



# BULLETIN 2 EDINBURGH: Saturday 11<sup>th</sup> October

*Edinburgh University Orienteering Club welcomes you  
to an IOF World Ranking Event Sprint Race and  
European City Tour City Race around the centre of  
historic Edinburgh.*



# Bulletin 2– Race the Castles Edinburgh

The information in this Bulletin is presented in four sections:

- 1) General Information (**for all competitors**)
- 2) Elite Sprint races; an IOF World Ranking Event (**for elite competitors**)
- 3) Urban races (**for all non-elite competitors**)
- 4) Tempo

## General Information

### Important Notices

- We are required to keep off the grass in Princes Street Gardens at all times. This includes before, after and during racing. It is marked as out of bounds (olive) on your map. Note that members of the general public may be on the grass.
- The competition area will be out of bounds to all WRE competitors from 9am onwards.
- The assembly arena must be approached from Princes St on the northern side.
- All elite competitors taking part in the WRE sprint must have signed into quarantine before 9.45am.
- Competitors who wish to spectate the WRE elite sprint race should arrive prior to 10am.
- The terrain is varied, including pavement, cobbles, steps and grass. It can be very steep in places so shoes with adequate grip are advised.
- Bibs / Numbers will be provided for all competitors – please do not forget to collect and use yours. For non-Elite runners number is used in all RTC races.
- No water will be provided at the start or finish, please bring your own supplies or make use of the nearby shops. This is to avoid the environmental impact of cups, bottles, transporting water etc.
- There will be limited rubbish collection facilities (bin bags, etc.). Please take rubbish away with you.

### Safety

All competitors take part in this event at their own risk. The courses will also go through residential areas; competitors must be considerate to the residents and to the general public and their belongings. Slowing down to negotiate sharp corners or alleyway entrances and exits is advised to avoid collisions. The weather in October can be cold, wet or even hot, so please dress accordingly before, after and during your race. Please be aware that there are many areas of the courses with steps which can become very slippery when wet and competitors should take care. The Urban courses cross many minor roads. The Sprint course crosses a minor road which will be marshalled, however marshals do not have the legal right to stop traffic, so you are responsible for your own safety on crossing.

## First Aid and Injuries

First Aid facilities will be provided in the arena.

For serious injuries the nearest hospital with an **Accident and Emergency** department is:

### **Royal Infirmary of Edinburgh**

51 Little France Crescent  
Old Dalkeith Road  
Edinburgh  
EH16 4SA  
Telephone: 0131 536 1000

In **Emergency Situations** call the emergency services contact number: **999**

## Assembly Arena

The event will take place in the Ross Bandstand arena at the centre of the Western Princess Street Gardens in the centre of Edinburgh and at the foot of Edinburgh castle.

Post code: EH2 3AA

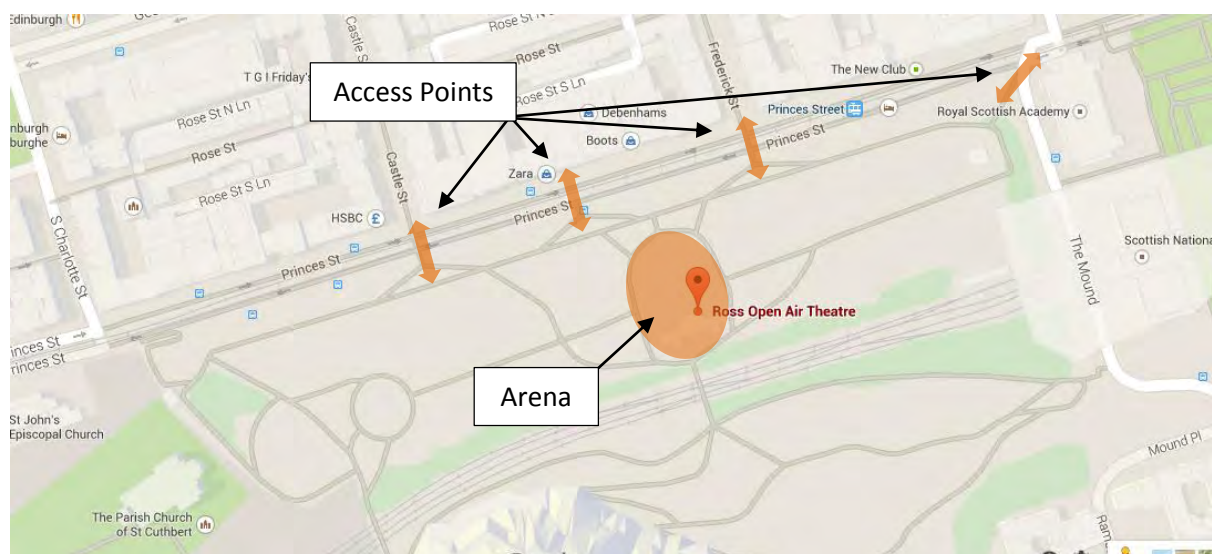
Google maps: [Link](#)

