



## East Lothian Orienteers' Wonderful Weekend

**Saturday 1st February – Scottish Night Championships**

**Sunday 2nd February – Scottish and UK Urban League event**

*East Lothian Orienteers look forward to seeing you for a weekend of wonderful orienteering round the woods and streets of East Lothian.*

### Important Information

- The temperature in February is likely to be between 1°C and 10°C and potentially chillier after dark so warm clothing, particularly for before and after your run, is advised.
- On Saturday, if the weather is inclement cagoules will be compulsory and if this is the case there will be notices in the car parking. Full leg and body cover is required and a spare torch and whistle is strongly advised. Spiked or studded shoes are advised.
- On Sunday no such restrictions apply and spikes are not permitted.
- We plan to publish live results at <https://www.elo.org.uk/latest-results>
- There will be a -4 minute call-up at the start, during which blank maps will be available.
- Loose control descriptions will be available in the start lanes for all courses both days.
- Maps for the Novice night course and Course 7 of the urban race will be available at pre-start. Maps for all other courses will be uplifted after starting.
- It is a punching start and finish, so please make sure you punch the start and finish (even if you're using a SIAC).
- The nearest hospital is the Royal Infirmary of Edinburgh and a basic first aid kit will be available at the finish and download. A defibrillator will be available.

## Saturday 1st February – Scottish Night Championships

**Venue:** Balgone Estate, near North Berwick

**Grid Ref:** NT563824

**Nearest Postcode:** EH39 5LB

**What3Words:** [blend.sunblock.rents](https://www.what3words.com/blend.sunblock.rents)

**Google Maps:** <https://maps.app.goo.gl/SMkGF6krwBLNhrwZ8>

Parking, assembly and toilets will be at Balgone Pumpkins just north of the competition area.

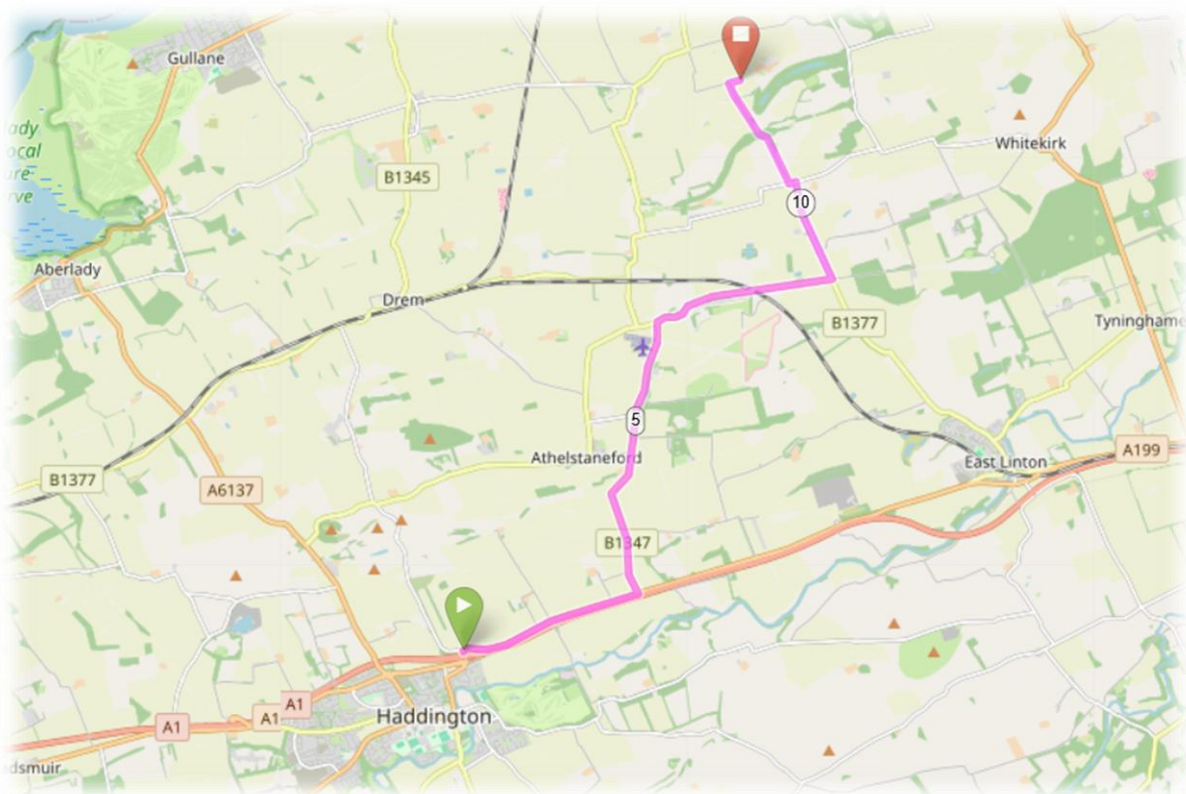
**Please arrive by 5:30pm** so that traffic can be safely managed on the site.

