

WOC TOUR 2024



Photograph - Chris Chase

EDINBURGH



GENERAL INFORMATION FOR ALL WOC TOUR EVENTS

Firstly, a huge welcome to everyone, it's been a bit of a wait but we're pleased to see you all now. We hope you enjoy watching the World Championships, running your own races and of course exploring the historic city of Edinburgh.

Lindsey Knox, Event Organiser

Results will be posted here:
<https://results.woc2024.org>



Assistance/Help: Our volunteer officials will all be wearing distinctive sky blue tops and will be pleased to help with any queries.

Collecting your race items: On Thursday 11/7 (only) South Hall Complex, Pollock Halls of Residence, 18 Holyrood Park Rd, Edinburgh EH16 5AY will be open from 13:00-19:15 for you to collect printed WOC Tour programme, race numbers (bibs), event memento, any hired SI cards, pre-purchased transport passes and souvenir publications. From Friday 12/7 onwards you must collect everything from the Information Point at the Day Event Centres. We will have a small selection of merchandise available to purchase at Pollock Halls on Thursday 11/7 on a first-come, first-served basis which will include some exclusive items not previously available, thereafter on selected days while stocks last. (GPS Co-ordinates 55.93810, -3.16964 and what3words: ///dance.finely.when)

Day Event Centres: The Day Event Centres will have Information, space to leave kit bags at your own risk, limited entry on the day, a small selection of WOC merchandise, equipment trader on most days, toilets, first aid provision and Download. Some have cafes (please support them).

Dogs: Dogs are not permitted on the courses or inside any building used by the WOC Tour.

General Health Information: First Aid will be available every day. There are three Accident & Emergency Hospitals in Edinburgh plus several Minor Injuries Units. For non-severe/non-life threatening injuries/illness phone 111 and you will be told which one to attend. Note for non-UK residents, if you turn up at any medical unit without phoning 111 you will be not be seen until you have phoned. If your injury/illness is severe/life-threatening phone the emergency number 999 and request an ambulance.

Information Point: An Information Point will be open each day in the Day Event Centre for collecting bibs, programmes, mementos, hired SI cards, items pre-purchased, complaints/protest forms, lost property, key drop.

Leaving kit and keys: Kit bags left in any of our Day Event Centre spaces should be safe but they are left at your own risk. Keys (only) may be left in a box at the Information Point.

Late, On the Day and Substitute entries: Late entries for all courses will be available on SiEntries until 23:59 hrs the evening before each event while maps are still available. Entry on the day of the event is also possible while maps are still available. Please be aware that you may not get to run your first choice of course without pre-entering. Payment must be made by card only – cash will not be accepted. Substitutions are allowed but only within the same course, with proof of agreement from the person passing on the entry. To cover the administration involved there will be a charge of £2 for each day of the substitution plus an additional one-off £1 if we need to issue a new race number (bib). For all changes please visit the entries team in the Day Event Centre and complete the form they provide.

Parking: There will be no organised parking for WOC Tour. All venues are accessible by public transport, and

Park & Ride options are available for competitors using accommodation outside Edinburgh. Check height restrictions. <https://www.edinburgh.gov.uk/parkandride>

Photography: There may be photographers in the area. If you do not want your photograph published please speak to the officials at the Information Point. If you have concerns regarding inappropriate or intrusive photography please report it to any event official.

Race clothing/footwear: There are no restrictions on clothing but you should bring a lightweight waterproof jacket to wear in case of heavy rain. Shoes with some grip are recommended for Holyrood Park (whatever the weather), and for Riccarton if there has been rain beforehand. Metal spikes/dobbs are only allowed at Holyrood Park, and are not permitted at any other races. Trail shoes would be a good overall choice if you only want to bring one pair of running shoes.

Rubbish/Garbage: Please take all rubbish away with you.

Orienteering kit and equipment trader: CompassPoint will be present most days.

Toilets: There are toilets available at all venues, you must not use public or private gardens as toilets. You will be disqualified if you are seen using unofficial places.

Transport information: The best source of bus and transport information comes from our sponsor, Lothian Buses', smartphone app (<https://www.lothianbuses.com/>). There is a single tram route from the airport going via Princes Street and onto Leith but their website journey planner does allow the option of including buses in the result (<https://edinburghtrams.com/>). Scotrail have timetables for all trains (<https://www.scotrail.co.uk/>). For car users, Day Event Centres are not within the Edinburgh Low Emission Zone (LEZ), which fines older cars entering the city centre, but beware of travelling through the zone.

