



Scottish Turf Open Weekend Edinburgh

Friday 29th September -
Sunday 1st October

FINAL DETAILS

A MASSIVELY WARM WELCOME TO THE
Scottish Turf Open Weekend

Friday 29 September to Sunday 1 October 2023



× Upcoming Events	
29/09 18:30	STO Welcome
30/09 11:15	ScottishBike
30/09 13:30	ScottishFoot
01/10 11:00	New round
01/10 13:00	CrazyScot

Turf greetings to everyone joining us for the first **Scottish Turf Open Championships!** In particular, thank you to everyone who has travelled from overseas to be here with us! We really appreciate you making the trip.

The event is hosted by Edinburgh Southern Orienteering Club (ESOC) and we really hope you will all have lots of fun in Edinburgh. If we can help you in any way while you are in town then please contact ESOCWalter on president@esoc.org.uk / +44 (0) 7810 877311 or through the WhatsApp group for the event: [Hit this link to join the group!](#)

Even if you don't normally like WhatsApp, I suggest you join this group for the weekend, to join in the fun, see the photos and get any last minute updates!

If you are new to Turf, or even if you are not (!), you might find these links useful:

TURF FAQs: General Turf FAQs are available [here](#)

TURF JARGON: Turf terms explained [here](#)

More info is available in the Turf section of the ESOC website here: [Turf | Edinburgh Southern Orienteering Club \(esoc.org.uk\)](#). The links of course won't work in the printed version of this booklet! But we will make it available on the ESOC website too, so check that out. We've had some Turf publicity "business cards" made and we would love your help over the weekend please in spreading the word about Turf, so that more people can enjoy!

Also, while you are in Edinburgh, we have additional (unofficial) Turf "medals" that you can "earn" on this website: <https://turfbridge.com/esoc.html>. One of the medals is for visiting the "Seven Hills" of Edinburgh. We also have different levels of "Edinburgh Completionist" medal, for taking 40%, 60%, 80% and 100% of all of zones in the Edinburgh municipality. We have the same for Midlothian region. Please note that these "medals" will NOT appear on the Turf app! They are only for fun.



Most importantly, stay safe and have fun! We are delighted you have come to the event weekend and look forward to meeting you!

Huge thanks from me to the ESOC organising team for all of their work and guidance on many many aspects of the events: DNostrebar, MarkkuESOC, féarglas, Hodge, ZulaTheAlien☺, finreir and lastly kjtindall!

All the best

ESOCWalter

Events Schedule Overview

THERE IS A LOT HAPPENING!

FRIDAY 29 SEPTEMBER

<i>1600 to 2000</i>	<i>Registration, Q&A & Merchandise</i>	<i>Summerhall courtyard</i>
<i>1600 to 2200</i>	<i>Crowdies (every 20 minutes or so)</i>	<i>Summerhall courtyard (new zone)</i>
1830 to 1915	Welcome Foot Turf Event	South Edinburgh
<i>1915 to 2200</i>	<i>Welcome Drinks</i>	<i>Summerhall courtyard</i>
<i>1945 (approx.)</i>	<i>Welcome Event Prizegiving</i>	<i>Summerhall courtyard</i>

SATURDAY 30 SEPTEMBER

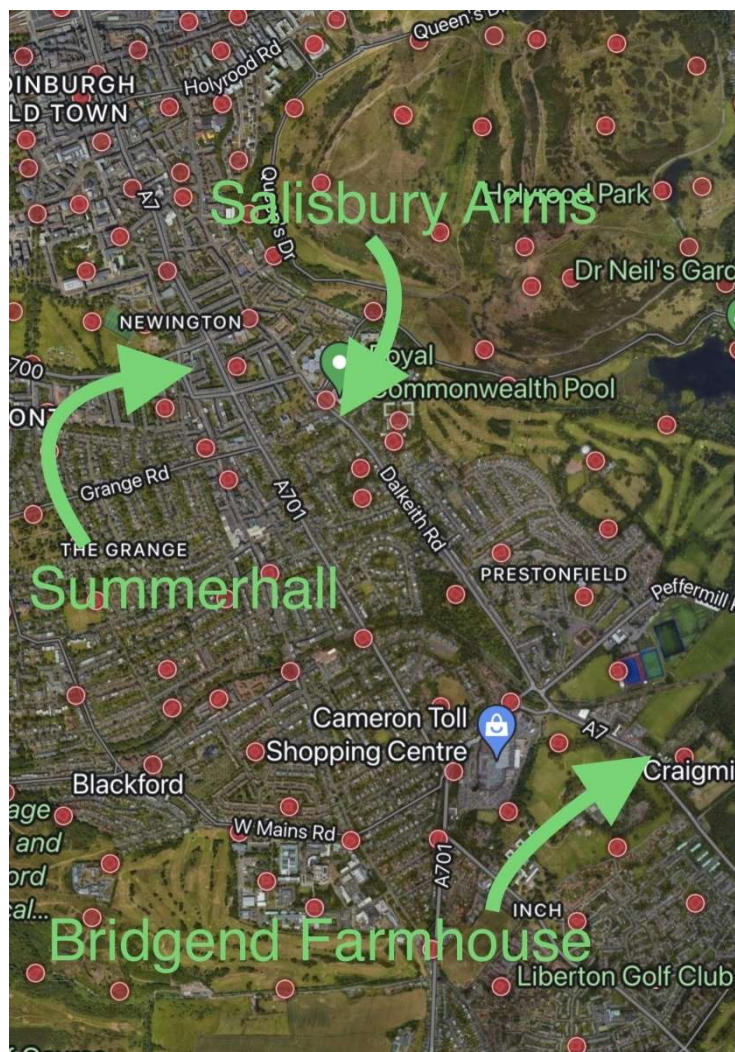
<i>1030 to 1530</i>	<i>Registration, Q&A & Merchandise</i>	<i>Summerhall courtyard</i>
<i>1030 to 1700</i>	<i>Crowdies (every 20 minutes or so)</i>	<i>Summerhall courtyard (new zone)</i>
1115 to 1245	Scottish Open Bike Champs	South Edinburgh
1330 to 1500	Scottish Open Foot Champs	South Edinburgh
<i>1530 to 1700</i>	<i>Unique-Hunting (Guided Tours)</i>	<i>Start at Summerhall</i>

