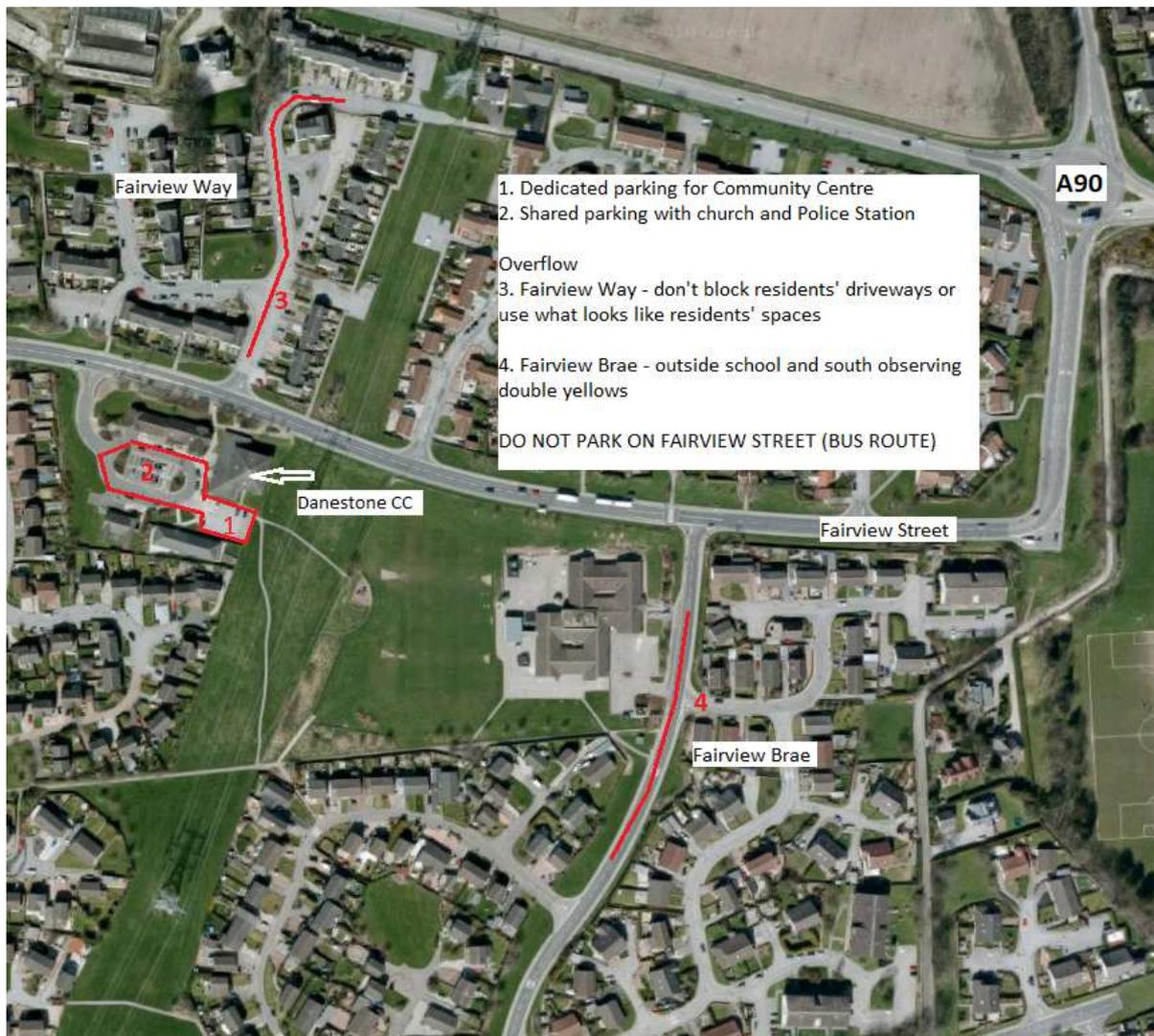


Danestone SOUL 8 15/9/18

Assembly/Registration: Danestone Community Centre - registration/download, loos and hall to leave kit and have a blether over a cuppa from the kitchen. Hall will be open for orienteers from 11:00 to 16:00.

[Streetmap](#) what3words: [cakes.last.laptop](#)

Parking: There are parking spaces immediately adjacent to the Centre plus on nearby roads:



There will be no parking marshals so we're relying on you to park tidily and sensibly - please leave gaps between groups of cars parked alongside the roads to allow other traffic to pass each other easily. Danestone Congregational Church are holding their Autumn Fayre until 12:00 so early SOUL arrivals might like to leave the spaces on the southern side of area 2 free for their use please.