Water: Avoid dehydration. If the weather is hot, drink plenty of fluids. Please bring your own water and **do not leave plastic bottles at the Starts**. You may leave bottles at the Warmup race Finish which you pass close to going to the Start, and in the arena on Day 4. Starts and Finishes on other days are very close to the Day Event Centre.

TECHNICAL INFORMATION

Amendments: Changes to SI card number will remain free unless it includes hiring an SI card when the hire fee will be charged. Amendments to the course you wish to do will only be possible if there are maps available, and there will be an administration charge of £4 per day (payable by card).

Complaints, Protests and Appeals: Complaints should be made to the Event Organiser either orally or in writing using the standard Complaints/Protests form available from the Information Point within 15 minutes of the course closure time on the day of the competition. There is no fee for a complaint. The Event Organiser is the adjudicator of any complaint. A protest can be made against

the Event Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 13 of the British Orienteering Rules (v3.11 January 2024).

Control Codes: Will be displayed on the SI box only. Please ignore any other coding you may find at the control site.

Control descriptions: All courses will have pictorial control descriptions. They will be on the maps and available loose in the start boxes. Note that there are no loose control descriptions for the indoor race on Saturday 13 July.

Course lengths: Course lengths for the urban races are calculated using the "shortest sensible route". The warmup event is straight line, and the indoor race is an approximation.

Electronic punching: The Sportident electronic punching system will be used. All versions of SI card are accepted, including SI-Air cards. Controls will be enabled for SI-Air but you must punch the Start and Finish manually.

Important information about Course 1 on Day 3 (Riccarton) – this requires a high capacity SI card. Course 1 on Day 4 has close to the v8 capacity card. Check the day details for both. All competitors must visit Download by course closure time whether or not they have finished their course.

Finish and Download: Both the Finish and Download must be punched (not contactless).

Map legend: the urban maps only have a very short legend on them, highlighting out of bounds and uncrossable features. The warmup and indoor maps have different legends, see the individual day information.

Map sizes: All maps are single-side print/A3 size (or cut down slightly from A3), apart from the indoor race which is single-side print/A4 size.

Mapping Standard: See the individual day information but note that map scales vary for some courses on some days.

Race Numbers (bibs): Can be collected from Pollock Halls on Thursday 11 July from 13:00-19:15, and after that from the Information Point at the Day Event Centre each day. The race number (bib) must be worn on your front and you will not be allowed to start without it. Complete the medical/contact information on the back (using the template). Please bring safety pins to attach your race number (bib) to your clothing. **IMPORTANT** - Check that the SI card number on your race number (bib) matches the one you are using - this avoids problems later at Download.

Lost Race Numbers (bibs): Your race number bib is to last for all six days. Lost ones must be replaced at a cost of £1 each.

Results: We aim to provide an enjoyable and varied six days of racing without the pressure of scoring or prizes but we will produce a cumulative total for everyone for the five urban days (Friday 12 July until Tuesday 16 July) so that you can compare your results with others. Every competitor entered by 18/6/24 will receive a memento of their participation when they collect their race items. Mementos for later entries subject to availability.

Starts: All routes to Starts will be taped using red/white

stripe tape apart from Day 1 (Leith) and Day 4 (Central Edinburgh) when there are separate Starts for Course 10. For the short distances involved for C10 we will use a predominately white tape with green/red/black orienteering logo.

WOC team members and officials are responsible for ensuring that they comply with WOC embargos whilst travelling to any WOC Tour events.

START PROCEDURE

Going to the Start: Check that you have your SI card and race number (bib). If the Event Organiser has declared waterproof jackets compulsory this will be checked as you leave the Day Event Centre.

At the Start: It is competitors' responsibility to start at their allocated times. We are operating a quiet Start so there will not be a name call-up but the minus 4 clock will be prominently displayed with times called out. Latecomers, helpers and those with split starts should speak to an official at the Start.

Clearing your SI card: Remember to Clear and Check (SI-Air battery test also available) before entering the correct -4 box for your course, which will be labelled with the course number or colour-coded course name. There will be an SI-Air battery test in the Day Event Centre for the warmup and the Central Edinburgh races as well as in the pre-start area. Remember that an SI-Air card can still be used manually if the battery fails.

-4 is individual boxes. Si-Air users can check that it is On here.

-3 is one large box with loose control descriptions: odd number courses on the left and even on the right. Colour-coded courses suitably marked.