<i>1730 to 2200</i>	<i>Scottish Open Drinks Reception</i>	<i>Salisbury Arms</i>
<i>1730 to 2200</i>	<i>Crowdies (every 20 minutes or so)</i>	<i>Salisbury Arms (extended #RoyalPool zone)</i>
<i>1800 to 1815</i>	<i>Buffet opens</i>	<i>Salisbury Arms</i>
<i>1945 (approx.)</i>	<i>Open Champs Awards Ceremony</i>	<i>Salisbury Arms</i>

SUNDAY 1 OCTOBER

1000 to 1030	Mountain Bike Registration	Bridgend Farmhouse
1000 to 1330	Q&A & Merchandise	Bridgend Farmhouse
1000 to 1500	Crowdies (every 20 minutes or so)	Bridgend Farmhouse (extended #ManyInches zone)
1030 to 1200	Mountain Bike Orienteering	Bridgend Farmhouse
1100	New Turf Round starts (local time)	
1300 to 1345	Crazy Foot Closing Event	Inch Park
1345 to 1500	Tea / Coffee	Bridgend Farmhouse
1415 (approx.)	Closing Event Prizegiving	Bridgend Farmhouse

EVENT CENTRE LOCATIONS



Important General Safety Information

WE REALLY WANT YOU TO HAVE AN ENJOYABLE AND ALSO SAFE TIME IN EDINBURGH

- **In Scotland, we drive (and cycle!) on the LEFT!** Please be careful crossing roads and when cycling.
- **Cars have priority over pedestrians and cyclists in the UK.** It may therefore feel like drivers in the UK are not always as nice/courteous as drivers in Sweden/Finland. Please don't expect people to stop for you like they might do elsewhere!
- In Edinburgh there are cycle **lanes** on some roads but not many that are actually separate from the roads. You need to keep an eye on the traffic at all times in Edinburgh.
- If you are hiring a bike, it will not have a "back-pedal to brake" mechanism (that you may be used to if you live outside the UK). The brakes are only on the handlebars. UK bikes have the rear brake on the left handlebar.
- Road surfaces can be uneven, for example due to potholes. Also the cobble stones can be uneven and slippery, especially when wet.
- **You take part at your own risk.** A risk assessment has been carried out for the events, but **participants take part in all of the events at your own risk and you are responsible for your own safety during the events.**
- Although the events are being hosted by Edinburgh Southern Orienteering Club (ESOC), they are not being run using the rules and guidelines of British Orienteering and therefore participants will not be covered by the British Orienteering Public Liability Insurance. **This means that if you cause damage or injury to someone or something, you are personally responsible.**
- However, we do have third party insurance cover for the mountain bike orienteering (only). To get that cover, the only additional information we need from you please before you start is your date of birth and we will get that from you on the day.
- **It is not a legal requirement to wear a cycling helmet in the UK. However, bike helmets are compulsory for the mountain bike orienteering and very strongly recommended for the bike Turf event.** As we cannot enforce it, we cannot insist on it. **But please do wear a helmet.**
- Please take extreme care whilst running through and across the streets and paths of Edinburgh and please be courteous to pedestrians and road users.
- It's all for fun, so taking risks really isn't worth it!
- First Aid: There will be a basic first aid kit at the registration desk at each event centre.
- Accident & Emergency Services: The main hospital for A&E services in Edinburgh is close to Summerhall / Salisbury Arms and even closer to Bridgend Farmhouse. Dial 999 for an ambulance. The address is Royal Infirmary of Edinburgh, 51 Little France Crescent, Old Dalkeith Road, Edinburgh, EH16 4SA.



How does a Turf event work?

IT'S EASY ONCE YOU GET STARTED!

Introduction

Events are Turf competitions which are limited in time (e.g. 45 minutes / 90 minutes) and space (e.g. an area within a city). Event zones for the event are placed by the planner and only available during the event. No one except the planner knows where the zones are until the event starts.

Points taken during an event and results are for the event only and do not affect your normal turf points score for the round.

Open & Closed Events – what's the difference?



The two Turf events on Saturday 30 September are **Open Events** and are the Scottish Open Championship events. The Turf events on Friday 29 September (Welcome event) and on Sunday 1 October (Crazy Closing event) are **Closed Events**. This means that **you need to be registered for the Friday and Sunday events in order to take part**. For the Saturday events, these will automatically appear on the app for everyone (whether or not you are taking part).

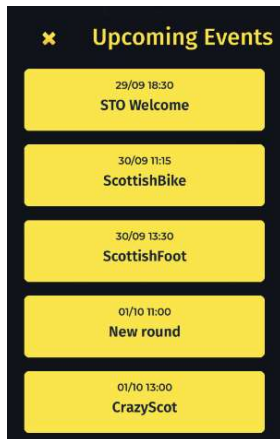
Open Events: As soon as the event starts, anyone who is in the event area is a participant – even if they don't know it! Everyone can see the event zones, including Turfers outside the event area. Participation in open events give everyone who takes at least one event zone an Event medal. If you take part in both the bike and the foot parts of the Scottish Open Championship this weekend, you will only get one medal and not two.