Grid reference: NT 251 738

The arena is designed to provide the best experience of Edinburgh. From the arena you will see elite competitors when they are presented prior to starting, while in the middle of their course, at the spectator control and on the finish run in. This experience will be enhanced by a big screen display showing live video footage from on the course, GPS tracking of competitors mid-race, radio control split times and results. To help you keep track of everything going on there will be a commentary team keeping everyone informed with the status of the racing.

The arena will be hard standing with no cover and no soft ground to pitch club tents, please come prepared for the October weather.

All competitors must access the assembly arena from “Princes Street” or “The Mound” on the north and northern eastern side of Princes Street Gardens West.



### Transport and Parking

The competition arena is situated in Edinburgh city centre where parking is limited. Public transport to the event is the recommended mode of travel. The public transport links to the centre of Edinburgh are reliable and affordable. Buses, trains and trams all stop within 400m of the assembly area.

Details of bus times and routes can be found on the Lothian bus website:

<http://lothianbuses.com/plan-a-journey/journey-planner>

Waverly station is 400m away and details of train times can be found on the national rail website:

<http://ojp.nationalrail.co.uk/service/planjourney/search>

Trams stop adjacent to the arena on Princes Street. Tram times and routes can be found on the Edinburgh Tram website:

<http://edinburghtrams.com/plan-a-journey>

If traveling by car to the event competitors are asked to find their own parking. The event will not have organised parking. Many ticketed car parks are available in the city centre and park and rides are available on the outskirts of the city. Free on-street parking begins about two miles from the event centre, so park-and-run is also possible. More information on parking in Edinburgh can be found at the following link:

<http://en.parkopedia.co.uk/parking/edinburgh/>

### Programme

<b>Time</b>	<b>WRE Elite Sprint</b>	<b>CityRace</b>
<b>09:00</b>	Quarantine opens	
<b>09:45</b>	Quarantine Closes	
<b>09:45</b>	First Starters	
<b>10:55</b>	Final Women Finishers	
<b>11:20</b>	Final Men Finishers	
<b>11:30</b>	Flower Ceremony	First Starters
<b>13:45</b>		Last Starters
<b>15:45</b>		Courses Close

### TempO

A TempO competition will be staged at the event. Registration for the TempO will be available in the arena. The competition will take place in Princes Street Gardens East.

### String Course

No string course will be provided at the event. There is a playpark in Princes St. Gardens.

### Sprint Senior Home Internationals

The inaugural Sprint Senior Home Internationals are being held in conjunction with the two Race the Castles elite sprint races at Edinburgh and Stirling, and the competition decided by results across the two days.

Teams of three men and three women representing England, Ireland, Scotland and Wales will be selected by the National Team managers for the race at Edinburgh and separately for the race at Stirling.

The fastest two men and women from each nation count at each race, with the overall result decided by adding the eight times together.

### Event Entry

Entries closed at midnight on Friday 3rd October.

Entry on the day will be offered at registration in the arena for all pre-entry courses while spare maps and spare start slots remain available. The cost will be £18 for seniors, and £8 for juniors and students.

