



ESOC Sprint-O, Scottish Sprint Championships & SOUL 2

South Queensferry Sun 07th February 2016

General Information: The ESOC Sprint-O this year incorporates the Scottish Sprint Championships & SOUL 2. It is a two part race and the first race, the Prologue determines your starting position in the Chase. The Scottish sprint Championships will be calculated on the first race only.

Event Centre and Directions: The event centre is at Queensferry Sports Hub, 30 Ashburnham Road , South Queensferry EH30 9JN Grid ref : NS135778

From Edinburgh and the A90 take slip road on the left to Dalmeny bearing left onto the B924. In 1.4miles turn left onto Bankhead Road then right to Station Road and left onto Ashburnham Road arrive at centre.

From Forth Road Bridge take the first slip road, immediately after the bridge. At the junction turn left towards Queensferry at roundabout, take first exit to B800, at next roundabout take first exit on to B907/Kirkliston Road. After 0.2mi turn right on to Rosebery Avenue. Parking is in the event car park.

Public Transport: The 40 and 40A bus from Edinburgh bus station stops on Station Road opposite Ashburnham Road. Trains run hourly to Dalmeny which is about a 10min walk from Event Centre.

Facilities: Toilets, registration and download are in the event centre. Please remove muddy shoes, spikes and dobs before entry.

Refreshments: Hot and cold snacks and drinks will be available.

Registration: Hired dibbers can be collected from registration from 10.00. There will be limited entry on the day subject to map availability. See below if you would like to use SI Air.

SI AIR - SI Air dibbers will be available for use at this event . Please go to registration on the day to register and receive a dibber if you would like to use one.

Map: 1:5000 2.5metre contours. All competitors should ensure they are familiar with ISSOM map symbols, especially those relating to out of bounds and uncrossable features. **Note the fence along the upper level in town centre is on top of a wall and is therefore uncrossable.**

Control Descriptions: Will be printed on the front of the map. Loose descriptions will be available in the start lanes.

Terrain: South Queensferry is an intricate urban area consisting of high density housing estates with irregular road and footpath networks. Running will be mostly on tarmac, but all courses include some patches of grass and some will have a small section of woodland. With all the rain, the latter are likely to be slippery and muddy, some of the housing estate paths can also be slippery.

Starts: Prologue 10.45- 12.00 Please be aware that all senior courses have a remote start and finish. Junior courses have a remote finish only. From the finish please make your way back to download as quickly as possible so that the start list for the Chase can be calculated.

The estimated base time for the Chase is 1.15pm with courses closing at 3.15pm Senior and junior courses have separate remote starts but finish at assembly/event centre. Please check the table below to see distances to start and from finish to download.

Course Information:

Class	Prologue			Final		
	Length	To Start	From Finish	Length	To Start	From Finish
MW12-	1.8km	At assembly	950m	1.3km	300m	At assembly
MW16-	2.1km			1.6km		
M Open	3.6km	1600m		3.6km	1200m	
W Open	3.4km			3.4km		
MW40+	2.7km			2.7km		
MW55+	2.4km			2.3km		

Safety: This is an urban event in a residential area and runners should be aware of potential hazards such as pedestrians, other runners and cars. Please act courteously and responsibly towards any members of the public. There are narrow alleys and passageways so be careful on blind corners as you may meet runners coming the other way.

Junior courses: In accordance with BOF insurance, unaccompanied under 16s (on the day) can only run **MW16-** or **MW12-**. For M/W 12-, parents will have the opportunity to view the map at registration to decide whether they will need to shadow their child. Any adults shadowing should only do so AFTER their own run to remain competitive. Please inform registration if

shadowing. The junior courses are planned to avoid the main traffic areas; however they will encounter some traffic as they cross minor roads in the housing estates. They will have one marshalled road crossing in both Prologue and Chase. Adult courses will have marshalled crossings on Chase only.

Prize Giving: There are Trophies for the Men and Women Open Courses and there will be prizes for the male and female winners of each BOF age class.

Please note this is the **Scottish** Sprint Championships and so to be eligible for a prize you need to be recognised as a “Scot” Members of Scottish open clubs shall automatically be recognised as “Scots”. Other orienteers wishing to be classed as Scottish, such as those born in Scotland or long term Scottish residents currently living outside Scotland or competing for their university, must make their status known to the organisers before the race. “Scots” are one of the following:

- a) born in Scotland
- b) have at least one Scottish parent
- c) be a member of the Scottish Orienteering Association

Shadowed juniors will not be competitive in the Scottish Championships but will be eligible for SOUL points

Entry Details

Advance entry is required and is via Fabian 4 (<http://www.fabian4.co.uk>)

Pre entry fees – Seniors £10 (Non Members £12) Juniors/Students £5 (Non Members £6)

EOD entry fees – Seniors £12 (Non Members £14) Juniors/Students £6 (Non Members £7)

Planner - Helen Bridle ESOC

Controller - Bill Stevenson ESOC

Organiser - Anne Stevenson ESOC anne.edinburgh@gmail.com