Closed events: Participants must be added to the event by the planner prior to the event starting. If you have indicated that you want to be part of the Turf events on Friday 29 September (Welcome event) and on Sunday 1 October (Crazy Closing event), you will have been added to the event already. Please check they are on your Turf calendar. If you haven't said you want to enter, but now you do, email ASAP president@esoc.org.uk. **You cannot be added to an event once it has started.** Only participants can see the event zones. No Event medals are awarded for closed events.

Rules for events

1. Everyone has the same takeover time (30 seconds) and block time (3 minutes). For the takeover time, nobody has a GPS bonus or a Crown bonus, so the conditions are the same for all participants.
2. All zones are worth 10 points in for a take (TP) and 60 points per hour you hold them (PPH).
3. There is no bonus taking yellow zones. Yellow and red zones are worth the same. *BUG: The take over info will say you get 50 bonus point when taking a yellow event zone. This is incorrect.*
4. You can't assist, so the first person in the zone takes it, and a second person arriving slightly later will be blocked!

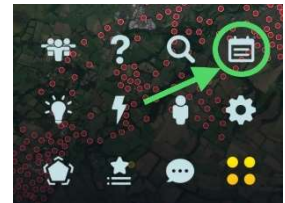
5. You can't revisit a zone you already hold (but you CAN go back to the same zone again if someone has taken it from you).



Preparation

1. You can check you are registered for the right events (and that you can see the Scottish Open Championship events) through the app. Tap the event to see date and time. Tap "Where" to see where it will take place. If you can't see the event in the app it's because the planner hasn't added you yet.

2. iPhone users only: make sure your turf-avatar is constantly visible on the Turf map even when you turn off the screen: start Turf, tap the Turf menu icon, tap settings (the cog wheel). Enable "Run as background service".



Participating in the event

1. Go to the event area in due time before the event starts. The event area is within the rectangle displayed on the map. However, for each event over the Scottish Open Champs weekend, we have a specific indication of exactly where the zones are going to be, so that is a smaller area than the rectangle. Please note these areas, so that you don't end up in an area with no zones when the event starts! Maps are in this booklet.

2. There is no single common starting point in an event. On the contrary, the best tactic is often to find a starting place away from everyone else. When there are a few minutes left for start, find yourself a good spot within the event area.

3. Just before the event start, there will be a countdown in the app. When the countdown reaches 0, all existing normal Turf zones within the event area will disappear and the event zones will be shown. GoGoGo! Start taking zones as fast as you can!

Bug 1: sometimes there is a delay before then event zones display. Sometimes you need to restart the app if they don't display (wait 10 seconds or so).

Bug 2: sometimes normal turf zones stay on the map within the event area when the event has started. You can't take them. This specifically happens if a normal turf zone is blocked when the event starts (but sometimes in other cases too).

4. During the event, there is a "toplist" scoreboard for the event in the app, where you would normally only see the leagues you are in (eg. Scotland, UK, World, etc.). Use this to keep track of your own performance and see who is leading.

5. Keep taking zones until the event ends (with a countdown).

6. When the event ends, go to the event centre. For all events on the Friday and the Saturday, this is Summerhall. On Sunday, it is Bridgend Farmhouse.



Post event

Once the event ends, the event top list will disappear from the app fairly soon after the finish time. You can go to <https://turfgame.com/event> and find the event under History. When you click your completed event, you will see a map of all event zones and the complete result list. There is also a cool function called "Event Graph" which shows how each participant's total score developed from start to finish. If it is a tight competition, you will often find that the winner passes the runner up just before the event ends!

Registration, Enquiries & Merchandise

IF YOU'VE GOT A QUESTION, WE WILL TRY TO ANSWER IT!

Please come along to the Registration & Enquiries desk, which will be at Summerhall on Friday and Saturday, and then at Bridgend Farmhouse on Sunday.

You can get your welcome pack (these are included in the registration cost for the event weekend and there is one for everyone!) and to ask any questions you have. These could be about the events or they could be about Edinburgh and places to go and see.

You can also pay us any money that you still owe us – thank you in advance!

We will be happy to help you in any way we can!

Here are some Q&As about registering for the event and the merchandise.

Q: Do I actually need to go to event registration?

A: Yes please do come along at some point over the weekend! Everyone has a welcome pack to collect! Don't get too excited about what is in it, but there is one each and we don't want you to miss out! **You do not need to go to event registration before you take part in any of the events.**



Q: Where do I get the Turf Scotland T-shirts and bags that I ordered via the SwishPrint website?

A: If you have ordered these then they will also be in your welcome pack. They are not at the SwishPrint office (no matter what your order confirmation might say). We have collected them all for you.

Q: Where do I get the Turf Scotland playing cards I ordered through the Google form?

A: If you have ordered these then they will also be in your welcome pack.

Q: How do I pay if I still owe money?

A: We have a card reader which will be at Registration/Enquiries.

Q: Is it possible to order Turf Scotland T-shirts and bags at the event?

A: No, sorry, it is not.

Q: Is it possible to buy Turf Scotland playing cards at the event?

A: Yes! Stocks are limited now so please be quick. The packs are £9 each and feature 54 different photos of Turf zones in Scotland.

Q: Is there any other Turf merchandise?