### Race Numbers

Race numbers (bibs) will be worn for all 5 events. Elites will have a different number for each event; everyone else will have one number for all Race the Castles races. Numbers will be available at Registration; make sure you collect your number before your first run of the series. Replacement numbers may incur a charge: please keep yours safe! For elite competitors, numbers will be issued at quarantine.

### Goodie Bags

Goodie bags with traditional Scottish snacks from Nairn's, Stoats, Walkers and Tunnocks and with discount vouchers for Tiso and for Run and Become are available to all entrants while stocks last.

All "full package" entrants also receive a T-shirt.

T shirt sizes are S, M, L, and XL with some ladies cut in XS, S and M.

For other entrants T-shirts will be on sale for £10 while stocks last.

### Warm-up Map

A free warm up course on the area North of Princes St will be available on Saturday. Maps for this can be collected with your registration. You will get 10% discount at RUN and BECOME if you present this map. This course crosses some busy roads, be careful and do not cross unless it is safe to do so. There is no timing and this is NOT a race - there are no marshals and you participate entirely at your own risk.

### Results

These will be

- Displayed in the arena from 12:00 onwards
- Available by WiFi in the vicinity of download. SSID: soa\_results, URL 192.168.2.2 (no password needed)
- Linked from the Race the Castles website as soon as possible after the event.

The commentary and big screen will of course also be used to keep spectators up to date with the progress of the races.

### Enquiries

Event Registration and Enquiries are available in the assembly arena and will include:

- Number collection (except for elite competitors)
- Entry on the day
- Enquiries
- SI card hire
- Car key deposit /collection

- Lost property
- Goodie bag collection
- T-shirt collection (for “full package” entrants)
- T-shirt sales

Any complaints and protests should also be recorded at enquiries. An information and enquiries point will be available in the arena which will deal with: general enquiries, car key deposit, lost & found children, lost property, complaints and protests.

### **Celidh Tickets and Cake**

Edinburgh University Orienteering Club will be selling tickets for the evening celidh as well as having a bake sale in the assembly arena.

### **Toilets**

Public toilets will be available at the east side of Princess Street Gardens on the mound from 09:30am to all CityRace competitors. Toilets in the Ross Bandstand will be available from 09:00am for the WRE competitors in quarantine and will be available from 11:00am onwards to everyone.

### **Rubbish**

There will be bin bags provided in the arena and litter bins in Princess Street Gardens. Please dispose of any rubbish you have in a bin or take it home with you do not leave any at the event.

### **Water**

No water will be provided at the event. Competitors should bring their own supplies.

### **Dogs**

Dogs must be on a lead and any mess to be removed.

### **Photography**

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close range photography should make themselves aware of British Orienteering policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should raise them with the relevant Day Organiser.

### **Cancellation Procedure and Refund Policy**

Edinburgh University Orienteering Club reserve the right to retain a portion of the entry fees in the event that the event is cancelled through influences outwith their control (e.g. weather, withdrawal of permissions).

### **Complaints, Protests and Appeals**

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue then a Complaint should be made to the Day Organiser (via Enquiries). A Complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result for that class being displayed.

### **Jury and IOF WRE Jury**

The jury members will be:

- Ted Finch (FVO)
- Andrew Lewsley (BL)
- Terry O'Brien (STAG)

Thanks to them for agreeing to be on the jury.

If the jury needs to be convened for an aspect affecting the WRE courses, the IOF Adviser Dick Carmichael (TINTO) will join the jury as a non-voting chairman.

### **We are extremely grateful to our event Sponsors!**

Homecoming 2014

University of Edinburgh

ActivCity (Edinburgh City Council)

Scottish 6-day Company

Run and Become (Queensferry St – for last minute kit purchases)

IllegalJacks Restaurant (Lothian Road – our recommendation for post race food)

Nairns, Tunnocks, Stoats and Walkers (Great Scottish snacks, anytime!)

### **Acknowledgements**

This event would not be happening without the support and enthusiasm shown by the many volunteers from throughout the WOC2015 technical teams, Edinburgh University Orienteering Club, local Edinburgh orienteering clubs and others from within the SOA. Thank all these volunteers who kindly gave their time to make this event a success.

