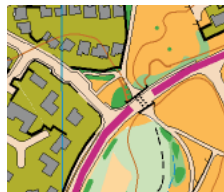








# SOUL 12: Sunday 20<sup>th</sup> November

## Livingston-Deans: Final Details



Interlopers welcomes you to the second last of this year's Scottish Orienteering Urban League series, taking place at Livingston Deans on Sunday 29<sup>th</sup> November.

<b>Directions</b>	We're based at Deans Community High School, Eastwood Park, Livingston, EH54 8PS. OS grid ref. NT 032691. We do not have exclusive use of the car park, so please park responsibly. Those travelling by train, should travel to Livingston North, which is on the Glasgow-Bathgate-Edinburgh line (The Start is down a path 225m SE of this, taped from the road/rail bridge adjacent to the station). There are buses to Livingston from Edinburgh and Fife.																						
<b>Registration</b>	10.45 - 12.30. Limited EOD subject to map availability £12/£14 senior BOF/non-BOF; £6/£7 junior&student BOF/non-BOF																						
<b>Facilities</b>	We have a room within the School, where toilets are available.																						
<b>Start</b>	11.30am-1.00pm. The start is ~800m away. It'll be taped from the School's entrance gate.																						
<b>Finish</b>	The Finish is within sight of the School. Courses close 2.30pm. Don't forget to download.																						
<b>Courses</b>	Courses	Length (km)	Map & Scale																				
	<table border="1"> <tr> <td>1 – Mopen</td> <td>9.8</td> <td>1:5000 A3</td> </tr> <tr> <td>2 – MV; WOpen</td> <td>7.9</td> <td>1:5000 A3</td> </tr> <tr> <td>3 – MSV; WV</td> <td>6.4</td> <td>1:5000 A3</td> </tr> <tr> <td>4 – MUV; WSV</td> <td>5.0</td> <td>1:5000 A3</td> </tr> <tr> <td>5 – MHV; WUV &amp; WHV</td> <td>4.0</td> <td>1:4000 A3</td> </tr> <tr> <td>6 – JMW16-</td> <td>5.0</td> <td>1:5000 A3</td> </tr> <tr> <td>7 – YJMW12-</td> <td>2.7</td> <td>1:4000 A3</td> </tr> </table>	1 – Mopen	9.8	1:5000 A3	2 – MV; WOpen	7.9	1:5000 A3	3 – MSV; WV	6.4	1:5000 A3	4 – MUV; WSV	5.0	1:5000 A3	5 – MHV; WUV & WHV	4.0	1:4000 A3	6 – JMW16-	5.0	1:5000 A3	7 – YJMW12-	2.7	1:4000 A3	
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<p>Main roads that are forbidden to cross are indicated by a pink boundary line as shown. These roads may be crossed via underpasses. To improve clarity the crossing point symbol has not been used. It is allowable to run parallel to the boundary line where permitted.</p> 																							
<p>Courses have negligible climb. Controls are SIAir enabled; start and finished must be 'punched'. Those who have not reached their sixteenth birthday may only compete alone on junior courses, but may be accompanied on other courses. A copy of Course7 will be available at Registration and pre-start for parent/guardian to assess whether shadowing is needed. 'Shadowers' should complete their own competitive run first.</p>																							
<b>Terrain</b>	<p>The Deans area of Livingston comprises typical Scottish housing schemes with many alleys and cut-throughs, strips of urban woodland and, on the longer courses, more extended grassy sections. Expect 60% tarmac, 40% grass, dirt paths and runnable woods, steep in places and slippery when wet. Map is ISSOM2012. Woodland marked as white is super-fast. Light green is slower, but would be marked as white on normal maps and is sometimes the optimal route. Mid and dark green are not recommended for speed! The area is criss-crossed by roads with modest traffic: these are clearly marked with red striped overprint and, for safety and fairness considerations, they must not be crossed, even if clear of traffic. There are numerous underpasses which must be used. All courses cross access roads and cul-de-sacs with speed bumps and occasional vehicles. Majority of U12 course will be on paths away from roads but with approx. 300m on low speed cul-de-sacs. Red lines are broken but not bent WHENEVER there is a choice of underpass.</p>																						
<b>Important</b>	<p>If you think you have Covid, please don't come! Please advise Reg. of any medical conditions before competing. There will be dog walkers and members of the public on footpaths etc. Please be courteous. When crossing roads, please obey the Highway Code. Competitors take part at their own risk.</p>		<p><b>FORBIDDEN TO CROSS</b></p> <ul style="list-style-type: none"> <li> Wall or Property Boundary</li> <li> Fence</li> <li> Hedge</li> <li> River or Lake</li> <li> Private Land</li> <li> Temporary out of bounds</li> </ul> <p style="text-align: center;">MAP KEY</p>																				

**Planner:** Max Carcas    **Controller:** Ian Pyrah    **Organiser:** William Ivory (in advance) & Paul Caban (on the day)