A: Yes! While stocks last, we have some pens and notebooks you might like!



DAY-BY-DAY DETAILED INFORMATION

FRIDAY 29 SEPTEMBER

1600 to 2000	Registration, Q&A & Merchandise	Summerhall courtyard
1600 to 2200	Crowdies (every 20 minutes or so)	Summerhall courtyard (new zone)
1830 to 1915	Welcome Foot Turf Event	South Edinburgh
1915 to 2200	Welcome Drinks	Summerhall courtyard
1945 (approx.)	Welcome Event Prizegiving	Summerhall courtyard

Location: Summerhall courtyard

The event centre for all activities on Friday 29 September will be the [Summerhall](#) arts venue, which is home to a vibrant community of creative artists and businesses, including a pub, café, brewery and also a distillery!



SUMMERHALL

Summerhall is at the east end of the Meadows, in south Edinburgh, between the zones #BaguaZone, #Sienna and #HolyLutton.

When you get to Summerhall, there is a big main entrance door and then an entrance hall. Keep going straight ahead to get to the courtyard, which is in the middle of the building. Look out for other Turfers! The venue is family and dog friendly.



Registration, Q&A & Merchandise 1600 to 2000 in Summerhall courtyard

As indicated above, please come along to the registration desk any time from 1600 onwards on Friday to get your welcome pack (there is one for everyone!) and to ask any questions you have. These could be about the events or they could be about Edinburgh and places to go and see.

We will be happy to help you!

Crowdies

1600 to 2200 in Summerhall courtyard

A new zone will appear in the courtyard at 1600 on Friday, so you can be there for the FTT and/or join in Crowdies throughout the afternoon and evening.

Welcome Foot Turf Event

1830 to 1915 in South Edinburgh, near Summerhall

Dress code (optional): lots of green and yellow please (Turf logo colours)

For this event, the zones will all be in the following area:



Welcome Drinks

1915 to 2200 in Summerhall courtyard

You can buy your own food and drinks at Summerhall during the evening. On Friday 29 September (and on Saturday 30 September), the Gravity Beer Festival will be happening at Summerhall too. This is lucky and we have not organised it especially for you! You do not need to get a ticket for the beer festival to get into the courtyard. However, it is up to you if you would like to get involved in the festival there is info about it here: [Gravity Festival \(gravitybeerfestival.co.uk\)](http://gravitybeerfestival.co.uk).

Welcome Event Prizegiving

1945 (approx.) in Summerhall courtyard

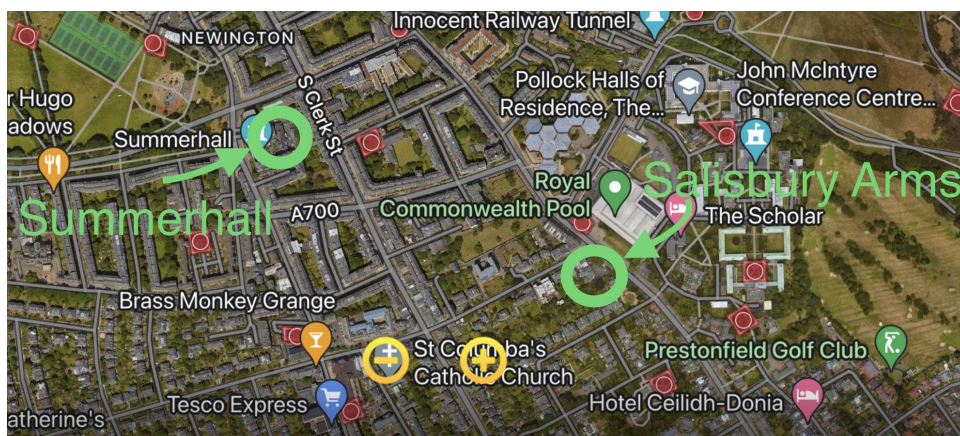
Prizes awarded in a short ceremony for great performances in the event.

SATURDAY 30 SEPTEMBER

1030 to 1530	Registration, Q&A & Merchandise	Summerhall courtyard
1030 to 1700	Crowdies (every 20 minutes or so)	Summerhall courtyard (new zone)
1115 to 1245	Scottish Open Bike Champs	South Edinburgh
1330 to 1500	Scottish Open Foot Champs	South Edinburgh
1530 to 1700	Unique-Hunting (Guided Tours)	Start at Summerhall
<hr/>		
1730 to 2200	Scottish Open Drinks Reception	Salisbury Arms <u>(NOT Summerhall)</u>
1730 to 2200	Crowdies (every 20 minutes or so)	Salisbury Arms (extended RoyalPool zone)
1800 to 1815	Scottish Open Turf Buffet opens	Salisbury Arms
1945 (approx.)	Open Champs Awards Ceremony	Salisbury Arms

Locations: Summerhall courtyard & Salisbury Arms

The event centre for the daytime activities on Saturday 30 September will be the Summerhall arts venue (details in Friday's info above), and the evening activities are at the Salisbury Arms, which is very nearby, next to the Royal Commonwealth Pool and opposite the #RoyalPool zone. Both locations are dog and family friendly.



Please note: in the original pre-event information, we indicated that the Saturday evening would also be at Summerhall. That is NOT now happening, and the Saturday evening is all at Salisbury Arms.

Registration, Q&A & Merchandise *1030 to 1530 in Summerhall courtyard*

Again, please come along to the registration desk any time from 1030 onwards on Saturday to get your welcome pack and to ask any questions you have.