### Directions

Approach from the west only – this is the Balgone road junction near Carperstane at Grid Ref 556 824. This route will be signposted from the crossroads on the B1347 at Grid Ref 549 828.

If driving on the A1 from the west, then leave at the second Haddington exit and initially follow signs for the Museum of Flight. Turn right at the junction after the Museum of Flight and at the next crossroads turn left and continue North until you reach the access point to the estate. We would strongly advise using the sat-nav links above.

Drivers should not use the access lane from the north although anyone walking or cycling from North Berwick is welcome to use that route.



## Event Information

The map is printed at 1:7500 with 5m contours.

In line with the championship rules, start times will be allocated for Courses 1 to 5 between 6:10pm until 7:00pm. The starts will take seeding into account and will be published on the [ELO website](#).

The kites used for this competition have a diagonal reflective strip.

Courses close at 9:00pm.

The start is a 700m downhill walk from the car parking. From the finish it is 600m uphill to download. The routes overlap and there will be an unsupervised clothing dump roughly 200m from the finish.

We plan to hold a prize-giving at 8:30pm.

**Organiser:** Michael Atkinson ([events@elo.org.uk](mailto:events@elo.org.uk))

**Planner:** Duncan Edmondson

**Controller:** Fredrik Forsberg (STAG)

Original map by Peel Land Surveys 2022. Extended 2024 by M. Atkinson and updated 2025 by D. Edmondson.

Course	Class	Distance	Climb	No. of Controls	Map Flip?
1	M20, MO	7.5 km	175 m	29	Yes
2	MV, W20, WO	5.0 km	120 m	21	Yes
3	M18, MSV, WV	4.0 km	100 m	16	Yes
4	M16, MUV, W18, WSV	3.6 km	65 m	15	Yes
5	MHV, W16, WUV, WHV	2.5 km	50 m	10	No
6	Novice	2.3 km	5 m	9	No

## Map Symbols

Special Symbols:

- X** picnic site
- O** grave

## Safety

A comprehensive risk assessment has been carried out by the organisers, but participants take part at their own risk and are responsible for their own safety during the event.

Competitors are advised to carry a spare torch and a mobile phone. An emergency phone number will be printed on the maps for use in emergency.

- **Crags:** There are high crags in the area, but courses have been planned to avoid having to ascend or descend these. Courses 1 to 5 also pass through areas of smaller crags where care needs to be exercised.
- **Lochs:** All courses go around the two lochs, but controls will all be placed away from the edges.
- **Barbed wire:** Courses 1 to 5 pass near to / through a broken barbed wire fence. Where sections have been found they will be marked with reflective tape and/or laid flat.
- **Traffic:** there could be occasional vehicles on the tracks. Cyclists and horses could be encountered where the John Muir Way is within the area although this is unlikely at night.
- **Livestock:** Horses, deer and hares frequent the area. Check for ticks after your run, and wash hands before handling food. Bird-scarers may be in operation in adjacent fields which sound similar to gunshots – the estate is aware of the event and there is no shooting taking place.
- **Rough terrain:** Participants on all courses are advised to wear spiked or studded shoes and must wear full body and leg cover.
- **Severe weather:** In the event of severe weather the organisers reserve the right to make cagoules compulsory (a notice will be displayed in the car park) or cancel the event.
- **Darkness:** All night competitors must carry a headtorch and are strongly advised to bring a spare torch and a whistle.