### **Main Event Officials**

Organiser: Alasdair McLeod (EUOC)

Planner: Jegor Kostylev (MAROC)

Controller: Colin Eades (INT)

IOF Event Advisor: Dick Carmichael (TINTO)

# COMPETITION INFORMATION

## IOF - ELITE SPRINT (WRE)



### Quarantine

Quarantine is located in the assembly arena. Quarantine opens at 09:00 and **Athletes must have signed into the quarantine area before 09:45am.**

**Any coaches requiring access to quarantine must contact the organiser in advance of competition day to be granted access. Coaches must also be signed into the quarantine area before 09:45am**

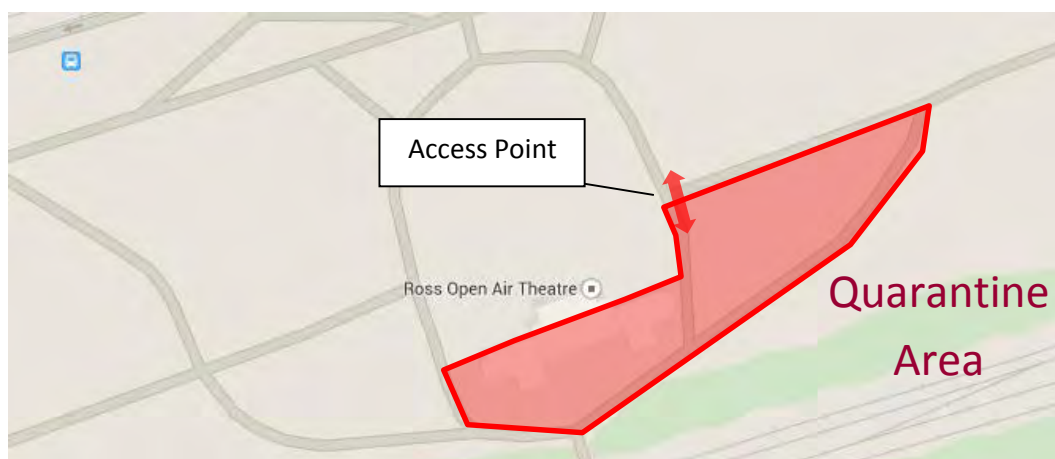
At quarantine, athletes will be issued with

- Race numbers
- SIAir cards
- Warm-up maps
- Map to start
- Bag Transfer tag
- GPS trackers and vests (for selected athletes)
- Athlete Presentation Instructions (for selected athletes)

The quarantine area includes an indoor area and has toilet facilities.

Old maps of the area and phones/internet-capable devices must not be brought into quarantine. Elite finishers are forbidden from entering the warm-up map area after until final elite start has taken place.