Crowdies *1030 to 2200 in Summerhall courtyard*

A new zone will have been created on Friday afternoon, so you can join Crowdies in it throughout the morning and afternoon.

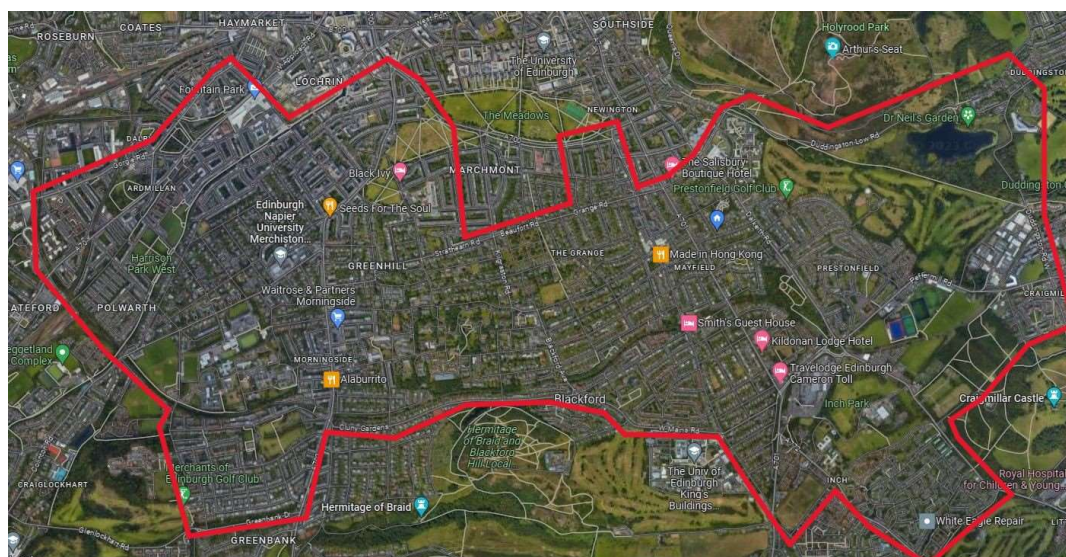


Scottish Turf Open Championships Event - Bike *1115 to 1245 in South Edinburgh*

General information about how Turf Events work is available elsewhere in this booklet.

This is an Open event, as the name suggests. Only those who have registered for the weekend via the official entry form (and paid their event registration fee) are eligible for prizes.

For this event, the zones will all be in the following area:



E-bike policy: E-bikes can be used for the bike Turf event but only without their batteries. Reason: having e-bikers compete alongside non-e-bikers distorts the playing field for traditional bikers, when racing to get a zone etc. and getting blocked etc. This policy is consistent with a number of other Turf events. E-bikers are of course very welcome to take part without batteries and also to be part of the overall weekend - social elements and the foot only events. (For the

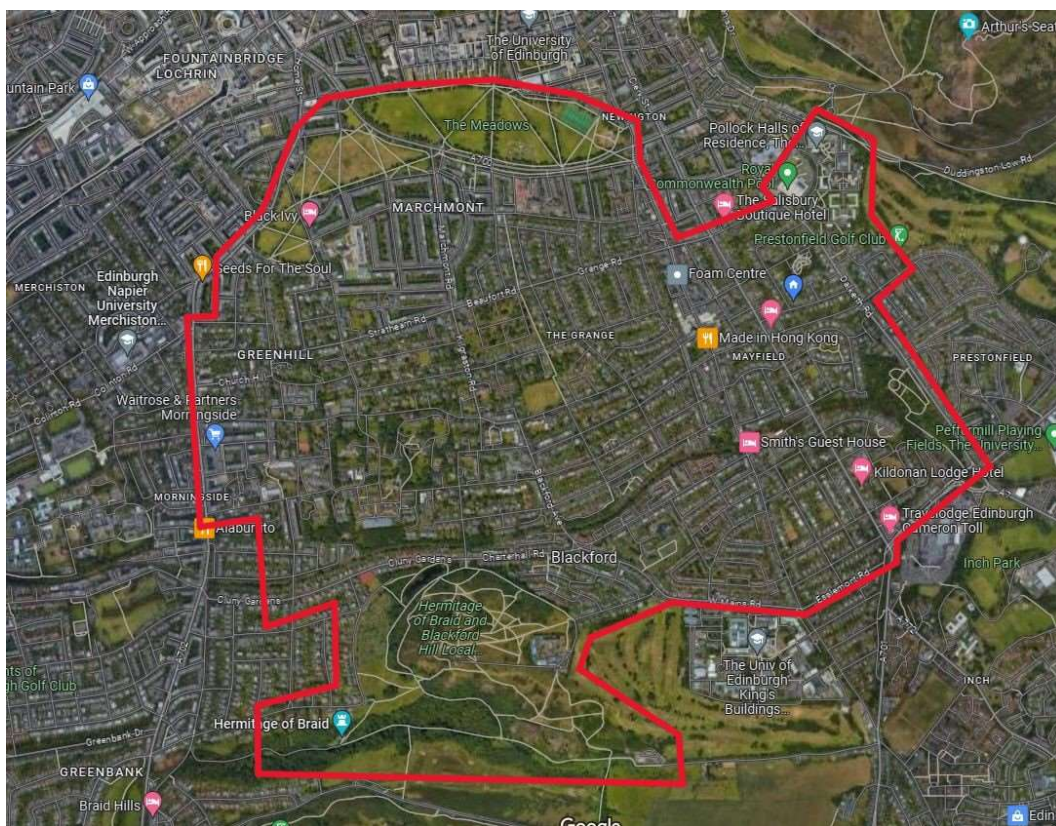
mountain bike orienteering, e-bikes and bikes welcome. Results will be differentiated between the two categories.)

