

Welcome to Balmedie ! I hope you have as much finding the controls as the planning team have had planning, deploying and checking everything.

About the map

There are three map templates

- White, Yellow and Orange are on a smaller A4 Landscape map
- Light Green and Green are on an A3 Portrait map
- Blue and Brown are on a double-sided A3 Portrait map

All maps are at 1:7,500 scale with a 2.5m contour interval - North lines are 300m apart.

Due to the nature of Balmedie (mostly rough open / dunes, with sandy or dirt tracks) the maps use three special symbols. The rough open land is shown in a much lighter colour to bring out the contours (which are slightly thinner than normal), and sandy ground is a sandy coloured tint, rather than the standard sandy ground dotted symbol. Sandy paths are shown in the same sandy coloured tint, to distinguish them from dirt tracks.

In recent visits, some of the large areas of open land have been under water - so don't be confused.

Balmedie has suffered from storm damage, along with sand movement, there are a few very steep, and loose steep slopes on the seaward side, especially in the area directly to the East of the car park - please treat with caution !

About the courses

As Balmedie is a long thin site with many paths and tracks, especially in the southern two-thirds, the courses are planned like middle distance courses. Expect lots of controls. All the TD4 to TD5 traverse a full variety of Balmedie terrain types, but you should be able to finish with dry feet !

We have relaxed the White and Yellow standard. The strict standard for these courses is to deploy controls at most junctions. This leads to a very cluttered and confusing map. On the white course especially, we have decided to remove some controls in these dense sections. Where the track is straight, there will not be a control at every junction. Where the route is more curved, the controls are deployed so that you can see the next from the previous. There are some smiley faces deployed to encourage younger runners.

Final Course Specs

These are as printed.

Colour	Distance	Climb	Controls
White	1.5km	15m	12
Yellow	2.0km	15m	11
Orange	2.1km	17m	8
Light Green	3.0km	95m	11
Green	4.7km	125m	16
Blue	6.6km	185m	24
Brown	7.0km	265m	27

Please let me know how you got on afterwards, its always good to get feedback - good or bad.

Donald