-2 is one large box with blank maps. Note there may be different scale maps on display.

-1 is one large box. You will be asked to "punch" a manually-held Check unit. There may be safety information and reminders given. Pick up your map, quickly check that the course is correct then immediately hold your map against your body until 10 seconds to go.

At 10 seconds to go you may step over the line then go on the long beep.

This is not a timed start - Remember to punch the start



Join here

WOC EXTRA! WHATSAPP

To let you share your photos, and experiences, there's an informal WhatsApp group you can join too.

WOC EXTRA!

WOC AROUND THE CLOCK!

We can't wait to welcome all WOC Tourists to Edinburgh! WOC EXTRA! is an informal social and orienteering programme, with a different meeting point in Edinburgh each evening. Each bar/ hotel is next to an orienteering map with MapRun courses for you to enjoy.

Come along and socialise, do more orienteering, or both! All very flexible and simply aimed at giving you extra fun while you are in town.



More info here



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The Orienteering Foundation is a charity that supports orienteering in the UK. We promote the benefits this amazing sport has to offer people of all ages and backgrounds, and ensure a sustainable sport for the enjoyment of generations to come. We fund projects to tackle emerging issues, enhance junior programmes, invest in elites, provide adult coaching opportunities, support club development officers, reduce volunteer effort, and drive technology innovation in the sport. With your help we can do even more! To find out how, check out our website, follow us on social media, or get in touch.



www.orienteeringfoundation.org.uk/woc2024

— WARM UP —

Holyrood Park, Thursday 11 July 2024

Type of event: Colour-coded, open hillside, South of Scotland O league (SoSOL) counter.

Day Event Centre: South Hall Complex, Pollock Halls of Residence, 18 Holyrood Park Rd, Edinburgh EH16 5AY. Open from 13:00-19:15 to collect all your race items. Leave kit bags in the hall. The only available toilets are in this building, none at the Start or Finish. CompassPoint will have their equipment van here.

What3words: ///dance.finely.when

GPS co-ordinates: 55.93810, -3.16964

Start times: 15:00–17:00

Starts: There is one Start location today. 1.9 km plus 140 m climb: allow a 45-minute walk (plus extra time to admire the views). The first 1.6km is relatively flat on pavements with most of the climb coming in the final 300m steep ascent to the Start. The route will be taped. The Finish will be manned from 14:00 to allow you to take a small detour on the way to the Start to leave kit and/or water bottle. (at your own risk). Do not leave anything valuable here.

Finish: 400m from Download. Follow tapes back to Download in Pollock Halls. First Aid provision will primarily be at the Finish.

Courses close: 19:00

Map: Holyrood Park, 1:7500 for everyone, with 5m contours, mapped to ISOM 2017-2. Updated map 2024 by Matthew Gooch. Copyright EUOC. The Orange course has a control on a rarely used platform feature, i.e. an obvious small flat area on a slope. This is mapped as a brown three-sided triangle and is represented by the charcoal-burning control description.

Area description: Holyrood Park is a royal park with an array of hills, lochs, glens, ridges, basalt cliffs and extensive gorse, providing a wild piece of highland landscape in the middle of the city. The park is extremely popular and has over 5 million visitors per year.

Food: Pollock Halls have a café, please support them.

Footwear/clothing: Shoes with some grip recommended. Full leg cover recommended due to a few areas of gorse.

Safety: There will be marshalls at certain road crossings on the way to the Start. One significant

crag on some courses will have black/yellow tape across the top but be aware that there are many other crags and steep slopes in the park. Some paths are quite stoney, take care when descending.

Juniors: No restriction on juniors on courses but parents must accompany younger children to and from the Start/Finish as this involves road crossings. A Yellow map will be available to view (only) in the Day Event Centre with all Yellow course competitors course maps at the Start.

Special Information: We expect several hundreds of tourists will be in the park at the same time as the race, take care around them. The high road round the area is closed to motor vehicles from 15:00 today which means the walk to the Start should be vehicle-free after this time apart from park staff and some orienteering official's vehicles. There will still be runners and cyclists on the road. The route to the Start uses some small steep narrow paths, rocky in places, please move to the side to let faster competitors pass if necessary.

Planner: Max Carcas INT


Controller: Robin Sloan RR


Course details:

Course	Length (km)	Climb (m)	Controls
Brown	7.6	395	27
Blue	5.4	255	21
Green	3.9	175	15
Short Green	3.4	120	12
Light Green	3.5	185	14
Orange	2.6	130	13
Yellow	2.1	80	10

Getting there:

P Parking: Very limited on-street parking. The nearest NCP car park is at St Leonards (700m).

