

CALDER WOOD MIDDLE DISTANCE SOSOL, SATURDAY 6TH APRIL 2024

FINAL DETAILS

Welcome to our Calder Wood SoSOL (South of Scotland Orienteering League) event, set in the beautiful [Calderwood Country Park](#) and great preparation for the [Scottish Middle Champs](#) at Hill of Alyth on 20th April

The event is "Middle Distance" which means we anticipate courses to be won in around 35 minutes.

Note: There is a lot of weather due between now and the event, we will make any notification on the Interlopers Website if for any circumstance we have to cancel the event.

LOCATION

Event is based at Calder Wood with parking and assembly in Forthview Court which is at the end of Oakbank Industrial Estate. <https://maps.app.goo.gl/Szpem4ojcKSgK75P6>

- Postcode: EH53 0TH
- [OpenStreetmap](#) / [Google Maps](#)
- OS Grid Ref: NT 0738 6585
- What3Words: <https://what3words.com/relieves.ants.downhill>

DIRECTIONS

- By **train**: [one mile walk from Livingston South station](#)
- By **bus**: [LothianCountry buses X27](#) and [X28](#) stop at Lizzy Bryces Roundabout, about [one mile from the event](#)
- By **car**: Head to Oakbank Roundabout on the A71, one mile south of Livingston, turn into Oakbank Park, then left on Oakbank Park Way, parking will be at the end of the estate by the Pres Dec offices at Forthview Court.

ENTRY AND ENTRY FEES

Online entries are now closed. A number of extra maps will be printed and available on a first come first served basis, please contact graham@gmci.scot in advance if possible.

Seniors: £12 (SOA/BOF-affiliated club members) / £14 (non-members)

Juniors / Students: £6 (SOA/BOF-affiliated club members) / £7 (non-members)

Pairs, Groups and Families should make one entry paying the rate of the oldest participant, put the second runner / group name in the comment box, and order any extra maps (£1 each) on the entry form.

Entry on the day (EOD) will be at non-member rates, and subject to map availability so please pre-book to guarantee a map.

TOILETS

Portaloos will be available at event centre

TERRAIN

Calder Wood has been previously used for a SoSOL in 2016, [routegadget here...](#)

Map was last updated in early 2024.

COURSES

Map will be to 1:7,500 scale, 5 metre contours.

Planned to Sports Governing Body standards. Maps will be printed on waterproof paper

White	1.1 km	Controls (checkpoints) are very easy to find, mostly on main paths, ideal for younger children and complete beginners
Yellow	2.0 km	Controls (checkpoints) are easy to find, mostly on or near main paths, ideal for older children and family groups
Orange	2.1 km	Moderate, controls are on or near paths, with more route choice. Good for progressing juniors and beginner adults who are reasonably confident reading a map.
Light Green	2.5 km	Suitable for orienteers with some experience
Short Green	2.3 km	Short course suitable for experienced orienteers
Green	3.6 km	Medium course suitable for experienced orienteers
Blue	4.1 km	Longish course suitable for experienced orienteers
Brown	5.2 km	Long course suitable for experienced orienteers

REGISTRATION, START, FINISH AND DOWNLOAD

Registration, enquiries and download will be in the car park outside PresDec and The Right Sign offices. The start is 500m from event parking and enquiries. Finish is also 500m from enquiries in a different direction from start.

Enquiries and registration will be open from 12:30, start times between 1 and 3pm.

Start times are not being allocated. Go to Start and queue for your course.

Courses close at 4.30 at which time controls will begin to be collected in. Please start early if you think you may take a long time on your course.

Everyone must report to the finish and proceed to Download, whether they finish their courses or not. Otherwise you may trigger a search party and/or call to the emergency services!

PLANNERS COMMENTS

- The map has quite a few extra paths that aren't mapped so be careful when using them to navigate.
- White course has a taped route between 2 controls where there are a lot of close path junctions.
- Yellow course doesn't have a taped route but there are some tapes that mark a path that is a bit indistinct.
- The area is popular with dog walkers so be careful and respectful
- There are some steep slopes in the area that competitors should be careful of, especially if it's wet.
- The river should not be crossed - all courses stay within the boundary of the river

EVENT OFFICIALS

- Planner: Louise Adams
- Organiser: Graham McIntyre - graham@gmci.scot
- Controller: Neil Conway (FVO)

ELECTRONIC TIMING

SportIdent (SI) electronic timing will be used, with SI Air enabled. If you have your own SI dibber, please bring it. Otherwise SI dibbers can be hired free of charge, but with £30 charge if lost.

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.

Please note:

- There are steep slopes and rough ground. Competitors on the more technical courses are advised to wear studded shoes.
- Competitors on all courses must use the tunnel to cross under the main road A71. Nobody should cross the carriageway.
- The area is used by the general public, including dog walkers and cyclists. Please respect their right to use the area 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), and if necessary give way or stop running temporarily for safety reasons, e.g. some cyclists, dogs, etc.
- 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).
- The area in a few places can be rough underfoot, steep and slippery.
- 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.