required and destroyed after the event.

Acknowledgements: We are grateful to Ms Patricia Anderson for permission to run on Cademuir Hill, sadly she passed away this week, we are grateful that she has been a supporter of ESOC over the years and we send our condolences to her family. We would also like to thank Peebles High School for the use of their campus.

Officials:

Planner: Peter O'Hara (ESOC)

Controller: Lindsey Knox (RR)

Organiser: Roger Scrutton (ESOC)

Entry enquiries: eventedmin@esoc.org.uk

Public liability insurance information: All participants will be covered by the Public Liability Insurance provided by British Orienteering.

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 (see details on Safety above).

Privacy: When entering our events your name might appear in the results section of our website or in reports. Please read our privacy policy to see how we look after your personal data.