Unfortunately, the café will not be open in the evening for us (come before 3pm or another day to enjoy great coffee and cake with stunning views) but there will be hot chocolate for everyone once finished (as well as plenty of shelters)! Please bring a mug with you if you can.

If you, or anyone in your group (including juniors), have a medical condition that first-aiders or health professionals should know about in the event of accident or illness during the course of the event please print off the [Medical Form](#), complete it fully and bring it along to the event. You should complete a separate copy for each individual who has a medical condition. Please leave the completed Medical Form at Event Registration. If it is not in a labelled sealed envelope, it will be put in one and will be opened only in an emergency. It will be shredded immediately after the event if you do not claim it back.



## Sunday 2nd February – Scottish and UK Urban League event

**Venue:** Musselburgh Sports Centre, 101 Newbigging, Musselburgh

**Grid Ref:** NT346722

**Nearest Postcode:** EH21 7AS

**What3Words:** [report.sadly.twist](https://www.what3words.com/report_sadly_twist)

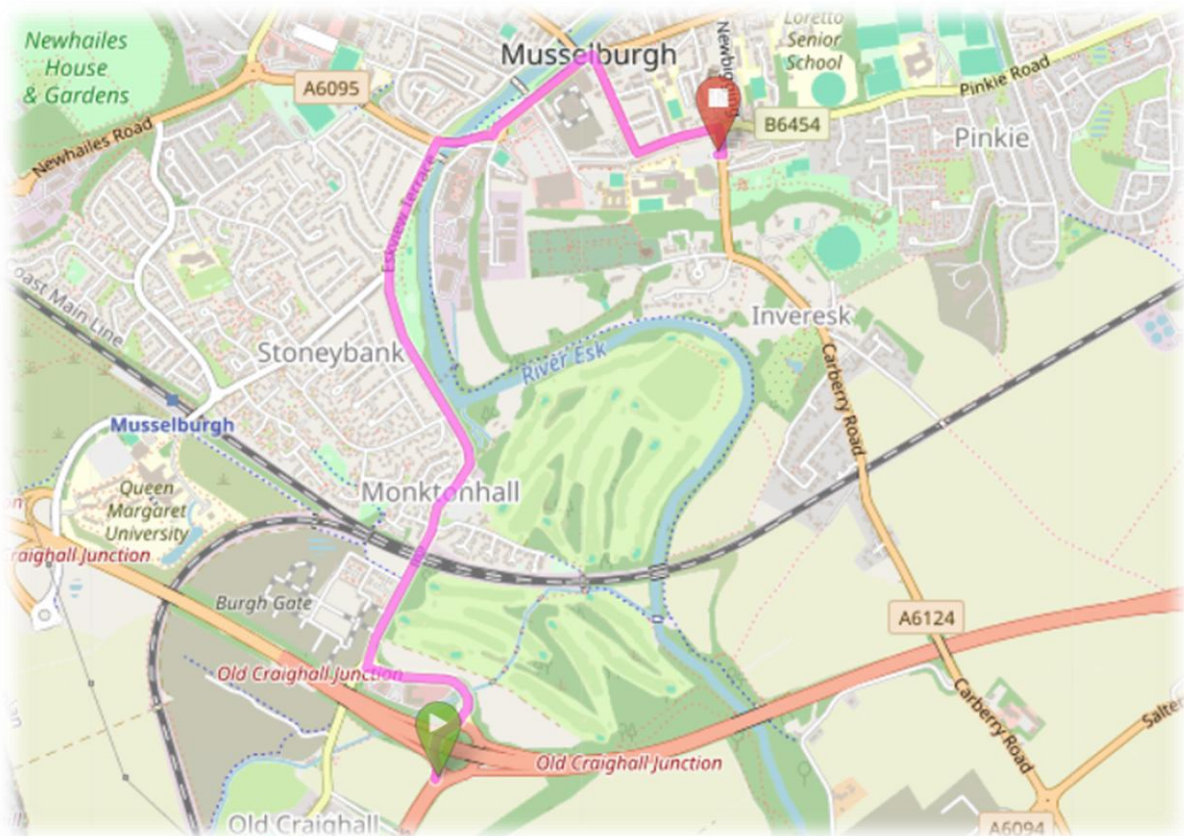
**Google Maps:** <https://maps.app.goo.gl/i3FoA6rrvXciAj8g6>

