



# DECHMONT LAW

## Local orienteering event

### Saturday (pm) 6<sup>th</sup> July 2019

Interlopers Orienteering Club present the fourth of its Edinburgh and Lothians local orienteering events for 2019. The event is aimed at beginners and improvers, but also provides for experienced orienteers. Everyone's welcome.

*Orienteering is a running sport where participants use a map to navigate around a new course of about 15 checkpoints in numerical order. You start at minute intervals and the fastest time wins. If you prefer you can walk around and enjoy the scenery. Most of courses go off paths so you must wear full leg cover (e.g.: tracksuit bottoms), running shoes or boots with good grip, and tops adequate for the weather.*

#### **Directions:**

Leave the M8 at J3 and head south on the dual carriageway for approx. 0.5 mile to the first multi junction ("Houston Interchange"). Turn off at this junction (slip road) and then turn right to go underneath the dual carriageway and follow signs straight on / west to Deans. After approx. 1 mile you reach a large roundabout, where you turn right and head up past the railway station. Next turn right at the second roundabout onto Knightridge West Road. Then take the first left to get to the Law car park (behind Deans Secondary School). If the car park is full, use the approach road or neighbouring roads without blocking private entrances.

OS grid ref.: NT033694. Nearest postcode: EH54 8PS.

#### **Toilets en-route:**

There are toilets at Dobbies Garden Centre (north side of M8, J3) so you might be wise to pay a call en-route to 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 the underfoot conditions include some long grass and weeds where the mower has not been. In the woodland there is a mix of fast terrain and a few slower areas due to younger trees, undergrowth and brash. There is also an extensive path network. The area is used by the public for dog walking, cycling, etc, so please be courteous to all and give way if necessary.

#### **Map:**

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

## Registration & Starts:

- 1.30pm to 2.30pm for beginners (to 3pm for experienced orienteers).
- Everyone welcome, just turn up in good time. Advice & guidance available.

## Courses:

- Yellow (2.2 km) - suitable for beginners.
- Orange (3.2 km) - suitable for sporty beginners and improvers.
- Light Green (4.3 km) - for intermediate and experienced orienteers.

## Entry Fees:

- **Seniors (born 1998 or earlier)**  
Club/British Orienteering members - £4  
Non-members - £6
- **Juniors (born 1999 or later) & students**  
Club/British Orienteering members - £2  
Non-members - £3
- **Family Groups (Adults + children)**  
British Orienteering members - £4  
Non-members - £6
- Note: A family group for the above entry fee purposes comprises up to a maximum of 2 adults and 3 children.
- Extra maps are +£2 subject to availability

## Electronic Timing:

SportIdent (SI) electronic timing will be used. Please bring your own SI dibber. Otherwise you can hire an SI dibber free of charge but there is a £30 charge if lost.

## Insurance Condition:

**Public Liability Insurance: If you have joined an orienteering club or you are competing in one of your first three events, then you are covered by our public liability insurance. If you would like to join Interlopers orienteering club please ask at registration or visit our web site [www.interlopers.org.uk](http://www.interlopers.org.uk) or contact the club secretary at [info@interlopers.org.uk](mailto:info@interlopers.org.uk)**

## Privacy:

When entering our orienteering events your name may appear in the results section of 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.

## Finish:

- Everyone must report to the finish and download the data on their SI dibber, whether you complete the course or not, otherwise you might trigger a search party and call to the emergency services.
- Courses close 4pm, at which time controls will be collected.

## **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 risk assessment has been carried out by the organiser. Please note:

- (1) Vehicles use all of the roads, driveways and car parks, so you must watch out for vehicles, give way and follow the Highway Code before, during and after the event ie: to and from your car as well as during the event.
- (2) The M8 motorway forms the northern boundary of the map. All parts of the motorway (carriageway, hard shoulder, verge, etc) are out of bounds (whether marked out of bounds on the map or not).
- (3) The Park is used by the general public, including dog walkers and cyclists. Please respect their right to use the park and make room to pass safely. 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](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.
- (4) If you or one of your dependants have an underlying medical condition that might occur during the event, please brief the organiser in advance and leave a sealed written record at the event registration (to be destroyed afterwards).
- (5) The area can in places be rough underfoot, steep and slippery, covered in deep vegetation or tree brash (cuttings) and have old fences, walls and ditches to cross. You should wear full leg cover, grippy footwear, watch for hazards, take care when crossing them and only go where you are able to cope.
- (6) There are a few steep crags (not taped) so please take care to avoid them.
- (7) You are encouraged to carry a coat if there is a risk of bad weather and a whistle in case of injury (if injured give 6 long blasts, wait a minute, repeat).
- (8) Good hygiene is required in the countryside, so wash your hands after competing and especially before eating.
- (9) There is a golf course alongside the park. It is out of bounds to orienteers, but you should still be vigilant and avoid running alongside the course when a golfer is hitting a ball.

## **Further information:**

For further information see [www.interlopers.org.uk](http://www.interlopers.org.uk)

If you still have a question email: [info@interlopers.org.uk](mailto:info@interlopers.org.uk)

## **Next events:**

Saturday pm 20/07/19 – Blackford Hill, Edinburgh (ESOC)

Saturday pm 31/08/19 – Braidburn, Edinburgh (INT)

Saturday pm 07/09/19 – Yellowcraigs, Dirleton (ELO)

Saturday pm 28/09/19 – Hallhill, Dunbar (INT)

Saturday pm 05/10/19 – Mortonhall, Edinburgh (INT) – TBC

Sunday am 06/10/19 – Kinneil, Bo'ness (INT) – TBC

*For INT event details, see the web site nearer the time - [www.interlopers.org.uk](http://www.interlopers.org.uk)*