

Scottish Orienteering League Event 4

Gullane Dunes, 21 September 2025



Interlopers are hosting the fourth SOL event of 2025 at Gullane Dunes, East Lothian. Thanks to East Lothian Council, Gullane Feuers, Gullane, Muirfield and Renaissance Golf Clubs for their support for the event.

Special information	- Identify your next control on the map correctly (maps are quite busy), and note double-sided maps for most courses. - See mapping notes regarding avoiding rare lichen (pink on the map but not enforced). - The route to the West start passes between a golf tee and the green (on a footpath). Ensure you are visible to any golfers on the tee before passing this! - Wear sufficient leg (and foot) protection for the marram grass (full leg cover is compulsory). Also, check for ticks after. - Respect out of bounds on the beach (Black and Brown) and note all courses except White may pass close to the sea (high tide is not until 15:27 but it will be a high one). - Route choices may pass the start kite later in the course – make sure you don't punch the clear box (although it should be out of the way anyway)!
Location	The event is based at Gullane Beach car park. Lat/Lon: 56.0383, -2.8415 NT 477831, EH31 2BE, What3Words: ///twinkling.costly.devalued
Directions	Approaching Gullane on the A198 from the west, turn left into Sandy Loan as you enter Gullane, just after the cemetery and ruined church (also on left). From the east, proceed almost through Gullane until just before the cemetery / ruined church on the right at the end of the village, just before the road turns to the left, and turn right into Sandy Loan. At the end of Sandy Loan, turn left and follow the road down to the beach car park.
Public transport	East Coast Buses service 124 from Edinburgh (to North Berwick) stops at Gullane, a short walk from the event. Buses roughly run half hourly, takes 1h15 to Gullane from Edinburgh. - Rail: unfortunately there are engineering works scheduled for the day of the event, and there will be a bus replacement service that is likely slower than the regular bus service. See ScotRail website for details.
Parking	Parking will be available for cars in the public car park at Gullane Bents – there is a £3 charge (pay at machine, or using the RingGo parking app).
Campervans	Please note there is a height restriction of 2m / 6'6", so most campervans are unlikely to fit. We will have the emergency access gate open to allow entry but ensure that you leave before we do or you will have a long stay! If parking is full, please park considerably elsewhere in Gullane.
Location map	
Registration	Initial advance entries closed at midnight on Monday 15th September. Limited further advance entries with waterproof maps will be available until midnight on Thursday 18th September.