There is limited parking within the sports centre but additional on-street parking is available to the North on Inveresk Road (and possibly in the adjacent school car park – TBC).

Toilets, changing facilities and a café will be available in the sports centre.

### Directions

Musselburgh is served by regular buses from Edinburgh (46, 48, 140, 141 stop at the sports centre itself) and is easily reached from the end of the A720 City Bypass:





## Event Information

The map is printed at 1:4000 with 5m contours.

Start times are between 11:00am and 12:30pm and details of start times will be published on the [ELO website](#).

Courses close at 2:30pm.

Both the start and finish are opposite the Sports Centre. Please use the pedestrian crossing.

**Organiser:** Michael Atkinson ([events@elo.org.uk](mailto:events@elo.org.uk))

**Planners:** Joel & Emily Atkinson

**Controller:** Crawford Lindsay (ESOC)

Map based on previous orienteering maps. Extended 2025 by M. Atkinson.

Course	Class	Distance	Climb	No. of Controls	Map Flip?
1	MO	10.6 km	95 m	36	Yes
2	MV, WO	9.9 km	70 m	36	Yes
3	MSV, WV	7.5 km	65 m	32	Yes
4	MUV, WSV	6.5 km	60 m	33	Yes
5	MHV, WUV, WHV	5.6 km	30 m	26	Yes
6	MJ, WJ	2.7 km	30 m	17	No
7	MYJ, WYJ	2.0 km	30 m	12	No

Runners on Courses 1 to 4 with SI-Card numbers between 2,000,000 and 2,999,999 **MUST** collect a high-capacity dibber from registration before running.

The courses cover a mixture of grassy areas (30%) and tarmac (70%). Steeper sections tend to be on tarmac. Road shoes will be appropriate.








The area is very well used by the general public including dog walkers and families.

Please respect their right to be there at the same time as you are orienteering.



## Map Symbols

Impassable Symbols:

-  Impassable wall
-  Impassable fence
-  Impassable hedge
-  Impassable vegetation
-  Building (not passable)
-  Area with forbidden access
-  Out of bounds area

Special Symbols:

- x Bench

## Safety

A comprehensive risk assessment has been carried out by the organisers, but participants take part at their own risk and are responsible for their own safety during the event.

- Road crossings mean that under 16s on the day of the event must compete in courses 6 and 7 unless they are accompanied by an adult at all times on another course.
- Other courses cross roads (with 20mph speed limits) and there are uneven surfaces and steeper slopes which present a risk to competitors who must be vigilant to the conditions. Courses 1 and 2 cross the High Street which although 20mph can be busy.
- The area is well-used by pedestrians, cyclists and even the occasional horse (apparently) so please be considerate of their right to be there and slow down to pass even if this may compromise your racing.

Please ensure that you complete a course at a pace which matches your fitness levels and the weather on the day. If you would like to change course then please speak to one of the officials at registration/download.

If you, or anyone in your group (including juniors), have a medical condition that first-aiders or health professionals should know about in the event of accident or illness during the course of the event please print off the [Medical Form](#), complete it fully and bring it along to the event. You should complete a separate copy for each individual who has a medical condition. Please leave the completed Medical Form at Event Registration. If it is not in a labelled sealed envelope, it will be put in one and will be opened only in an emergency. It will be shredded immediately after the event if you do not claim it back.