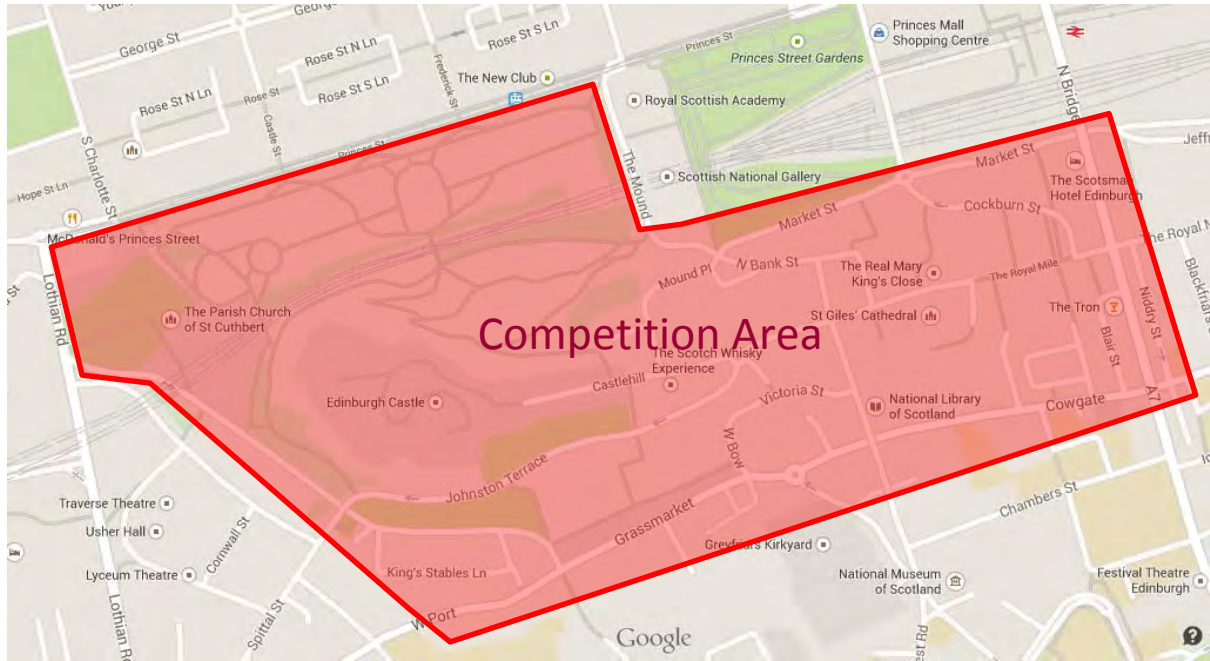
Athletes are reminded that GPS devices with a display or audible feedback are not permitted at World Ranking Events. Any disallowed GPS units will be put into labelled bags at the entrance to quarantine and will then be taken to Enquiries after the last start time.



### Competition Area

The competition area will be out of bounds for all WRE sprint competitors from 09:00am and WRE sprint competitors must have left the competition area before this time. Any athletes in the competition area after 09:00am will be disqualified.





### WRE Sprint Timetable

Time	WRE Elite Sprint
09:00	Competitors must have vacated the competition area Quarantine Opens
09:45	First Start for Women and Men Last Check-in for Quarantine
10:55	Final Woman Finishers
11:20	Final Men Finishers
11:30	Flower Ceremony

### Terrain

The terrain consists of a road network interspersed with narrow alleyways, a steep grassy slope and a park. There are large height differences in the city centre and cobbled streets throughout the area. The competition area does include some public roads and you may encounter traffic during the competition. **Please take care crossing roads and beware of traffic.**

### Map

ISSOM A4 size map, last updated September 2014.

Scale – 1:4000

Contour Interval – 2.5m

### Start Lists

Seeded start lists will be available via [www.fabian4.co.uk](http://www.fabian4.co.uk) by Thursday October 10th.

The start lists will be based on the IOF Sprint World Ranking lists as correct on Monday 6th October, following the World Cup Final race on Sunday 5th October.

The start lists will also be published separately on the event website at [racethecastles.com](http://racethecastles.com). Please check your IOF ranking identifier on that list is correct.

### Start location

Athletes will be issued with a map at quarantine check-in to navigate to the start. The start is located 800m from the assembly arena up a gentle incline and athletes should leave a minimum of 10mins to make this journey. There are no toilets at the start.

### Detailed start procedure

The start will be operated with a 4-minute call up. A clock at the start will display call up times. Competitors will be called into the -4 box according to their start time.

-4 minute: Call up, Check SI card number, Check race number

-3 minute: Clear SI, Check SI

-2 minute: Pick up Control Descriptions

-1 minute: Second SI Check

0 minute: Receive map and start.

The start kite will be visible from the 0 minute location.

It is a timed start, not a punching or start gate start.

Competitors who are late for their start will only be allowed to start after the last start. If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time.

### Electronic punching system

SI Air will be used as the punching system. SI Air cards will be issued to all Athletes upon check-in to quarantine.

There will be a demonstration SI Air control in the quarantine area to allow athletes who have not used the punching system before to familiarise themselves.

Timing will be to the nearest second.

Any competitor who fails to return a hired SI Air card will be charged £65.

### Courses

Course	Controls	Distance	Climb
Men's Elite	19	4.4 km	140m
Women's Elite	18	3.9 km	130m

The distances quoted are the optimum distance rather than the straight line distance, in accordance with IOF WRE rules for sprint races.