 From outwith Edinburgh: Park at Sheriffhall Park and Ride (free parking) and take the #33 bus (3 an hour) to the "Commonwealth Pool" stop.

 From central Edinburgh: Take the #30 or #33 bus (8 an hour) from Princes Street to the "Commonwealth Pool" stop.

It is a 5-minute walk from the "Commonwealth Pool" stop to the Day Event Centre at Pollock Halls.

— DAY 1 —

Leith, Friday 12 July 2024

Type of event: Sprint, urban

Day Event Centre: Leith Primary School, St. Andrew Place, Leith, Edinburgh EH6 7EG. Open from 9:30-15:00.

What3words: ///toxic.angle.bleat

GPS co-ordinates: 55.97068,-3.16859

Start times: 11:30–14:00

Starts: There are two Start locations today. Course 10 will start in Leith Links 50m from the Day Event Centre. Under 12s should be accompanied by an over-16 to their Start. Courses 1-9 will start a 450m flat walk from the Day Event Centre. Space is tight at the Courses 1-9 Start and we suggest that you do your warmup at Leith Links and avoid arriving at the Start too early.

Finish: nearby

Courses close: 14:45

Map: New map for WOC 2024. 1:4000 and 1:3000, with 2.5m contours, mapped to ISSprOM 2019-2 v6 (GG maps).

Area Description: Leith is an historic port with an asymmetric street plan and an eclectic mix of old and new properties. Running surfaces for Courses 1-9 are mostly paved with some cobbles and limited grass, generally flat. Course 10 is entirely within the grassy Leith Links Park before a very short section at the end into the main Finish funnel.

Food: There are lots of shops, cafes and restaurants in the area. Please support these local businesses.

Footwear/clothing: Metal spikes/dobs are not permitted (or recommended). No restriction on clothing.

Safety: Courses 1-9 will cross tram lines once. The trams move slowly and silently but are not very long. Courses have been planned to give you a good line of sight enabling you to judge whether to cross in front or behind them. There is no time-out, please use common sense when crossing. Marshalls will be in the vicinity to watch for potential issues.


Juniors: Junior ages are ages on race day. Under 12s on 12 July 2024 can only do Course 10 unaccompanied. Under 16s on 12 July 2024 can do either Course 9 or 10 unaccompanied. Any adult shadowing must run their own course first.


Planner: Rudi Paul STAG


Controller: Crawford Lindsay ESOC


Getting there:

P Parking: Only limited on-street parking is available around Leith Links (200-1000m from the Day Event Centre)

 From outwith Edinburgh: Park at Newcraighall Park and Ride (charge payable) and take the #49 bus (3 an hour) to the “Summerfield Place” stop adjacent to Leith Links.

 From Pollock Halls: Take the #14 bus (3 an hour) from the “Commonwealth Pool” stop to the “Foot of Leith Walk”. Head east along Duke Street to Leith Links (400m)

 From central Edinburgh: Take the #25 bus (3 an hour) from Princes Street to the “Duke Street” stop. Head east along Duke Street to Leith Links (400m).

 Tram from Ingliston Park & Ride (adjacent to airport) via City Centre (every 7 minutes) to the “Foot of the Walk” stop. Head east along Duke Street to Leith Links (400m).

It is a 10-minute walk from the foot of Leith Walk to the Day Event Centre on Leith Links following the taped route to the main Start in reverse.

— DAY 2 —

**Nucleus Building, King's Buildings,
Saturday 13 July 2024**

Type of event: Indoor

Day Event Centre: Ground floor of the Nucleus Building, University of Edinburgh King's Buildings, Mayfield Road, Edinburgh EH9 3FG, Open from 9:30-15:00. Bus number 9 goes directly into the campus. X = Nucleus Building



Map Credit: University of Edinburgh

What3words: ///dates.inch.headed

GPS co-ordinates: 55.92294, -3.17442

Start times: 10:30–13:45

Starts: There is one Start location today. Pre-start is outside, adjacent to the main door. Warm up anywhere outside on the campus.

Finish: In the building

Courses close: 14:45 but note that you have a maximum of one hour to complete your course. With a very large entry this is to ensure that the building does not become overcrowded. We ask you to play fair and go to Download if you have not finished after one hour.