Please note that the prizegiving for this event is on the Saturday evening at the Salisbury Arms at 1945 (approx.).

Scottish Turf Open Championships Event - Foot 1330 to 1500 in South Edinburgh

As above, general information about how Turf Events work is available elsewhere in this booklet. This is also an Open event. Only those who have registered for the weekend via the official entry form (and paid their event registration fee) are eligible for prizes.

For this event, the zones will all be in the following area:



Please note that the prizegiving for this event is in the evening at the Salisbury Arms at 1945 (approx.).

Unique-Hunting (Guided zone tours of Edinburgh on foot or bike) 1530 to 1700, starting at Summerhall

Local Edinburgh Turfers will be available to give fairly short (around 1 hour) guided tours of local zones, especially in the historic old town of Edinburgh, to the north of the event areas. Feel free to arrange tours with other people who you meet for different times over the weekend of course. These “organised” tours are for anyone interested and are informal, so no exact set start times

or groups, but we will coordinate people and get you organised if you are interested. Please ask at Registration & Enquiries.

Scottish Open Drinks Reception *1730 to 2200 in Salisbury Arms*

From 1730 onwards, we will have an area at the Salisbury Arms where you can have drinks. You pay for these yourself at the bar. (There is no food or drink included in your registration fee.) There is also a beer garden if the weather is nice, although that doesn't seem particularly likely! You do not need to pre-book to come along for drinks only. You only need to book in advance (and pay in advance) for the buffet (see below).

Dress code (optional): wear some tartan (does not need to be a kilt!) and/or white and blue (Scottish flag).

Crowdies *1730 to 2200 in Salisbury Arms*

The zone #RoyalPool will be moved and extended to cover the Salisbury Arms for the evening, so that multiple crowdies can be enjoyed.



Scottish Open Turf Buffet *1800 to 1815, Salisbury Arms*

The Turf Buffet needs to be booked in advance (and ideally paid for in advance, although we will also have a card reader on the night). We are taking payment and then making one payment to the Salisbury Arms on the night.

The cost is £17.75 for a senior and £12 for a junior.

It is an "all you can eat" buffet and please make the venue aware of any allergies / ask them direct if you have any queries in relation to ingredients. **See above for dress code information.**

MEAT _____ ○

CHEESE BURGER SLIDER lettuce, tomato, burger sauce 189kcal

DIABLO PIZZA chorizo, pepperoni, bacon, fire roasted and sweet red peppers, mozzarella, jalapeños, red chilli 283kcal

CHIPOTLE CHICKEN BITES fried chicken, smoky chilli jam 310kcal

CRISPY PORK BELLY pineapple & chilli salsa 144kcal

FISH _____ ○

COD GOUJONS homemade tartar sauce 279 kcal

SEA SALT & CRACKED BLACK PEPPER SQUID pickled ginger mayonnaise 104kcal

VEGETARIAN & VEGAN _____ ○

ROASTED FALAFEL creamy hummus (ve) 150kcal

PLANT-BASED BURGER Meatless Farm patty, Violife melting mature slice, burger sauce, baby gem lettuce (ve) 167kcal

HALLOUMI FRIES & SWEET CHILLI SAUCE (v) 270kcal

TRIO OF DIPS creamy hummus, aubergine baba ganoush, roasted red pepper & olive tapenade (ve) 156kcal

SIDES (included in price) _____ ○

FRIES (v) 267kcal

HOUSE SALAD (ve) 22kcal

Scottish Turf Open Championships Prizegiving *1945 (approx.) in Salisbury Arms*

Prizes awarded for the winners in the Open Championship events (both bike and foot) earlier in the day.