### Control Descriptions

Control descriptions will be printed on the map and loose control descriptions will be available at the start. The loose control descriptions have the following dimensions:

- ME descriptions 55mm x 140mm
- WE descriptions 55mm x 135mm

### **Recommended Footwear**

The competition area includes a steep grassy slope which will be slippery if wet. Fell or trail shoes are recommended.

### **Race Numbers**

Race numbers will be issued to athletes upon quarantine check-in.

### **GPS**

A selection of athletes will be asked to carry GPS during their run. Athlete will be informed if they are to be carrying GPS upon check-in to quarantine. No other devices are allowed to be worn unless they have no display or audible feedback.

### **Athlete presentations**

A selection of athletes will be asked to take part in athlete presentation to the crowd prior to their run. Athlete will be informed if they are to be involved in presentation ceremonies upon check-in to quarantine.

### **Spectator Control**

There is a spectator control, used by both elite races.

### **Bag Transfer**

Bags will be transferred from quarantine to the finish for athletes. At quarantine check-in athletes will be issued with a number to attach to their bags for transfer.

### **Warm up maps**

Warm up maps will be issued to athletes at quarantine check-in.

### **Out of Bounds**

If athletes enter areas marked on the map as forbidden or out of bounds, they will be automatically disqualified.

In general, there is no additional marking to show private property or graveyards as out of bounds, they are shown with the olive green map colour. In the graveyard areas all competitors must keep to paths.

There will be marshals in the terrain, and they will report violations of forbidden/uncrossable/out of bounds areas.

### **Finish**

The Finish and download will be in the assembly area.

Elite competitors have touch-free punching and so do not need to punch an SI unit at the finish.

Download will be at the finish.

Maps will be collected from athletes at the finish and redistributed once the race has ended.

### **Flower ceremony**

There will be a flower ceremony at 11:30 for the top placed competitors on the men's and women's elite races.

### **Results**

Results will be available at the arena after the competition and will be published online at [www.racethecastles.com](http://www.racethecastles.com).

# CITY RACE

## Safety

All competitors take part in this event at their own risk. Road crossings will be the competitor's responsibility and due care should be taken. When crossing roads competitors must obey the Highway Code. The courses will also go through residential areas; competitors must be considerate to the residents. While on courses, competitors must also be considerate to the general public and their belongings. Slowing down to negotiate sharp corners or alleyway entrances and exits is advised to avoid collisions. Please be aware that there are many areas of the courses with steps which can become very slippery when wet and competitors should take care.

## CityRace Timetable

Time	Edinburgh CityRace
10:00	Arrive to spectate WRE Sprint
11:30	First Start for Women and Men
13:45	Last Start for Women and Men
15:45	Courses Close

## Terrain

The terrain consists of a road network interspersed with narrow alleyways, residential areas, a steep grassy slope and a park. There are large height differences in the city centre and cobbled streets throughout the area.

## Map

ISSOM A4 or A3 size map, last updated September 2014.

Scale – 1:5000

Contour Interval – 5m with 2.5m form lines

## Start Lists

Start lists will be available via the Fabian website by Thursday October 10th.

## Start location

There are two starts operating at the Edinburgh CityRace.

Start 1	Start 2
Men Open (M18-35)	Young Junior Men (M12-)
Women Open (W18-35)	Young Junior Women (M12-)
Veteran Men (M40+)	Junior Men (M16-)
Veteran Women (M40+)	Junior Women (M16-)
Super Veteran Men (M55+)	
Super Veteran Women (M55+)	
Ultra Veteran Men (M65+)	
Ultra Veteran Women (M65+)	

**Start 1:** The route to the start will be taped and a map of the route to the start displayed in the assembly arena. The start is located 800m from the assembly arena up a gentle incline and athletes should leave a minimum of 10mins to make this journey. There are no toilets at the start.

**Start 2:** The start is located on the eastern side of Princes Street Gardens West 200m from the assembly arena. The route will be taped and signed. Athletes should leave a minimum of 5mins to make the journey to the start.

There will be no toilets at the Starts.

There will not be a clothing transfer.

