

**Balgone**  
**24<sup>th</sup> March 2024**  
**FINAL DETAILS**

**Location**

Parking at Balgone Barns. Look for *Balgone Sunflower Trail* on [Google maps](#). EH39 5NY (NT 555 823)

From the junction of the B1347 at (GR of road junction) east of Kingston, what three words:

///rational.debut.already head south then turn east.

As the entrance road (from the west) is narrow please arrive before 12:15 and don't try to leave till after then.

Parking charge £2.50 per car, should have been charged to pre-entries intending to bring a car. Entry on the day should pay at registration if arriving by car.

People walking or cycling via the John Muir Way from North Berwick may enter by a more direct route.

**Information, Registration, Download and Dibber hire.**

In car park

**Toilets**

Portaloos in main car park

**Advice**

If you would like advice or help before setting out, aim to come to Registration by 12 noon and ask for help.

**Start and Finish**

Start is 450 metres downhill from parking. There could be occasional vehicles going past the car park into the farm buildings so supervise children crossing the track. It will be 500 metres uphill from Finish back to Download and Parking.

**Start Times**

Between 11 and 1 for the longer courses. If parents will need longer to take a junior round White or Yellow after completing their own course, please ask so that the start for White or Yellow may be extended.

Start times are not being allocated. Go to Start and queue behind the coloured card for your course. Please start early enough to allow time to finish your course.

**Terrain**

Shorter courses are limited to the path network around the two lochs.

Longer courses also venture along the wooded corridor of the John Muir Way and include some steeper terrain along the great escarpment which runs east to west.

Please observe any out of bounds areas including private gardens of houses in the estate.

The courses are down a steepish slope from car parking so accessibility for buggies is difficult.

**Map**

The map is printed at 1:7500 with 5 m contours.

## Safety

All competitors take part at your own risk and you are responsible for your own safety. However, points to note:

- The route to start and from Finish crosses the track into the farm. There should be very little traffic but make sure children are escorted. Cyclists and horse riders could be encountered on the John Muir Way. Do try not to startle them.
- There are lochs which all courses pass but controls will be placed away from the edges. Warn children to keep away from the edges. The Blue and Brown courses also pass another pond.
- Don't fall down the crags! There are high crags in the area but courses have been planned to avoid these. White, Yellow and Orange courses avoid these and stay on the lower level. Longer courses do not go within 2 metres of the tops of crags, and there should be no need to go down through the crags.
- There are steep slopes and rough ground. **Competitors on the more technical courses are advised to wear studded shoes**
- Barbed wire: The longer courses may go near to a broken barbed wire fence. Where sections have been found they will be marked with Black/yellow tape.
- There are plenty gorse bushes and some brambles. Full leg covering required.
- There are the usual orienteering hazards of tree roots, branches and suchlike so pick up your feet.
- Animals: Blue and Brown courses go into a field which may contain horses. They are expected to move away from runners. Other animals may have been in the area so take the normal hygiene precautions such as hand washing after your run.

## Courses.

White	1.0km/0m
Yellow	2.4km/15m
Orange	2.8km/30m
Light Green	3.5km/70m
Short Green	3.8km/70m
Green	4.9km/95m
Blue	7.2km/160m
Brown	8.6km/200m

## Controls

SI units will be programmed for contactless punching for those who have a contactless 'card', other than Start and Finish which (for safety reasons so that we can check who is still out) you are required to punch by 'dibbing'.

There will be two 'radio' controls at the further points of the longer courses so that competitors' progress round the course can be monitored.

## Courses close

Courses close at 3 pm and controls will be collected in from then. If you may be a long time on your run, then come for an early enough start. You must report to Download whether or not you have completed your course, so that we know you are not lost or injured in the area.

## 'String' and Mini courses

These will be in the grassy field to the south of parking near to the route back from Finish and will be based on a grid of items. The 'string' will be a flour trail so as not to trip up those doing the mini courses which will give practice in navigating the grid.

Supervise children crossing the access track on the way to this from parking.

### **First aid**

A first aid kit will be available near Registration/Download.

A defibrillator will be available.

Nearest Accident and Emergency Hospital is Royal Infirmary of Edinburgh.

51 Little France Crescent<sup>[L]</sup><sub>[SEP]</sub>, Old Dalkeith Road Edinburgh EH16 4SA Telephone: 0131 536 1000

### **Ticks.**

Check for ticks after your run. The planner and controller have both found some after they have been in the area.

### **Covid**

Please do not attend if you or anyone in your household is showing symptoms of covid-19.

### **Dogs**

Please keep dogs on leads as there are ground nesting birds in the area.

### **Loud Bangs**

Be aware that loud bangs are caused by bird scarers in a nearby field and explain to children that it is not shooting. There will not be shooting in the area.

### **Results**

Results will be uploaded to the internet at frequent intervals during the event.

[www.elo.org.uk/latest-results](http://www.elo.org.uk/latest-results).

A QR code for this will be displayed at Enquires and on your map and split times print-out.

They may also be displayed on a screen at Download.

### **Hot Drinks**

Hot drinks and cake will be on sale from a stall near the car park. Profits from this will be donated to Mary's Meals.

### **Officials**

Organiser Sheila Strain 07884 351 967

Planner. Michael Atkinson

Controller Ian Pyrah (ESOC)

### **Acknowledgements**

Many thanks to Sir James Grant-Suttie for permission to run on Balgone Estate and to the Estate Manager, Alex Humphreys, for his help. <https://balgoneestate.co.uk>