Best way to approach the Community Centre is to come off A90 at the roundabout shown above, onto Gordon Brae then first right into Fairview Street. There will be O signs to guide you.

Registration: 11:00 to 13:00 Collect your Emit brikke here before going to the Start

Starts: 11:30 to 13:30 Punching starts within nominated time bands
Early 11:30 to 12:10
Middle 12:10 to 12:50
Late 12:50 to 13:30

If you indicated a preference when entering please go within the time band shown and if you said “Any” then don’t all leave it until 13:29!! Start officials will ensure fair spacing between competitors on same course so please report to them on arrival at the Start and they will feed you into a suitable slot.

Start/Finish: 200m from Community Centre / right outside it

Courses close: 15:00

Course description/planning notes: The Danestone area is primarily suburban with housing built since the 1970s. The area has a general slope from north to south down to the River Don but climb is not a significant feature of the courses. The area has been used previously and known as Balgownie however the mapped area has migrated westwards into Danestone over time as areas to the east have been lost to orienteering such that Balgownie no longer features on the map, hence the change in name.

The area is a mixture of quiet estate roads linked with footpaths with predominantly grassed public space, some moderately busier feeder roads and two large, busy roads on the northern and eastern boundary of the mapped area. None of the courses approach the busiest roads, junior courses stay in the quieter residential roads or, in the case of **the M/W 16- pass under a moderately busy road with checkpoints either side of an underpass. Each of these controls are visited twice. Parents/adults may wish to check that juniors are familiar with this concept.**

The Mens' Open and M/W16- courses venture into a wooded area but with the large majority of optimum running being on paths or tracks which could be muddy after heavy rain. These courses and Courses 2 and 3 **cross a steep sided mill leat; it is marked as uncrossable (black line on either side of the blue) and competitors should not attempt to cross other than at bridges.**

Course lengths are planned to the Urban race guidelines and the table shows both straight line distance and (purely for information) an estimation of the actual running distance based on the Planner's assessment of the optimum route.

Course 7 (or Yellow) is shorter than optimum and this is a result of the necessity to avoid young juniors crossing anything other than quiet residential roads/cul-de-sacs.

Course	Length (km)	Climb (m)	Est'd Running Distance (km)	Urban Category
1	7.6	115	10.6	MO (M18-35)
2	6.2	75	8.8	WO (W18-35), MV (M40+)
3	5.1	70	6.9	WV (W40+), MSV (M55+)
4	3.7	45	5.6	WSV (W55+), MUV (M65+)
5	3.1	30	4.6	WUV (W65+), WHV (W75+) MHV (M75+)
6	3.7	50	4.6	WJ (W16-), MJ (M16-)
7	1.8	15	2.2	WYJ (W12-), MYJ (M12-)

There will also be an Open category for each course - same length, same course, just non-competitive. Please enter by category as this assists us to process results quickly for the SOUL League points.

Map: Scale 1 : 4,000, 2.5m contours, ISSOM

For those of you who haven't tried urban orienteering on an ISSOM map before please take a look at the guide at the end of these details which explains the map symbols so you don't inadvertently cross an out of bounds area or uncrossable fence or wall.

Entry fees: includes hire of Emit brikke

SOUL Category: £10 Senior, (£12 Non-BOF/SOA member) £5 Junior/Student

Any Course X Open Category: £4 Senior, £2 Junior/Student

This is for those folk wanting to run non-comp for the SOUL e.g. regular non-club competitors in GRAMP's Urban Series as this event counts towards that too or any Danestone locals wanting to try orienteering on their doorstep

Online entries: via [Fabian 4](#) closing midnight Wed 12th
(some Entry on the Day too)



Dogs: not allowed on courses or in the Community Centre

Cakes/tea/coffee etc: Ailsa Anderson (GRAMP) is fundraising for an Operation Raleigh trip and will be selling refreshments. Show your environmental credentials by digging out your old refillable Wilf's mug or similar and bring it along please.

Officials: Planner - Pete Lawrence, Controller - Tim Griffin, Organiser - Rachel Scott (all GRAMP)

Sunday: And by way of a complete contrast to round out the weekend, Maroc are hosting a Level C at [Pannanich](#) near Ballater on Sunday 16th.

Notices

Safety - A risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

This is an urban event and competitors are reminded to take care crossing roads and running round blind corners, be aware of cyclists/dogwalkers/members of the public and be courteous. A note of any existing medical conditions/treatments may be left with the Organiser in case of emergencies and will be destroyed afterwards.

