

# Livingston SOUL - Saturday 2<sup>nd</sup> December

Our event is based in the Knightsridge area of Livingston. It is the last SOUL (Scottish Orienteering Urban League) event of the year, and the SOUL prizegiving will take place on the day.

**Location** - Carmondean Community Centre

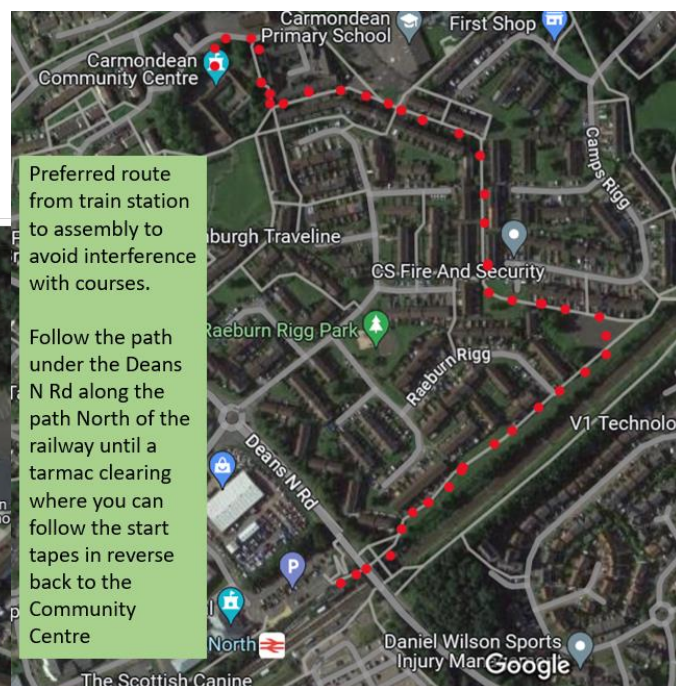
- <https://maps.app.goo.gl/wJoTeSiHypNh1Zer8>
- EH548AX
- OS Grid Ref: NT035691
- What3Words: [///bend.fend.bricks](https://www.what3words.com/#!/en////bend.fend.bricks)

## Directions

We strongly encourage people to take public transport and car share where possible for environmental benefit and parking restrictions. From the M8 come off at J3 to Livingston. Follow the A899 south. Take the first exit, and turn right under the A899 heading east (Houstoun Road). At the Eliburn North roundabout head right towards the station, Knightsridge West and Deans. At the next roundabout go straight over, then right at the second roundabout past the school and the pedestrian crossing. The community centre is then first right, then left, but you may be directed to a different parking location by a marshal at this point.

Route from Livingston North train station  
([station info / timetables](#))

Car Parking: 3 available spots, there will be a marshal guiding you where to go to, all are close to assembly.



## Entries - [Fabian4 - Entries and Timing](#)

For any last-minute queries or to reserve a map after entries close, please contact: [info@interlopers.org.uk](mailto:info@interlopers.org.uk).

There will be limited entry on the day and subject to map availability so please pre-book to guarantee a map.

## SOUL Prize Giving

In a return to an earlier tradition, the presentations for this year's SOUL competition will occur at our event, around an hour after the last start.

Those who have podium ambitions are encouraged to plan their start time requests accordingly (or run quickly!).

## Toilets

There will be toilet facilities at the Community Centre, though as ever please go before if you can.

## Terrain

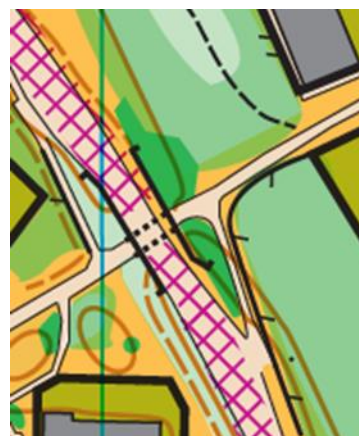
Urban orienteering, comprising a complex semi-pedestrian housing estate with many intricate alleyways and cut throughs. All courses primarily use areas not used for many years, with the longer courses visiting a complex area not used previously.



## Traffic / roads / junior courses

All main roads are out of bounds, marked as below with the out of bounds hatching. They must be crossed at underpasses which are marked with dotted lines as shown in the extract below. The crossing point symbol has not been used to aid clarity. Where pavements or grass verges are shown on the map it is permitted to run parallel to the out of bounds road.

Juniors who have not reached their 16th birthday may only compete alone on courses 6 and 7 but may be shadowed on other courses. Could 'shadowers' please run their own course first. Course 7 crosses roads via underpasses. The underpass/railway crossing near the station could be confusing and will be marshalled. There is also one minor road (20mph and traffic calmed) which course 7 runs along the side of. One small section does not have a pavement. Copies of the course 7 map will be available at assembly / registration for parents to assess whether shadowing is needed. Course 6 – in addition to the above, crosses two minor cul-de-sac roads (20mph and traffic calmed).



## Courses

Map will be 1:4000 scale, on A3, with courses planned by Pat Bartlett and controlled by Crawford Lindsay. Planned to Sports Governing Body standards. Maps will be printed on waterproof paper. There is no significant climb on any of the courses.

**Courses 1&2** - Have more than 30 controls, if you only have an old SI please visit registration and we can lend you a hire one.

Course	SOUL Age Classes	Length (optimal route)	Comments
1	Men's Open	8.9 km	Double sided map
2	Women's Open Men's Veteran (M40+)	7.5 km	Double sided map
3	Men's Super Veteran (M55+) Women's Veteran (W40+)	6.5 km	Double sided map
4	Men's Ultra Veteran (M65+) Women's Super Veteran (W55+)	4.7 km	
5	Men's Hyper Veteran (M75+) Women's Ultra Veteran (W65+) Women's Hyper Veteran (W75+)	3.8 km	
6	Men's Junior (16-) Women's Junior (16-)	3.8 km	
7	Men's Young Junior (12-) Women's Young Junior (12-)	2.4 km	

## Registration

Will be in the Carmondeen Community Centre where assembly is.

## Start

Start times 11:30 - 1:00 for all. Allocated start times via Fabian4 self-selection.

The start is a taped route of 800m (possibly slightly shorter) along pedestrian paths.

## Finish

The finish is a short walk back to the event centre along pedestrian paths. Courses close at 3pm at which time controls will begin to be collected in. Everyone must report to the finish and proceed to Download, whether they finish their courses or not.

### **Event Officials**

Planner: Pat Bartlett

Organiser: Mairi Eades (beforehand) / Claire Ward (on the day)

Controller: Crawford Lindsay

### **Electronic Timing**

Sport Ident (SI) electronic timing will be used, with SI Air enabled.

### **Safety Notice**

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.

Parents/guardians should explain all safety aspects to all children and vulnerable persons in their care and if you are in any doubt about their ability to stay safe only allow them to participate with a carer.

A risk assessment has been carried out by the organiser. 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).

As ever, if you have any COVID symptoms, please respect others and stay away. First Aid will be available on the day from certified first aiders. Anything more serious should be dealt with at the nearest A&E, which is at St John's Hospital, approx. 1 mile from the event at Howden Road West, Livingston EH54 6PP. Main reception 01506 523 000.

### **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.

