ESOC Sprint-O, incorporating bto SOUL 1

ESOC's 50th Anniversary Weekend starts off with this Sprint O on Sat 31st Jan 2015

General Information

This event kicks off ESOC's anniversary weekend. It will be followed by a ceilidh in the evening and a cross country event the following day, Sunday 1st February, at Dalkeith Country Park.

Location

Nearest town: Edinburgh
Grid Ref: NT178694
Postcode: EH14 4AS
Latitude: 55.90940
Longitude: -3.32070
Google Map (aerial) - Bing Map (OS)

Directions

Head for the Riccarton Campus of Heriot Watt University which is on the western outskirts of Edinburgh. Most people will arrive via the A71, following signs to the University from the Park & Ride just west of the city bypass. Parking will be in the large car park on the right as you enter the University campus. It is reasonably easily accessible by bus; visit the Lothian Buses website for travel information. Assembly and toilets will be in the Students' Union which will be signposted from the west side of the car park.

The car park, starts and finishes are within a few minutes (<5) of the Student's Union

Registration & Start Times

Registration will be open from 11.00 to 11.30 for SI pick up and very limited EOD at a cost of seniors £10/£12 and juniors/students £5/£6. Prologue starts will be 12.00 – 13.00 and chasing starts, prologue time relative to 14.15 (note the slightly later time). Electronic timing with Sportident (SI) will be used.

Map

Maps are printed at 1:4000, contour interval 2.5m, ISSOM 2007 and were updated in January 2015.

Note – walls and fences will be marked with a thicker black line if they are deemed uncrossable for any reason. Competitors should not go over or through hedges marked dark green even if a gap is seen. You will be disqualified if you cross anything marked uncrossable, out of bounds (usual red overprint) or private property (olive green). All maps will have a legend which confirms these areas.

Course Information

The ESOC Sprint-O is a two-race competition. Time from the first race, the Prologue, determines the starting position for the second race, the Chase. The first past the post in the Chase wins the competition. SOUL points will be based on both races.

The area comprises the university campus with adjoining woodland and parkland.

Course No	Technical Difficulty	SOUL Men	SOUL Women	Distance (k) Prologue	Distance (k) Chase
1	3	Open 40+	Open	2.8	3.0
2	3	55+	40+	2.3	2.4
3	3	65+	55+ 65+	2.0	1.8
4	3	16-	16-	1.9	1.8
5	2	12-	12-	1.1	1.0

The above course lengths are all subject to final controlling.

Distances quoted are direct line distances.

There will be traffic and a regular bus route passes through the area.

MW16- MAY NOT enter the open course.

There will be a course 5 map available at registration for parents to look at to decide if their child needs shadowed. If this is the case make sure to have your own run first.

A mixture of t-bars, gripples and trestles will be uses along with standard sized kites. Be careful to pull the gripple to get your SI card in to register.

Control descriptions

Control descriptions will be on all maps but loose descriptions for prologue only.

Prologue

Route to **start** will be signed/taped from the east door of the union, back towards the car park and along the pavement <u>inside</u> the car park to the NE corner. Do not cut through any gaps and approach the start from the east. There will be a road marshal here and room to warm up (stay of the road).

Call up will be at -4mins and there will a punching start at your given time. Follow tapes to start kite.

There is a mandatory crossing for all prologue courses (underpass). Courses 4 and 5 also have a mandatory bridge crossing. Course 5 will also have a marshal patrolling a road crossing near a potentially busy goods yard.

All prologues maps will be taken in when you **finish** and you can collect them after your chase download.

Prologue courses close at 1:45pm

Out of bounds

The main campus to the west of the Student Union is then out of bounds until you have completed the Chase course.

Chase

Starts will be from 2.15 plus your prologue time for the first 30mins and then every 30secs. These times are subject to review on the day so watch for a start list going up.

Make sure you clear before joining queue. You will collect your rolled up map from the labelled box and must not unroll it until told to start.

Courses 1-4 may be gaffled, course 5 will not. The planner's advice is to check control codes before punching as some controls are close together.

Courses close at 3:45pm

Finish

Once you cross the line stay in order until you punch the finish unit. Remember to download.

Safety on the day

Clothing: Shorts may be worn, but if the weather is bad cagoules may be compulsory.

If it is or has been raining or icy take extra care when changing direction as it could be slippery, be particularly careful when running round blind corners. Remember this area can be busy with pedestrians on a Saturday afternoon. Also remember you will be held responsible if you cause a car to swerve and have an accident.

First Aid will be available at registration, along with information about local hospitals.

Student Union

Toilets are accessible from the east door; please take off muddy/dirty shoes and spikes. We are using the committee room for registration/download. The café and bar (from 12noon) are available to sit in, leave bags (at your own risk). Between them you can have hot/cold drinks, sandwiches and hot food.

Results

Results will be available from the ESOC web site as soon after the event as possible.

Contacts / Officials

Organiser: Fiona Findlay (ESOC) - email: findlays-rf@hotmail.com Phone: 0131 538 2597 **before 10pm**

Planner: Mark Wood (ESOC)

Controller: Crawford Lindsay (ESOC)

Safety and Risk

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

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