	There will be entry on the day (EOD) subject to map availability (likely for a restricted set of courses, so please book in advance to ensure you can run your chosen course).							
Starts and finish	Start times are at Racesignup.co.uk, from 11.00am-1.00pm. There are three starts with distances from assembly/car park as shown above. Everyone will use a punching start and need to punch the finish control, which is 150m from assembly. Printed control descriptions will be available at the start. Collect maps for White & Yellow courses maps from registration before proceeding to Near Start. Courses close at 15:30 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. Otherwise you may trigger a search party and/or call to the emergency services! Hired SI cards can be collected at the Download tent. A key drop will also be available.							
Toilets	See map above and East Lothian Council website. At the event/beach car park: there are 7 well maintained cubicle public toilets at the beach car park (and an outdoor shower!) In the village: toilets are just off Gullane Main St at Goose Green Road. Worth visiting prior to arrival in case the above ones are busy. As this is an area enjoyed by many members of the public please use the facilities provided!							
Scotjos	There will be a tent with traybakes to raise money for the Scottish Junior Orienteering Squad.							
String	A string course planned by Tessa Strain will be available!							
Results	Live results will be at: https://www.interlopers.org.uk/live-results/							
Course details	Course	SOL Classes	Start	Map scale	Map size	Length (km)	Climb (m)	Controls
	Black	M21	West	1:10000	A3*	11.9	280	45
	Brown	M20, M35, M40, W21	West	1:10000	A3*	10.3	270	34
	Short Brown	M18, M45, M50, M21S, W20, W35	East	1:7500	A3*	8.1	190	34
	Blue	M16, M20S, M55, M60, M35S, M40S, W18, W21S, W40, W45	East	1:7500	A3*	6.6	175	28
	Short Blue	M18S, M65, M45S, M50S, M55S, M70, W16, W20S, W35S, W50, W55	East	1:7500	A3*	5.4	150	21
	Green	M16S, M75, M60S, W16S, W18S, W60, W65, W40S, W45S	East	1:7500	A3*	4.7	120	20
	Short Green	M80, M65S, W70, W50S, W55S	East	1:5000	A3*	3.6	100	17
	Very Short Green	M85, M90, M70S, M75S, W75, W80, W85, W90, W60S, W65S, W70S	East	1:5000	A3*	2.9	90	15
	Light Green	M14, M16B, W14, W16B	East	1:7500	A3	3.5	90	15
	Red	M21N, W21N	Near	1:7500	A3	5.0	90	15
	Orange	M12, M14B, W12, W14B	East	1:7500	A4	2.7	75	10
	Yellow	M10, M12B, W10, W12B	Near	1:7500	A4	2.0	50	11
	White	M10B, W10B	Near	1:7500	A4	1.4	25	12
* Courses Very Short Green to Black have a double-sided map. The control at which the map flip happens is shown as a normal circle on the first side of the map, and as a triangle inscribed in a circle on the second side of the map. The control number is shown on both sides of the map. Courses have been planned to British Orienteering guidelines, with an estimated winning time of 67 minutes for Black for a top elite runner and the recommended ratios (give or take) applied to the rest of the courses.								



Area and course summary	Gullane consists of open dunes to the west (small area used by Black and Brown courses only) and east, a central network of paths and bushes, and a very runnable small sand-dune woodland just to the east of that. As such it offers a wide variety of technical challenges for the TD5 courses including the requirement to read complex and vague contour detail. These courses have been planned with many controls to make the best use of the area and will hopefully test your concentration to the utmost!  A previous map of the area can be found on RouteGadget. Please be considerate to walkers – the area is popular with members of the public.
Planner's notes	The location of the starts has been chosen to maximize time spent in the technical part of the terrain. To the same end, all TD5 courses (Very Short Green to Black) have a double-sided map. Courses, particularly the longer ones, have many controls – this is to avoid dead running along paths as much as possible, and in general TD5 courses have been planned to be as technically demanding as possible. Please ensure you go to the correct next control – courses have many cross-overs and controls close together, so lines between controls on the map may pass close to other controls, particularly on Very Short Green. Controls circles may also overlap, particularly 9 and 10 on White. There is a high density of controls in some areas, so check control codes! Due to the similarity of most contour features, the minimum similar-feature control spacing of 60m has been used for pretty much all controls except those on path junctions, which may be as little as 30m from other controls. There may be route choices through the start. Make sure you don't punch the clear box! Start boxes will be positioned to try to be out of the way. The open NE of the area (particularly just E of the wood) is a little rough in places, and less agile competitors may want to take this into account when making route-choice decisions. The marram grass can be a bit spiky, so either sufficient leg (and foot!) protection or adrenaline is recommended (shorts are not allowed and would be very inadvisable). There are also ticks present in the area. Course lengths are based on standard scaling from Black, which in turn is based on the previous event February 2022. It's possible the going might be slightly slower at this time of year, but on the other hand hopefully the weather won't be quite so bad!
Mapping notes	The map has been updated for the event by the planner, who is in no way qualified! Luckily this was mostly a case of updating paths and vegetation to guide route-choice, which I think has been achieved successfully. We were recently told to try to avoid running across patches of rare lichen (occurring in the NE of the area only), to which end the most significant of these have been marked on the map in pink. Please try to avoid these areas by planning routes that avoid them (courses have been planned so this shouldn't cause significant diversion from the optimum route). This will not be enforced since the mapping is approximate and the edges unclear – we are just trying to reduce impact. These should not be relied upon for navigation since there are some similar looking areas which do not contain any lichen on closer inspection and are not mapped. The 'fight' (greenest green) is mostly quite impenetrable, consisting of thorny bushes with occasional bramble thrown in – I strongly advise against attempting to cut through any thickness of flight unless you can physically see a gap (due to mapping simplifications it may occasionally

