



INTrepid Orienteering Weekend

DECHMONT LAW

**South of Scotland Orienteering League
(SoSOL) 7 Local Event**

&

**East of Scotland Orienteering Association
(ESOA) Championships**

Sunday 4th November 2018

Directions:

From the east:

Leave the M8 at J3 (keep to the R lane), go around the roundabout and head north across the M8 towards Dechmont and Dobbies Garden Centre. There is another roundabout on the north side of the M8, where you turn L (west) onto the A89 towards Bathgate. After 2 miles you reach another roundabout where you turn L and after another 200m turn L again onto Royston Road (parking at the far end).

From the west:

Leave the M8 at J3a. At the top of the slip road there is a roundabout where you turn R. Follow this industrial estate road NE (parallel to the motorway), heading straight on at 2 roundabouts. You will now be on Royston Road (parking at the far end).

Parking: OS grid ref.: NT024698. Nearest postcode: EH54 8AH.

The owners of the car parking areas have asked that we keep the premises tidy and do not damage the grass. Please therefore stay off the grass as it will probably be damp and easily 'chewed up' at this time of year. Do not block or park opposite junctions or gateways.

Toilets en route:

There are toilets at Dobbies Garden Centre (M8, J3) so you might be wise to pay a call en route to the event and avoid queuing. J3 can be used by traffic approaching from the west as well from the east. There will be two portable loos at the event.

Terrain:

A mix of open and wooded parkland, with a compact hill in the middle 'The Law', which offers tremendous views. In the open areas the underfoot conditions include areas of long grass and smaller patches of tall weeds. In the woodland there is a mix of fast deciduous and coniferous terrain, plus a few patches of undergrowth (narrow green lines) which mostly include brambles so are best avoided. There is an extensive path network.

The area is used by the public, especially dog walkers, children, cyclists, etc., so please be courteous to other Park users and give way when necessary.

Courses:

- String course
- White (1.9 km)
- Yellow (2.7 km)
- Orange (3.5 km)
- Light Green (4.6 km)
- Short Green (3.5 km)
- Green (5.0 km)
- Blue (6.1 km)
- Brown (9.8 km)

To be eligible for an ESOA Championships Trophy, competitors must be a member of an ESOA Club: ELO, ESOC, EUOC, INT, KFO, RR, TAY.

- ESOA Trophies will be awarded to the best placed ESOA person of each Age-class running the Colour-Coded course according to the chart below
- Juniors (M/W20-) running up will be eligible to win an older Age-class trophy.
- Seniors (M/W21+) will only be eligible for their own Age-class within the appropriate Course.
- Prize giving will be at registration once results have been processed.
- Queries to: Janet Clark (Trophy-custodian) 0131 225 7771, janetclr@aol.com

	White		White
M10	Yellow	W10	Yellow
M12	Orange	W12	Orange
M14	Lt Green	W14	Lt Green
M16	Blue	W16	Green
M18	Brown	W18	Blue
M20	Brown	W20	Blue
M21	Brown	W21	Blue
M35	Brown	W35	Blue
M40	Brown	W40	Blue
M45	Blue	W45	Green
M50	Blue	W50	Green
M55	Blue	W55	Green
M60	Blue	W60	Green
M65	Green	W65	Short Green
M70	Green	W70	Short Green
M75+	Short Green	W75+	Short Green

Map:

Updated 2018. Scale 1:7500. Contour interval 5 m.

Registration:

It would help the organiser if you could pre-enter this event at www.sientries.co.uk

On-line entries open until 23:59 on Sunday 28th October 2018

- Entry on the day (EOD) 10:30 to 12:30
- Subject to map availability
- Everyone welcome, just turn up in good time.
- Start times will not be pre-allocated.

Entry fees:

- **Seniors (born 1997 or earlier):**
British Orienteering members - £10
Non-members - £11
- **Juniors (born 1998 or later) & Students:**
British Orienteering members - £5
Non-members - £6
- **Entry on the Day (EOD) subject to map availability:**
Seniors +£1:50 and Juniors & Students +£1.

Electronic timing:

SportIdent (SI) electronic timing will be used and SIAC enabled.

If you have your own dibber please bring it with you.

Standard SI dibbers can be hired at no cost (but £30 charge if lost).

SIAC dibbers can be hired for £2:50 (but £60 charge if lost).

Start:

- 5-minute walk from registration.
- 11:00 to 13:00.
- The route to the start passes the finish and crosses a quiet road.

Finish:

- Everyone must report to the finish and return to registration to download the data on their dibber, whether they finish their course or not, otherwise they might trigger a search party and call to the emergency services.
- Courses close 15:30, at which time controls will be collected.

Privacy:

When entering our orienteering events your name will appear in the results on the Interlopers orienteering club website. We do not share your data with other organisations, other than the sport governing bodies for administrative purposes. We do not use it for any marketing purposes. By entering the event you are accepting this condition.

Safety:

Participants take part at their own risk and are responsible for their own safety during the event. By entering the event you are accepting this condition.

A comprehensive risk assessment has been carried out by the organiser:

Please note:

(1) Vehicles use all roads, driveways and car parks, so you must watch out for vehicles, give way and follow the Highway Code, especially around the event car parking areas and road crossing en route to the start. The white and yellow courses have been planned to avoid roads. Other courses cross a radio mast access track and have a route choice with a quiet cul-de-sac option (can be avoided).

(2a) The car parking and registration are located on the north side of the M8 motorway. The boundary is only a timber slat fence, so children must be kept under control at all time. Pets / animals must also be kept under control at all time (on a lead). Items that can blow away must also be under control.

(2b) The orienteering is on the south (other side) of the M8 motorway. The only permitted route to / from the start and finish is across the pedestrian bridge. Take care to not drop anything, nor distract drivers.

(2c) The M8 motorway forms the northern boundary of the map. All parts of the motorway (carriageway, verge, etc) are out of bounds (whether marked out of bounds on the map or not).

(2d) You must not cross the motorway boundary fence at any place or time.

(3) The venue is used by the public, including dog walkers, children, cyclists, etc. Please respect their right to use the area and make room to pass safely.

(4) You are required to abide by the Scottish Outdoor Access Code (see http://www.outdooraccess-scotland.com/sites/default/files//docs/know_the_code_leaflet.pdf), and if necessary give way or stop running temporarily for safety reasons, e.g. some cyclists, dogs, etc.

(5) If you or one of your dependants have an underlying medical condition that you think the organiser might need to know in the case of an incident, please leave a written record, in a sealed envelope, with your name on the outside, at registration (to be destroyed afterwards).

(6) The area can be rough underfoot, steep and slippery in places, covered in deep vegetation or tree brash / cuttings and in places it might be necessary to cross old fences or walls. You must wear full leg cover, grippy footwear, watch for any hazards and take care when crossing them.

(7) There are a few steep crags (not taped) so please take care to avoid them.

(8) There is a golf course in the middle of the area. It is totally out of bounds.

(9) You are encouraged to carry a cagoule in case of bad weather and a whistle in case of injury (if injured give 6 long blasts, wait a minute, repeat).

Acknowledgements:

We would like to thank all land owners and other parties that helped make this event happen, including West Lothian Council, the Woodland Trust, Walker Group and Coralinn Private Equity.

Prize draw:

The Woodland Trust will be providing a prize draw for 'Run for it' voucher(s). It will be located at registration. We hope as many of you as possible will take part.

Planner & Organiser: Ken Daly (INT) Controller: Paul Caban (INT)

Further information about orienteering:

For further information see www.interlopers.org.uk

If you still have a question email: info@interlopers.org.uk