Map: New map by Joe Hudd and Joe Sunley (EUOC). Scale 1:1000 with indoor-symbol legend. Control descriptions on the map will only quote the control number today, not a description of the feature. There will be no loose control descriptions but the control circle will have a small central dot to show the marker placement. Blank maps will be on display to enable you to familiarise yourself with the unusual symbols and map layout.

Area Description: Modern 4-level building with a variety of rooms, lecture theatres and study areas.

Food: Indoor shop, café and wrap bar in the building. The café is opening specially for us and offers a great selection of food and drink, please support them.

Footwear/clothing: Metal spikes/dobs are not permitted. T-shirts and shorts are fine to wear as the building is quite warm.

Kit store: Kit can be left along the outside of the building under cover. You may bring a club or family tent which can be pitched on grass near the front of the building.

Safety: Please watch your speed and take care on corners, slow and sure could be the best tactic. There are a number of electrical floor sockets which are no longer flush with the floor and so represent a trip hazard – these will be marked with black and yellow tape but take care too.

Special Information: There will be artificial barriers on the courses marked with a purple line on the map and tape on the ground. You must not cross these barriers. Marshalls will be watching but we also rely on runners being honest. Use of the lifts/elevators is NOT allowed. There is an adjacent library which is out of bounds. Be aware that the general public and University staff/students are allowed in the building at the same time but these should be few in number.

Juniors: No restrictions on which courses juniors can do.

Planner: Frank Townley EUOC

Controller: Roger Scrutton ESOC

Getting there:

P Parking: No on-street parking.

From outwith Edinburgh: Park at Sheriffhall Park and Ride (free parking) and take the #33 bus (3 an hour) to the “Cameron Toll” stop.



Alternatively use Straiton Park & Ride and the #47 bus (2 an hour) to the “Mid Liberton” stop (next to Cameron Toll shopping centre).

From Pollock Halls: Walk 10 minutes to the “Newington Street” stop and take the #3 or #29 bus (10 an hour) to the “Nether Liberton Lane” stop (next to Cameron Toll shopping centre).



From central Edinburgh: Take the #3 or #29 (10 an hour) from Princes Street to the “Nether Liberton Lane” stop (next to Cameron Toll shopping centre).



It is a 15-minute walk from the Cameron Toll bus stop (past Cameron Toll shopping centre) to the Day Event Centre at King's Buildings.

— DAY 3 —

**Heriot-Watt Campus, Riccarton,
Sunday 14 July 2024**

Type of event: Middle, campus. Scottish Orienteering Urban League (SOUL) counter

Day Event Centre: Oriam, Heriot-Watt University Edinburgh Campus, Edinburgh EH14 4AS Open from 14:15–19:30

What3words: ///train.ages.brand

GPS co-ordinates: 55.909407, -3.3159257

Start times: 15:15–18:15

Starts: There is one Start location today, 250m from the Day Event Centre. There will, however, be two separate start kites taped from it: one for courses 9 and 10 with a marshalled road crossing on the way to the flag; the other start kite is for all other courses. The Start Team will keep you correct. Plenty of space for a warmup on the way to the Start.

Finish: nearby

Courses close: 19:15

Map: New map for WOC 2024. 1:4000 and 1:3000, with 2.5m contours, mapped to ISSprOM 2019-2 v6 (Peel Land Surveys 2023) with additional survey and cartography by Alasdair Pedley 2024.

Area Description: A typical Scottish university campus with a mix of paved and unpaved surfaces plus significant areas of grass and some woodland, a few lakes and ponds. Few contours.

Food: The fan zone at Riccarton will be right in the middle of the Sprint Relay action and will feature food, retail, music and a big screen so you don't miss any of the racing.

Footwear/clothing: All courses cross areas of grass and potentially small areas of woodland. Shorts and flat shoes are fine but if wet some areas might be slightly slippery. Metal spikes/dobs are not permitted. No restriction on clothing.

Safety: Traffic on the campus is generally light but there will be marshalls at certain road crossings and at the campus bus stop to ensure no orienteers get off here. There are no timed-out legs. There are areas with narrow paths and gaps with some blind corners – please take care as runners could be approaching these from different directions.

Important information: For owners of SI card versions 5 and 8: Course 1 has 35 controls which is more than either has capacity for. We will

lend you an SI-Air for the day at no charge if you are affected, to be collected on the day at the Day Event Centre.

