



ESOC LONG-O Saturday 16 April 2016 FINAL DETAILS

GR: NT 230 637 Postcode: EH26 0PB OS 1:50,000 Sheet 66

Travel: Castlelaw is reached from an unclassified road which leaves the A702 approximately 2.8 miles south of the Lothianburn junction of Edinburgh City Bypass (A720) (and also from Midlothian Ski Centre at Hillend). The unclassified road is signed with a brown sign to 'Castlelaw Hill Fort' and a military sign to 'Castlelaw Ranges'. If heading south turn right towards Castlelaw - if you reach the Flotterstone Inn you have missed the turn to Castlelaw and need to turn round and go back up the hill towards the junction. Note that if you are driving south there are several very bad bends in the road immediately before you reach the turn off point.

Parking and Assembly are at Castlelaw Farm, at the end of the above access road to Castlelaw Hill Fort. Park as directed by marshals and not in the small public car park. Parking charge for Long-O competitors is included in the entry fee.

Registration: 10.00 – 11.30

Pre-entries close on 11 April on Fabian4. EOD is subject to map availability:

Adults (21+): £10 Junior/student: (18-20): £4

Entries under 18, ie born after 16/4/98, accepted at the discretion of the Organiser

Free SI card hire, if required, but there will be a £30.00 charge if it is lost.

Toilets: At Castlelaw Farm

Start Times: 10.30 – 12.00 Punching start; no pre-allocated Start Times. Please start early if you think you might take a long time. The Start is only a few minutes' walk from Assembly.

Courses Close: 16.00

Map: Harveys 1:25,000 A3 size. Printed on waterproof paper.

Control descriptions on the map; no loose copies.

NB The map shows Grid North; Magnetic North is 2 degrees west of Grid North in 2016.

Remember that there is much less detail on this map than on a 1:10,000 orienteering map. The fences in particular are not completely accurate. The map is the latest available and it is not possible to update all fences in time for the event. There are many more paths and sheep tracks on the ground than mapped, which could aid running but care still needed with navigation.

Courses:

Long: 19.9km, 2,655m climb

Medium: 13.9km, 1,350m climb

Short: 9.8km, 815m climb

Score: 3 hours (180 minutes)

Score Course Penalty: deduction of 2 points per minute (or part minute) over three hours.

Terrain: Mostly open, exposed hillside. There are some patches of runnable woodland on the map and there are paths and tracks on some parts of the competition area.

Other Users: The Pentland Hills are used extensively by the general public, including hill runners, walkers, dog walkers and mountain bikers. Please respect their right to be there at the same time as you are orienteering and be considerate to all people and animals you may encounter..

Dogs: Dogs allowed provided they are under close control at all times.

LAMBS: Lambing has just started at Castlelaw. The shepherds know we are coming, and are fine with that, with the important proviso that **ALL GATES ARE KEPT CLOSED AND LATCHED**. If you open one to go through, close it behind you. This includes the turnstile gate on the way back from the Finish. Sheep know how to get through turnstiles if the swing gate is left unlatched.

SAFETY:

All Competitors take part at their own risk and are responsible for their own safety.

If you wish to carry your mobile phone, the emergency contact at Castlelaw is the Organiser Anne Thom: 07798 646423

Whistles are compulsory and will be checked at the Start

Cagoules may be compulsory if the weather is bad, so be sure to bring one with you.

It is each competitor's responsibility to make sure they carry sufficient food and water for their individual needs.

Do not drink any water found on the hill.

Water will not be provided at the finish, but the car park is close by.

The A702 runs along the southern boundary of the area and can be used to relocate if lost.

The Army use of parts of the area: Please note that some parts of the Pentlands, including much of Castlelaw Hill and surrounding area, are used by the Army for training and it is possible you could encounter army personnel whilst out on your course. You may also find used shells and other debris discarded by the Army whilst on training exercises. **Please do not touch or pick up any discarded Army debris** while orienteering. Castlelaw Army shooting ranges are on the map, close to the Start and Finish and it is possible that training could be going on there at the same time as our event.

Finish: Close to the Assembly and Car Park. **You must report to Download**, even if you have not completed your course, so that we know that everyone has returned safely.

First Aid: Provided by ESOC Club members based in the Assembly area.

Nearest hospital with A & E:

Edinburgh Royal Infirmary, Old Dalkeith Road, Edinburgh EH16 5SA

Tel: 0131 536 1000 Grid Ref: NT 290 702

Planner: Euan Mackenzie ESOC

Controller: Jim Martin ESOC

Organiser: Anne Thom ESOC annethom@annethom.net 07798 646423

Entries: Simon Firth entries@esoc.org.uk

Acknowledgements:

Grateful thanks to the MOD, to the Pentland Hills landowners Alastair McClung, Scotlands Rural College and Whitburgh Estates, the shepherds at Castlelaw Keith and Maureen and the Pentland Rangers.

Edinburgh Southern Orienteering Club

www.esoc.org.uk