	be passable in places). Closely spaced ('walk') green hatching mostly denotes brambles in the non-dune areas around the car park, which are pretty impenetrable, and slightly thinned thorny bushes in the dune areas, which you can force your way through with some discomfort, but this is not recommended unless it's a very small distance. In general, the vegetation mapping is good enough for route-choice and rough navigation but should not be relied upon for fine navigation (at least not on its own). In particular, the mapping of individual trees is somewhat erratic. These are generally mapped as white blobs, or 'walk' green blobs if hawthorn, but many are not mapped. Scattered bushes which reduce visibility but not runnability are mapped using the scattered trees symbol (mainly applies to Black and Brown courses only in the West of the area), but only if above a certain density, otherwise they may not be mapped. Note while every attempt has been made to update the map, there may occasionally be bits of vegetation marked on the map that are not present on the ground (as well as the more common reverse case). The paths have been updated for the event. There are traces of many indistinct unmapped paths on the ground which are either not obvious enough to map or would result in a tangled mess, particularly along the edge of the dunes near the sea. The areas of open rock and sand mapped along the coast are approximate, and the location of the sea will obviously vary. The lowest contour is about mean high tide, and we are expecting the high tide on the day of the event to be a bit above that (maybe half way to the next contour), but this won't occur until 3:27pm.
Safety and out of bounds	All courses except the White course may run along the beach and may go close to the sea (high tide, which will be quite a high one, is at 3:27pm). This includes the Yellow course – please ensure any juniors are forewarned. Do not enter the sea for any reason (except if you are just making use of the wet sand at the very edge!). For safety and fairness, two sections of beach on the Black and Brown courses have been marked as out of bounds, since they will be covered at high tide. For fairness, please respect this out of bounds even if the tide is out. The golf course and tees are also marked as out of bounds – please respect this. The route to the West start passes between a tee and a green – please ensure any golfers on the tee are aware of you before you pass! For safety reasons this section of path is avoided on the courses and mapped as out of bounds. For clarity, out of bounds has been mapped with a dashed edge but it will not be marked on the ground (and the edge of the golf course is not marked completely accurately but common sense can be used to determine where not to run). Stranger Danger: Routes restricted by vegetation may increase the risk of stranger danger by limiting ability to avoid. The area is open to the public, more so than many other events, so there is a slightly higher risk of public contact, albeit no known issue. Note that a part of the white course (which can be examined at registration) has low visibility on the path through the buckthorn. Parents should advise juniors accordingly and may wish to consider shadowing.
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: 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, 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). Please also advise if you have a known susceptibility to anaphylactic shock. • The area can be rough underfoot, with uneven ground, possibly steep and slippery. Wear appropriate footwear and take caution. • 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). • Ticks are common in the competition area. Check carefully after each day and remove any ticks with a suitable removal tool. Lyme disease does occur in the area: if you develop a rash at the site of a bite, we advise you to seek medical advice. • As ever, if you have any COVID symptoms (or anything else you wouldn't wish to pass on!), 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 the Edinburgh Royal Infirmary, 51 Little France Cres, Old Dalkeith Rd, Edinburgh EH16 4SA. Main reception 0131 536 1000.
Officials	Planner: Ben Stevens (INT) Controller: Sheila Strain (ELO) On-the-day Organisers: Mary & Graeme Ross (INT) (Mob: 07944 402512) Pre-event Organiser: Max Carcas (INT)