Special information: Most courses have several artificial barriers marked with a mix of tape and trestles. These must not be crossed, and marshalls will be in place. The last couple of controls, drawn on the map as small black circles, are special man-made features

Juniors: Junior ages are ages on race day. Under 12s on 14 July 2024 can only do Course 10 unaccompanied. Under 16s on 14 July 2024 can do either Course 9 or 10 unaccompanied. Any adult shadowing must run their own course first.


SOUL: Today is a counter in the Scottish Orienteering Urban League (SOUL). Please note that any Scottish Orienteering or British Orienteering members M85+ must do “Open Course 7” today if they wish to gain points in the SOUL.


Planner: Helen Bridle ESOC

Controller: Paul Caban INT

Getting there:

P Parking: Park at Hermiston Park and Ride (free parking). You MUST walk the final 725m to avoid entering the competition area. The route will be taped along the pavement going south from the parking, into the campus and fan zone. All areas off the taped route are out of bounds. Watch out for orienteers crossing the campus roads.

 From Pollock Halls: No direct bus from Pollock Halls. Take the #2 or #33 bus (3 an hour) from the “Commonwealth Pool” stop, and switch to the #25 bus (4 an hour) at the “Caledonian Village” stop on Dalry Road. This will take you to the “Hermiston Park and Ride” stop. You MUST walk the final 725m to avoid entering the competition area, as above.

 From central Edinburgh: Take the #25 or #34 bus (6 an hour) from Princes Street to the “Hermiston Park and Ride” stop. You MUST walk the final 725m to avoid entering the competition area, as above.

It is a 10-15 minute walk from the Park and Ride to the Day Event Centre.

— DAY 4 —

Central Historic Edinburgh, Monday 15 July 2024

Type of event: Long Distance Urban, UK Urban League (UKUL) counter

Day Event Centre: South Hall Complex, Pollock Halls of Residence, 18 Holyrood Park Rd, Edinburgh EH16 5AY Open 09:30-15:15

What3words: ///dance.finely.when

GPS co-ordinates: 55.93810, -3.16964

Start times: 10:30–13:00

Courses close: 15:00

Race Arena: 1.5 km from the Day Event Centre to the north east end of The Meadows, and will follow a taped route. There will be an area to leave bags and water bottles at your own risk although we will have marshalls in the area watching out. We advise you not to leave valuables here. Toilets are available in The Appleton Tower next to the Start for courses 1-9. The Council have requested us not to use The Meadows public toilets - at the time of writing the one for men is currently out of action anyway. Please respect their request so as to maintain our good relations with them for future events here.

Starts: There are two Start locations today. Course 10 will start at the edge of the race arena. The Start for courses 1-9 is 400m from the race arena and **has a -6 call-up today**. Space is limited in the pre-start area for Courses 1-9, please try to arrive no more than about 15 minutes before your scheduled start time.

Finish: Nearby the Arena. First Aid provision will primarily be at the Finish.

Map: New maps for WOC 2024. 1:4000 and 1:3000, with 2.5m contours, mapped to ISSprOM 2019-2 v6. City: Graham Gristwood (GG maps) 2024. The Meadows: Dave Peel (Peel Land Surveys 2023).

Area description: Courses 1-8 go through the Old Town with it's maze of narrow streets, closes and wynds, Course 9 visits south of the Old Town and The Meadows, Course 10 stays entirely in The Meadows.

Food: Pollock Halls have a cafe, plus lots of cafes near The Meadows for after you download. Make sure you download at Pollock Halls by 15:15.

Footwear/clothing: Metal spikes/dobs are not permitted. No restriction on clothing.

Safety: There will be marshalls at certain road crossings and car park entrances for safety. There is a time-out on Courses 1-8 at a set of traffic lights where you must punch the controls either side of the road. The maximum time allowed

between the two controls is 2 minutes. Please be mindful of the general public (especially slow moving tourists) in the streets and narrow alleyways, and also that the cobblestones might be slippery if wet. Some Meadows paths are divided into pedestrian and cycle tracks and everyone, but especially juniors on Course 10, is reminded to avoid running in the cycle lanes and take care crossing them as cyclists often travel at speed. Main thoroughfares are marked as Out of Bounds (OOB) to ensure safety and fairness. Competitors must only cross these at the time-out crossing point or at marked underpasses. There will be marshalls along these routes - anyone seen crossing OOB roads will be disqualified.

Juniors: Junior ages are ages on race day. Under 12s on 15 July 2024 can only do Course 10 unaccompanied. Under 16s on 15 July 2024 can do either Course 9 or 10 unaccompanied. Any adult shadowing on Course 9 must run their own course first but shadowing on Course 10 is OK at any time.