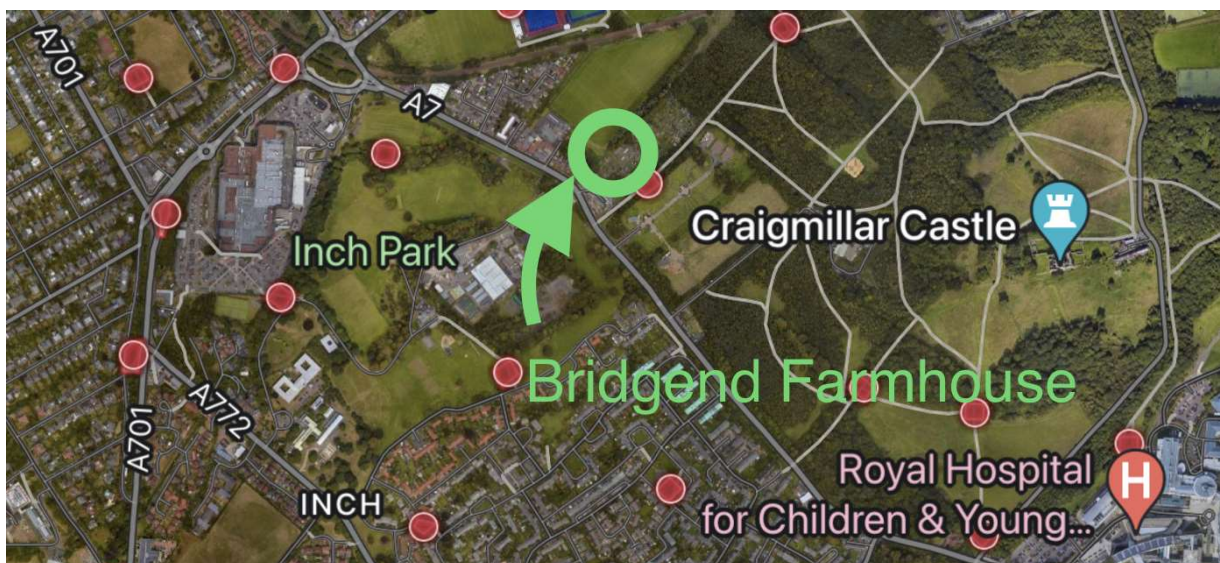
SUNDAY 1 OCTOBER

1000 to 1030	Mountain Bike Registration	Bridgend Farmhouse
1000 to 1330	Q&A & Merchandise	Bridgend Farmhouse
1000 to 1500	Crowdies (every 20 minutes or so)	Bridgend Farmhouse (extended #ManyInches zone)
1030 to 1200	Mountain Bike Orienteering	Bridgend Farmhouse
1100	New Turf Round starts (local time)	
1300 to 1345	Crazy Foot Closing Event	Inch Park
1345 to 1500	Tea / Coffee	Bridgend Farmhouse
1415 (approx.)	Closing Event Prizegiving	Bridgend Farmhouse

Location : Bridgend Farmhouse

The event centre on Sunday is at Bridgend Farmhouse, which is to the south of Summerhall and the Salisbury Arms. It is a community-run centre with a café and outdoor activities.

The mountain bike orienteering takes place in Craigmillar Castle Country Park, and the Crazy Closing Turf Event takes place in Inch Park, which is next door.



Mountain Bike Orienteering Registration **1000 to 1030 at Bridgend Farmhouse**

If you are taking part in the mountain bike orienteering, please arrive at 1000, ready for a safety briefing and for any questions you have to be answered.

A range of short courses for different abilities (approx. 30 minutes each course), all on tracks/paths. This is NOT a Turf event. But, if you like bike Turfing, you will definitely like this. Lots of help on the day to make sure that you understand it all and enjoy. You can do more than one course and there are four in total.

More details about this event come later in this booklet.

Q&A & Merchandise **1000 to 1330 at Bridgend Farmhouse**

Please come along to the registration desk any time from 1000 onwards on Sunday to get your welcome pack (if you haven't already), to ask any questions, and to buy any remaining merchandise.



Crowdies **1000 to 1500 at Bridgend Farmhouse**

The zone #ManyInches will be moved and extended to cover Bridgend Farmhouse for the day, so that multiple crowdies can be enjoyed!

Crazy Closing Foot Turf Event **1300 to 1345 in Inch Park, across the road from Bridgend Farmhouse**

Expect crazy zone shapes and a guest appearance from the famous Turfo character! 100 Extra bonus points are awarded for catching him, so the final score will need to be adjusted! You can only catch him once.

Please take care crossing the road from Bridgend Farmhouse to Inch Park. It is a fast road.

Dress code (optional): anything goes! Prize for the best outfit (but no need to dress up if you would rather not).

For this event, the zones will all be in the following area:



Closing Event Prizegiving **1415 (approx.) at Bridgend Farmhouse**

Prizes awarded in a short ceremony for great performances in the event, including best outfit!

Mountain Bike Orienteering Event

Further Details

General Information

TERRAIN: Craigmillar Castle Park is primarily parkland and woodland, with a complex network of bike-friendly roads, paths and tracks. It offers great views and all courses will pass Craigmillar Castle, a ruined medieval castle best known for its association with Mary Queen of Scots. Those on the A course will also visit a small section of urban terrain. Some paths are steep. Please note that parts of the tracks can be muddy and slippery so please be prepared for this.

TERRAIN SPECIAL NOTE: Craigmillar Castle Road runs along the east side of the map and Old Dalkeith Road runs along the south west edge of the map. Cars often travel fast on these roads and they will be marked on the map with red zigzags, showing that they must not be used to cycle along as part of your course. Great care must also be taken when crossing Craigmillar Castle Road, and that will only be necessary for those on one of the A courses.

DRESS: Please check the weather forecast and dress appropriately.

OTHER USERS: Craigmillar Castle Park is popular with dog walkers and joggers; please show courtesy to all and provide space when you pass.

GENERAL SAFETY: Children may only ride Course B without being accompanied by an adult, due to Course A crossing Craigmillar Castle Road (see above). Although traffic may be light, please take extreme care when cycling along any roads on the map. Please note also that bike helmets are mandatory (additional safety information below).

MAP: Scale 1:7,500. 1cm on the map = 75m on the ground.

Course maps will be printed on strong (but not waterproof) paper. There will be no control descriptions (as is normal for mountain bike orienteering).

Private property on the map: Please do not enter any areas marked in olive green on the map or with vertical red lines. These are all out of bounds.



MEDICAL CONDITIONS (not Covid): You have the option of downloading and completing this [Medical Form](#). It could be life saving if the organisers are aware of any existing medical conditions in the event of an incident. You can put it in a sealed envelope and hand it to the Organiser on the day. It will only be opened if required and destroyed or handed back to you after the event. If you can't easily identify the Organiser on the day please leave it with the start official (who will give it to the Organiser).

BRITISH ORIENTEERING PARTICIPANT CODE OF CONDUCT:

All competitors are asked to read and abide by the British Orienteering Participant Code of Conduct. Anyone making an entry on behalf of someone else should advise them of this.

Directions & Assembly

Assembly is at Bridgend Farmhouse (www.bridgendfarmhouse.org.uk). There will be free tea and coffee at assembly and also space to leave bags (at your own risk).

