

# Local Orienteering Event

## Dechmont Law, Livingston 8 November



Interlopers are organising a local event at Dechmont Law, Livingston. **The event is open to orienteers in the Lothian Health board area in line with current guidelines.** Thanks to West Lothian Council for supporting the event. Extensive precautions will be taken to mitigate risks around Covid 19, including pre-disinfected control units, competitor spacing, hand sanitization and riot act reading to any gatherings above 2 people!

<p><b>Directions</b></p> <p><b>Parking</b></p>	<p>From the M8 come off at junction 3 at Livingston. Get to the A89 and head West. After 2 km turn left onto Deans Road, then left again onto Royston Road. Drive to the end then follow the directions of the parking marshall. <b>NT023697, EH54 8AH</b></p> <p>Parking in Walker Group Business Unit parking &amp; adjacent units</p>																
<p><b>Registration</b></p>	<p>No entry on the day. Pre-registration only by <b>midnight Sunday 1 November</b></p>																
<p><b>Starts</b></p>	<p>11.30am-1.30pm. Two starts: Both are 10min from parking and will be signed. There is no assembly – though we will have an enquiry point. Courses close at 3pm.</p>																
<p><b>Facilities</b></p>	<p>A portaloos for helpers only.</p>																
<p><b>Courses</b></p>	<table border="1"> <thead> <tr> <th>Course</th> <th>Length (km)</th> <th>Climb (m)</th> </tr> </thead> <tbody> <tr> <td>Blue</td> <td>5.7</td> <td>120</td> </tr> <tr> <td>Green</td> <td>4.0</td> <td>100</td> </tr> <tr> <td>Orange</td> <td>2.4</td> <td>50</td> </tr> <tr> <td>Yellow</td> <td>1.7</td> <td>25</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>- <b>Maps: 1:7500</b></li> <li>- There will be no loose control descriptions at the start</li> <li>- There will be one Portaloos only for helpers/emergencies (due to cost) so please 'go' before you arrive!</li> </ul>	Course	Length (km)	Climb (m)	Blue	5.7	120	Green	4.0	100	Orange	2.4	50	Yellow	1.7	25	<ul style="list-style-type: none"> <li>- Don't attend if you have any covid symptoms.</li> <li>- 2m rule applies at all times, including in start boxes</li> <li>- Turn up for your pre-allocated start just a few minutes before</li> <li>- Don't congregate anywhere – event base/start/finish</li> <li>- Results available after the event on-line</li> <li>- Try not to touch kites, si units, gates un-necessarily</li> <li>- Use hand sanitiser as provided</li> <li>- Recommend using the Protect Scotland App.</li> </ul> <p>*** The Interlopers club Covid Officer is Katherine Ivory. Should you need to pass details to NHS Test &amp; Protect, please contact her via <a href="mailto:Katherine@tusks.org.uk">Katherine@tusks.org.uk</a>. ***</p> <p>- <a href="http://www.scottish-orienteering.org/sol/sol-competition-rules-and-guidelines">http://www.scottish-orienteering.org/sol/sol-competition-rules-and-guidelines</a></p> <p>- <a href="https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering">https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering</a></p>
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<p><b>Terrain</b></p>	<p>- Open grassland and wooded tracks. Avoid dog walkers</p>																
<p><b>Other</b></p>		<p><b>Parking</b></p> <p><b>Starts</b></p>															

**Planner:** Lorna Eades (INT) **Controller:** Crawford Lindsay (ESOC) **Organiser:** Robin Galloway (INT) (Mob: 07470 361153)