Important information for owners of SI card versions 8: Course 1 has 29 controls which is close to its 30 punch capacity. We will lend you a version 5 card for the day at no charge if you think that one spare punch might not be enough, to be collected on the day at the Day Event Centre.

Special Information: You may go directly to the Start if you have your race number (bib) but you **MUST** visit Download at Pollock Halls afterwards.


UKUL: Today is a counter in the UK Urban League. Any British Orienteering members M85+ must do Open Course 7 today if they wish to gain points (not Course 8 which they do on other days). Download, bag drop, toilets, CompassPoint, cafe etc are all at South Hall, Pollock Halls.


Planner: Richard Oxlade ESOC

Controller: Fredrik Forsberg STAG

Getting there:

P Parking: Very limited on-street parking. The nearest NCP car park is at St Leonards (700m).

 From outwith Edinburgh: Park at Sheriffhall Park and Ride (free parking) and take the #33 bus (3 an hour) to the "Commonwealth Pool" stop.

 From central Edinburgh: Take the #30 or #33 bus (8 an hour) from Princes Street to the "Commonwealth Pool" stop.

It is a 5-minute walk from the bus stop to the Day Event Centre at Pollock Halls.

— DAY 5 —
Wester Hailes,
Tuesday 16 July 2024

Type of event: Sprint, urban

Day Event Centre: Canal View Primary School, 4 Hailesland Place, Edinburgh EH14 2SL. Open 10:00-14:15.

What3words: ///worked.songs.liver

GPS co-ordinates: 55.915742, -3.2817103

Start times: 11:00-13:00

Courses close: 14:00

Start: There is one Start location today, 1 km from the DEC (taped). Under 12s must be accompanied by an adult to the Start and shadowed on their course (see below). Plenty of warmup space before reaching the Start.

Finish: nearby

Map: New map for WOC 2024. 1:4000 and 1:3000, with 2.5m contours, mapped to ISSprOM 2019-2 v6 (Peel Land Surveys 2023) with additional survey and cartography by Alasdair Pedley 2024.

Area Description: Wester Hailes is a residential area with a mix of flats, tower blocks and newer low-rise housing. The Edinburgh and Glasgow Union Canal runs through the area. Running surfaces are a mix of paved roads, paths and communal grass between housing. Mostly flat.

Food: Shops in adjacent Wester Hailes Plaza shopping centre

Footwear/clothing: Metal spikes/dobs are not permitted. No restriction on clothing.

Traffic: The area is very low traffic, but is NOT traffic-free. You are responsible for your own safety.

Juniors: Junior ages are ages on race day. We would be uncomfortable allowing under 12s to run round this housing estate on their own and possibly out of sight of other orienteers so they must be shadowed on whichever course they do. If the adult is also competing they must have run their own course before shadowing the junior.

Ages 12-15 on 16 July 2024 may do either Course 9 or 10 unaccompanied and parents must judge whether they want to shadow these children or not.

Special Information: There is a time-out on all courses at a set of traffic lights where you must punch the controls either side of the road. The maximum time allowed between the two controls is 1 minute. There will be Marshalls at this crossing and at other points on some courses.

Late in the planning process building work started in a area near the Finish that is visited by most of the courses. This has resulted in a lot of small temporary Out-of-Bounds areas. These have been mapped as late as possible before map printing but minor changes before your race are still possible.

Planner: Martin Quirke ESOC

Controller: Dave Robertson CLYDE

Getting there:

P Parking: Westside Plaza in Wester Hailes. Max 2 hours, limited spaces.

From outwith Edinburgh: Park at Hermiston Park and Ride and take the #25, #45 or #35 (8 an hour) to the “Napier University” stop. It is a 20 minute walk to Westside Plaza. You MUST stay on Wester Hailes Road to avoid entering the competition area.

From Pollock Halls: Take the #30 or #33 bus (7 an hour) from the “Commonwealth Pool” stop to the “Westside Plaza” stop.

From central Edinburgh: Take the #3, #30 or #33 bus (10 an hour) from Princes Street to the “Westside Plaza” stop.

There is also an hourly train service from Waverley/Haymarket to Wester Hailes station.

It is a 5-minute walk from the “Westside Plaza” stop to the Day Event Centre at Canal View Primary School. Approach through the main gate on the west side of the school.

