



ESOC ULTRASPRINT (LABYRINTH-O) Sunday 4 September 2011 East Craiglockhart Hill NT 236 707

Travel and Parking: Parking at the Edinburgh Napier University Craighouse Campus, entered from Craighouse Road. Bus route 23 goes right into the campus

Registration: 13.00 – 14.30 **Starts:** 13.30 – 15.00 **EOD only.**

Entry Fees: Adults: £5 Juniors and Students: £2.50
Family all using the same map: £5; extra maps: £1

Electronic punching: Bring your SI dibber if you have one. If not, they will be available to borrow at no extra charge.

Format: Controls in a Labyrinth (a kind of maze which the planner has specially designed, mapped and constructed on the day with tape) are combined with some park orienteering! The challenge is to navigate around the controls in the Labyrinth and those in the surrounding park, quickly and cleanly. You can go at your own pace. The fastest runner may not be the most accurate! It is entertaining for the spectators and makes a very welcoming, sociable, fun event, and with some prizes up for grabs as well, what's not to like?

Courses:

- There will be FOUR separate courses, each of about 1.5km.
- Course 1 is the hardest; 2 and 3 are easier.
- The overall winner's time will be the combined times for courses 1, 2 and 3. However you can choose to do just one or two courses and could still win a spot prize!
- Course 4 will be contained completely within the labyrinth, and this is suitable for children.

Bring a picnic! If it's a nice day, the grass area adjacent to the car parks on the Craighouse Campus is great for sitting around with your friends and meeting other orienteers, discussing your routes and watching other people

Planner: Craig Nolan

Controller: Andrew Dalgleish (ESOC)

Organiser: Janet Clark

0131 225 7771

janetclr@aol.com

www.esoc.org.uk