#### Detailed start procedure

The start will be operated with a 4-minute call up. A clock at the start will display call up times. Competitors will be called into the -4 box according to their start time.

-4 minute: Call up, Check SI card, Check Start number

-3 minute: Clear SI, Check SI

-2 minute: Pick up Control Descriptions

-1 minute: Safety Briefing

0 minute: Receive map and start.

The start kite will be visible from the 0 minute location.

Competitors who are late for their start will only be allowed to start after at the next available time gap on their course. If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time.

#### Electronic punching

SI will be used as the punching system in the CityRace, please bring your own SI card.

SI cards are available for hire free of charge; but if lost there will be a charge of £35.

#### Courses

Course	Age Class		Controls	Distance	Climb
Black	Men Open		28	6.2 km	180m
Brown	M40+	Women Open	24	5.3 km	155m
Blue	M55+	W40+	23	4.7 km	145m
Green	M65+	W55+	20	4.1 km	135m
Short Green		W65+	17	3.5 km	95m
Light Green	M16-	W16-	14	2.5 km	155m
Yellow	M12-	W12-	11	1.5 km	70m

The stated distances are straight line distances. Competitors should expect the optimum route to be around 30%-50% further than the stated distance.

### Control Descriptions

Control descriptions will be printed on the map and loose control descriptions will be available at the start.

### Yellow course

Maps for the Yellow course will be available at the pre-start.

Anyone looking at a Yellow course runner's map must either i) have completed their own run already; ii) not be competing themselves, or iii) have declared themselves non-competitive.

Anyone needing help with the start time allocations to meet these requirements should contact the organiser as soon as possible – it may not be possible to make such adjustments on the day.

### Shadowing

The person shadowing must complete their own run before shadowing and they must not pick up a map at the start.

### Recommended Footwear and Clothing

The competition area includes a steep grassy slope which will be slippery if wet. Shoes with good grip are recommended. Competitors are reminded that October can be cold and wet and to bring adequate clothing to wear before, during and after their race.

### Bibs / Numbers

Start number need to be collected from the arena prior to starting.

### Warm up maps

Warm up maps of the area to the north of Princes Street Gardens will be available at registration and in the arena. A course with controls but no punching or timing is available. It is free, but take some money because the course finishes at Run and Become where you will receive a 10% discount. Please return to assembly via the East gate of Princes St Gardens to avoid passing through the competition area.

### Out of Bounds

If athletes enter areas marked on the map as forbidden or out of bounds, they will be automatically disqualified.

In general, there is no additional marking to show private property or graveyards as out of bounds, they are shown with the olive green map colour. In the graveyard areas all competitors must keep to paths.

There will be marshals in the terrain, and they will report violations of forbidden/uncrossable/out of bounds areas.

### Finish

Download will be at the finish.

All competitors should punch the SI unit at the finish line. (Do not be confused by watching Elite competitors finish without punching – the procedure is different for them).

Competition maps will not be collected. Please do not show the map to competitors who have not yet run.

### Results

Results will be displayed in the arena after the competition and published online.

## TempO (speed TrailO)

As in classic TrailO, TempO requires you to decide which of the available kites (reading left to right) A-F (Alpha, Bravo, Charlie, Delta, Echo of Foxtrot) matches both the control description and the centre of the circle. If none do, then you should answer "Zero".

This is done against the clock with a single timing for the 4 problems. The time limit is 2 minutes and there'll be a warning at 20s to go. You'll get a penalty of 30s for each incorrect answer.

The maps you'll be given will already be orientated to North, but a compass may still come in handy. Hint: check control descriptions especially for point features.

The course will be between 4 and 6 of these stations. There'll also be a model control and event officials to ensure everyone understands what to do before they start.

**Cost:** Free

**Map:** ISSOM specification (Special features: green cross = tree stump; dotted circle = statue)

**Start times:** from 12:15 onwards

**Location:** Princes Street Gardens East - please observe the embargo for this area.

You'll pass the assembly/start area for the TempO on the way to the CityRace and WRE sprint starts.

For further information see the discussion on Nopesport thread:

<http://forum.nopesport.com/viewtopic.php?f=1&t=14393>