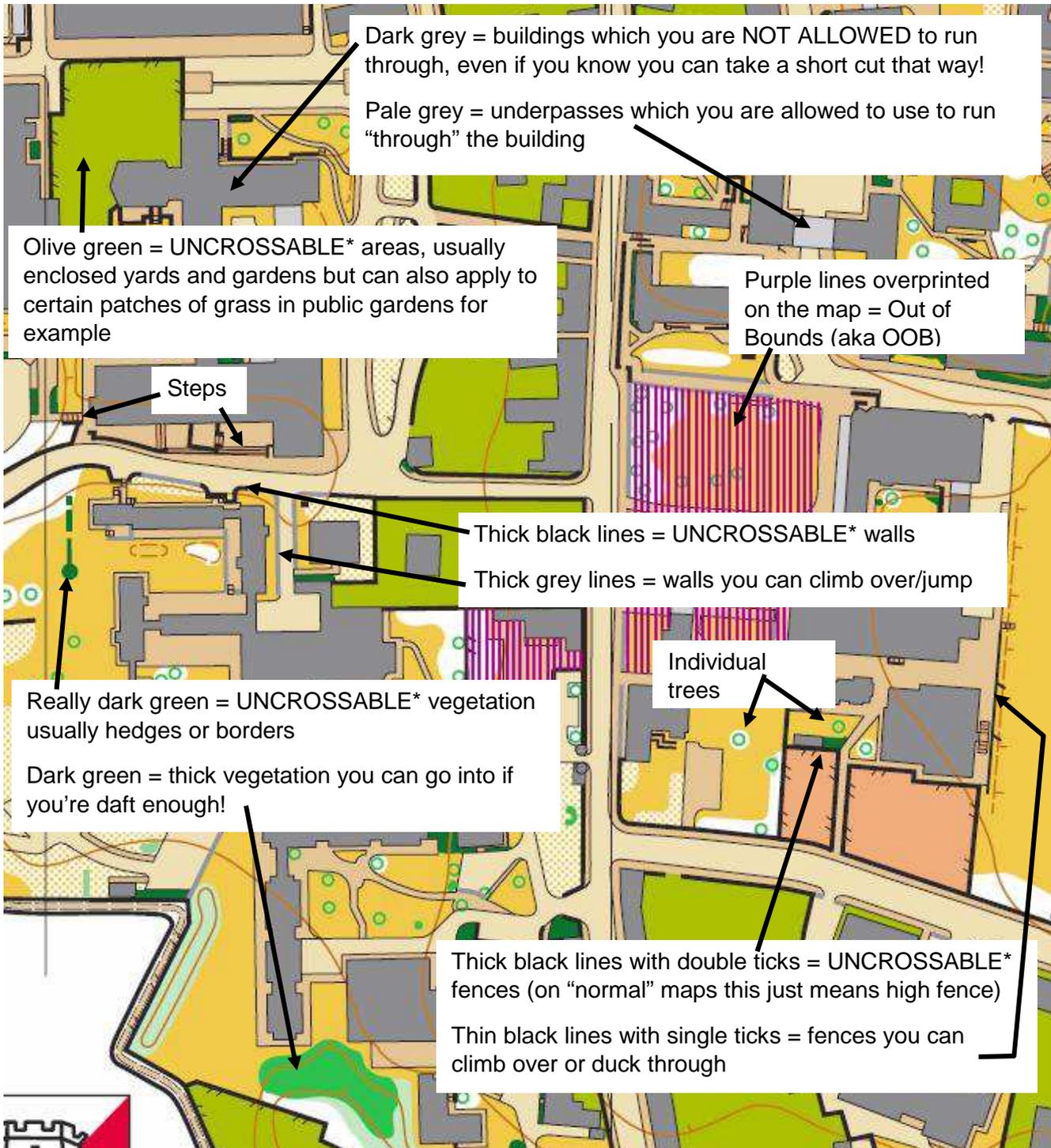
Public Liability - Please be aware that British Orienteering Federation (BOF) event insurance only covers non-member participants for public liability for 3 events in any one year (this includes helpers, parents shadowing and competitors).

Privacy - when entering our events your name may appear in the results section of this website or in newspaper reports. Grampian Orienteers [data privacy policy](#)

Photography - In line with the policies of British Orienteering, the organisers of this event request that any person wishing to take photos or video showing children should register their details with event volunteers before taking any such photos or videos. The event organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police.

ISSOM (AKA SPRINT) MAPS vs ISOM (AKA NORMAL) MAPS

Here are a few important things you should know about the colours and symbols on Sprint maps compared to those found on “normal” maps.....



*In all cases, **UNCROSSABLE** means **NOT ALLOWED** because we don't have permission to, not because we think you're too wimpy.