For each competitor, there are at least two courses to ride, with a gap in between. Both courses are short (compared to a normal mountain bike orienteering event). If you want a bigger challenge then you will do one of the A Courses, finish that, have a rest, and then ride the other A Course. If you want to take it a little easier, you will do one of the B courses, finish that, have a rest, and can then ride the other B Course.

Course Information

COURSE	LENGTH	DIFFICULTY
A1	3.8km	Fairly tricky navigation
A2	4.1km	Fairly tricky navigation
B1	2.1km	Easy navigation
B2	2.3km	Easy navigation

Please note that course lengths indicate the straight line distance between controls. The distance you actually ride is likely to be up to around 20 to 30% longer, depending upon the route you take. In mountain bike orienteering, a longer route can easily be faster, depending on track ride-ability and climb, etc.

CONTROLS: Orienteering kites will be at each control site, but no control codes or punches will be used. It is on trust that you visit all controls and at the end of the day it's all for fun!

Registration & Start Times

EVENT BRIEFING: Arrive at 10am, ready for a briefing and Q&A at 10.15am, with starts from 10.30am (competitors start at short intervals).

START TIMES: 10.30am to 11.30am. The start is very close to assembly at Bridgend Farmhouse. The finish is also close to the start. The start kite is indicated by a triangle on the map, and the finish is indicated by a double circle.

TIMING: We will be using stopwatches rather than any electronic timing. It is all informal.

MAP BOARDS: There are a limited number of map boards which can be attached to your bike and borrowed for the event, then returned.

Safety Rules

1. Helmets are mandatory.
2. A serviceable bike is required.
3. You must stay with your bike at all times.
4. Control descriptions are not used and control codes are also not used at this session. The control marker will be in the centre of the circle on the map.
5. Controls must be visited in numerical order.
6. You **can** leave the tracks at this event (this is not always the case at mountain bike orienteering events) but in almost all circumstances this won't be faster!

7. Give way to members of the public on foot or on horseback.
8. When overtaking, pass the other cyclist on the right and shout loudly "on the right". In a head on situation, both parties turn to the left.
9. Riders travelling uphill must be given priority.
10. Take extra when approaching roads with traffic. Obey the Highway Code when on a road.
11. At an intersection, the rider on the smaller path must give way to the rider on the larger path.
12. Slower riders should give way to faster riders.
13. Take extra care when head down reading the map or approaching another rider head down. Shout warnings as appropriate.
14. Do not loiter at a control site.
15. Move well clear of the track if stopping for any reason (including reading the map).
16. MTBO maps are similar to foot orienteering maps but contain less detail. There are no form lines and only 2 grades of forest (white - open forest, green - the rest). Many small contour and rock features are not mapped.
- 17. The main difference from foot orienteering maps is the grading of tracks and paths. Tracks are wide enough for 2 cyclists to pass and paths are narrower and generally difficult for cyclists to pass. Tracks are drawn with thick width black symbol and paths are shown with a narrower width symbol.**
- 18. Tracks and paths are classified into 4 speed bands. Fast (75-100% of possible riding speed on a hard smooth surface). Medium (50 - 75%), slow (25 - 50%) and very slow ((0 - 25%). Fast is shown with an unbroken line, medium with large dashes, slow with smaller dashes and very slow with tiny dashes that look like dots.**
19. If an obstacle cannot be crossed or the track/road is out of bounds, a magenta X or zigzag will be marked on the track/road. This applies to Craigmillar Castle Road, which runs along the east side of the map.

Entry on the day of the event (EOD) may be available, subject to there being spare maps. Please do not rely upon EOD if you would like to enter the event.

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.

Additional Information

THIS IS QUITE BORING BUT PLEASE DO READ IT ANYWAY

DATA PROTECTION: We are committed to protecting your privacy and processing your personal data in accordance with the General Data Protection Regulations, 2018 (GDPR). With regard to your personal data, we will process it securely, limit our data collection to what the club needs, and only use personal data for the purpose for which it is collected. Read our privacy policy to see how we look after your personal data.



ESOC: Edinburgh Southern Orienteering Club (also known as ESOC) is a Scottish Charitable Incorporated Organisation (SCIO) regulated by the Scottish Charity Regulator (OSCR), Scottish Charity number: SC049979.

FACILITIES: Toilets are at each event centre. Showers are available at the Royal Commonwealth Pool, across from the Salisbury Arms, although you will need to pay to get in. Enjoy a swim at the same time! If you need other options, please ask at Registration/Enquiries.

BAG DROP: If you decide to leave your bag at the event centres then you do so at your own risk.

DOGS: Dogs are allowed at the events and at the event centres so long as they are kept under close control please at all times.

REGISTRATION FEE: We kept the registration fee for the weekend as low as possible and this is £15 per senior (£5 for juniors), covering you for ALL five of the events (Turf events + Mountain Bike Orienteering) on the programme, so you can do one or more of them or ALL of them. All of these events are included in the same fixed cost, which is payable in advance. Food and drinks at the social activities are NOT included and you can buy whatever you would like on the evening. The registration fee is to cover our costs for the event, including venue hire for event centres, insurance, fees we need to pay to put on the event, and prizes. We are not aiming to make any profit from the event (and we are conscious that in Sweden Turf events are normally free). You will have been sent the bank details by now and we very much hope you will be happy with the value for money over the weekend!

COVID: Please don't come to any of the events if you have Covid or symptoms of Covid or are unwell. Please respect other people's space.

QUESTIONS: Any questions, please email president@esoc.org.uk or use the WhatsApp group.

