

# Come Orienteering!

**East of Scotland Championships  
combined with  
South of Scotland Orienteering League 2  
a level C event**



**Sunday 17<sup>th</sup> November.** Register between 10 am and 12 noon with starts 10.30 am - 12.30 pm. Enter on the day at Car Parking (see below).

**Duns Wood.** NT 777 535 (parking) TD11 3QG

**Travel:** From the A1 at Grantshouse, turn south onto the A6112, and follow it through Preston to Duns. In Duns turn right onto the A6105 and follow it for almost 1 km to the school. From the A68 take the A697 for Thirlestane and Greenlaw and then the A6105, reaching the school before the town

**Parking** is in the grounds of the old Berwickshire High School. Swimming and Rugby people also use parts of the car park so please follow directions and park economically.

**Toilets:** Public toilets in Duns centre, (near the Post Office Delivery Office) are about 800 m away so best to go on the way. On entering Duns from the north, instead of turning right, go straight on downhill to the next road.

There should also be a chemical toilet and cubicle near Start.

**Start and Finish** are close together but about a kilometre walk (or cycle) up a good track from parking. It will be possible to leave clothes where you enter the woods. From the main gate, turn right then right, and follow the track. There are several houses on the way, so there can be a little bit of traffic. There is a short cut over a small but locked and slightly awkward gate between the two rugby pitches.

Start times will not be pre-allocated. Report to start when you are ready.

**Map** 1:10000 Drawn 2004 revised 2013 printed on waterproof paper. There are control descriptions on the map and Loose control descriptions at Start. They are on normal paper, not waterproof, (for environmental reasons) so take a holder.

Special symbol. Root stock - on map: green cross and in control descriptions: .

## Entry

Pre-entry has closed but there are many maps available for entry on the day, for most courses. Anyone wanting to run green should contact us by email to reserve a map.

<b>Junior &amp; student</b> (member/non-member)	<b>Senior</b> (member/non-member)	<b>Senior</b> running White/Yellow/Orange	
£3.50 (£4.50)	£7.00 (£9.00)	£4.50	

**Courses:** Full range of courses from White to Brown and including a Short Green and a Long Orange.

Long Orange (aka Red) is suitable for experienced runners who are novice orienteers and should not have any nasty surprises.

Details subject to final controlling.

Course	Controls	Length	Climb
White	10	1.8 km	20 m
Yellow	9	2.1 km	30 m
Orange	9	3.5 km	60 m
Long Orange / Red	16	6.0 km	180 m
Lime / Light Green	11	3.6 km	105 m
Short Green	10	3.6 km	95 m
Green	13	5.0 km	170 m
Blue	17	7.2 km	250 m
Brown	19	8.0 km	240 m

Courses close at 2:30 after which controls will be taken in. Hopefully we can get them all before it gets dark.

Control descriptions will be printed on the maps and loose copies available at the start.

**White and Yellow** maps should be collected **from registration** not at Start, (so that Parents can go over the course with competitors).

A picture course for younger children will be laid out on the lawn at Parking/Registration.

### **Terrain**

There is a terrific variety of terrain at Duns but everywhere it is tough going once you leave the path network.

The ground is rather wet and even clear paths used by the White and Yellow courses are likely to be muddy and slippery.

There is a wealth of features on the ground but these are not always shown on the map in as much detail as might be expected.

Since the last major remapping some areas of trees have been cleared and replanted.

These are generally shown as 'Rough semi open ground' - with the emphasis on the 'rough'.

The woods are looking delightful at the moment with golden leaves showering down.

### **Safety**

A full risk assessment has taken place, but competitors are reminded that they compete at their own risk.

It is important that all starters report to download even if they do not finish their course.

Parents should warn young runners on White and Orange that there is a small pond near one of their early controls.

## Trophies

To be eligible for the East of Scotland Championships you need to be a member of an ESOA club (ELO, ESOC, EUOC, INT, KFO, RR and TAY) and run the appropriate course, see table below.

M10	Yellow	W10	Yellow
M12	Orange	W12	Orange
M14	Lime / Lt Green	W14	Lime / 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

Please could current trophy-holders be sure to bring them to the event, nicely buffed up. Any queries re the trophies to Janet Clark [janetclr@aol.com](mailto:janetclr@aol.com)  
We aim to hold the prize-giving as soon as we can be certain who has won each class.

## Officials

Organiser        Sheila Strain        [Sheila.strain@gmail.com](mailto:Sheila.strain@gmail.com)  
Planner         Pete Younger  
Controller      Ewart Scott (ESOC)

## South of Scotland League

Points are awarded on each colour-course. There will be at least five events in the series, probably more, and certificates are awarded at the end of the series based on your best four (five if there are nine or more events) in the series on any one course.

Competitions in the series registered so far:

- 1: 10<sup>th</sup> Nov.        ESOC Pentlands
- 2: 17<sup>th</sup> Nov        ELO Duns Wood
- 3: 12<sup>th</sup> Jan        STAG Greenhead Moss
- 4: 26<sup>th</sup> Jan        EUOC Holyrood
- 5: 9<sup>th</sup> Mar         INT Livingstone.