URBAN RACES (all subject to final controlling)

(FRIDAY 12 JULY – TUESDAY 16 JULY)

Course No.	Map Scale	Classes		LEITH		INDOOR		RICCARTON		CENTRAL EDINBURGH		WESTER HAILES				
		Men's (Age)	Women's (Age)	Open	Friday 12 July	Saturday 13 July	Sunday 14 July	Monday 15 July	Tuesday 16 July	Monday 15 July	Tuesday 16 July	Monday 15 July	Tuesday 16 July			
	excl indoor				Length (km)	Climb (m)	Length (km)	Climb (m)	Length (km)	Climb (m)	Length (km)	Climb (m)	Length (km)	Climb (m)	Length (km)	Climb (m)
1	1:4,000	M18, M20, M Open, M35		Open 1	4.5	15	4.7	8 floors	20	6.7	85	9.7	180	4.2	80	26
2a	1:4,000	M40, M45, M50		Open 2	3.9	15	4.0	7 floors	15	6.1	70	8.2	170	4.0	70	25
2b	1:4,000		W18, W20, W Open, W35		3.9	15	4.0	7 floors	15	5.9	55	8.4	170	4.0	70	25
3	1:3,000	M55, M60		Open 3	3.5	15	3.5	6 floors	14	5.3	50	6.8	130	3.8	75	23

4	1:4,000		W40, W45, W50	Open 4	3.6	15	3.5	6 floors	14	5.2	45	6.7	110	3.8	60	25
5	1:3,000	M65, M70		Open 5	2.9	15	2.7	5 floors	14	4.5	45	4.9	100	3.6	70	22
6	1:3,000		W55, W60	Open 6	2.8	15	2.7	5 floors	13	4.0	25	5.0	90	3.2	65	22
7	1:3,000	M75, M80		Open 7	2.5	15	2.3	4 floors	11	3.6	20	4.2	80	2.6	55	19
8	1:3,000	M85+		Open 8	2.4	15	2.1	3 floors	13	3.5	35	3.2	70	2.2	50	16
9	1:3,000	Under 16*	Under 16*	Open 9 / Adult novice	2.4	10	2.5	4 floors	12	2.9	25	4.9	20	2.6	45	25
10	1:3,000	Under 12*	Under 12*	Open 10 / Junior novice	1.4	5	1.8	2 floors	10	2.2	20	2.5	0	1.6	35	17

*see individual day notes for restrictions

** 1:4,000 map today

Course length in km, Climb in metres

ORGANISING PARTNERS



FUNDING PARTNERS



EVENT PARTNERS



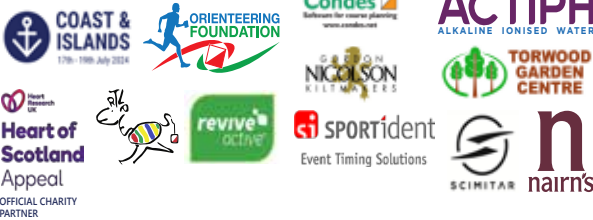
IOF PARTNERS



EVENT SUPPLIERS



EVENT SUPPORTERS



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YOUR WEEK AT A GLANCE

Date	World Championships To check	WOC timing	Tour events	Tour locations	Start window
Thursday 11/7/24	Model and Technical Model at Pollock Halls	10:00-14:00	Warmup: grass open hill terrain (SoSOL)	Holyrood Park	15:00–17:00
Friday 12/7/24	Sprint Qualification - Leith Opening Ceremony – Ross Bandstand, Princes Street Gardens Sprint Finals – Princes Street Gardens West GPS co-ordinates: 55.950769, -3.2002033	09:00- 11:00 14:00 15:00-18:00	Urban Sprint race	Leith	11:30–14:00
Saturday 13/7/24	Rest day		Indoor	King's Buildings	10:30–13:45
Sunday 14/7/24	Mixed Sprint Relay – Heriot Watt Riccarton Campus	12:45-14:30	Urban Middle race (SOUL)	Heriot-Watt -Riccarton Campus	15:15–18:15
Monday 15/7/24	Rest day		Urban Long race (UKUL)	Central Edinburgh	10:30–13:00
Tuesday 16/7/24	Knock-out Sprint Qualification - Wester Hailes. Knock-out Sprint Finals – St. John Street GPS co-ordinates: 55.950300,-3180800 Medal & Closing Ceremonies, Race Arena, St. John Street	09:00-11:00 15:20-19:00 19:00	Urban Sprint race	Wester Hailes	11:00–13:00