

# Final Details for Scottish Sprint Championships plus SOUL 3

April 5<sup>th</sup> 2025      Tweedbank.

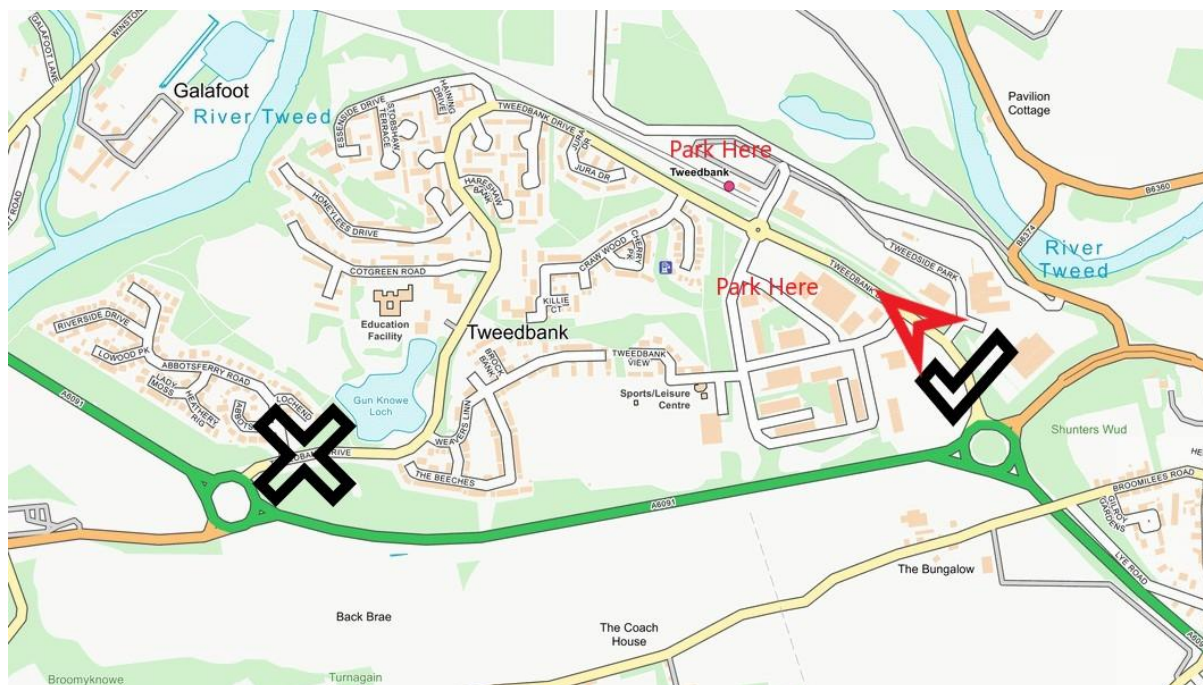


2 urban sprint races in Tweedbank, near Galashiels. Race 1 will be the 2025 Scottish Sprint Championships, Race 2 will be a SOUL3/Open Sprint.

There is an embargo on the area and anyone found training with an orienteering map on the area before 5/4/25 will be disqualified. Embargo and layout map [HERE](#)

**Getting there:** half-hourly train from Edinburgh (Waverley departures scheduled at 09:43 and 10:11 take about one hour). Bus from various towns via the Galashiels Interchange.

By car, easily reached via both the A7 and A68. Follow road signs for Tweedbank Railway Station from the roundabout east of Tweedbank. If coming from the west (Galashiels) then do not take the first roundabout exit signposted for Tweedbank as this route is out of bounds as orienteers will be crossing this road.



**Parking:** At the small roundabout into the Railway station you can park on the left (south) on any of the Industrial Estate roads, then walk the short distance to the railway station from where there will be tapes west along a path 800m to the Community Centre. We can't stop you parking in the station car park but if it's busy be mindful that paying passengers should take precedence. Wherever you park please also be mindful about changing in public.

**Event Centre:** The Tweedbank Community Centre, Essenside Drive, Tweedbank, Galashiels. (No parking here or on the roads nearby). Registration, toilets, bag drop, download, enquiries. The

Community Centre is about 800m from the railway station – Walking route to the Centre will be marked with Blue Tape from the road entrance to the Station.

**Start/Finish:** Follow the green tape 400m from the Event Centre to the Start (same for both races). There is an open warm-up area on the way to the start. Due to proximity to housing the start clocks will be in quiet mode. Call up will be at -4 on one side of Tweedbank Drive. You will then be directed to cross the road where main start will be. After finishing the Sprint Championships your map will be collected for retrieval later, then make your way to download promptly by following the red tape 400m to the Event Centre. Please don't deviate from these routes.

**Event times:** First race (Scottish Sprint Championships) starts 11:30-12:45, second race (SOUL) starts 13:00-14:15.

**Courses:** The normal urban categories, planned for winning times of 12-15 minutes. Juniors being shadowed will be non-competitive on the Sprint Championships race but still competitive on the SOUL race. Shadowers must run their own course first. Courses 6 and 7 are suitable for unaccompanied under 16s and under 12s respectively but see the road crossings message below. Anyone over the age of 16 on the day may enter Men or Women Open.

Both **Sprint Championships Course 7** and **SOUL Course 7** have a butterfly loop, please make sure that all participants on these courses understand that this means visiting a control part-way through their course, doing a loop then visiting the same control again before doing the rest of their course. Novices on these courses, please ask if you're not clear on this.

**Road crossings:** The speed limit in the town is 20 mph apart from one busier road in the centre which is 30 mph and has one underpass which is compulsory for Courses 6 and 7. The underpass will have a control at it. Course 7 has a small number of road crossings in cul-de-sacs which have very low traffic. Course 6 may cross roads anywhere they wish apart from the busier road which has the underpass control. Courses 1 – 5 may cross all roads anywhere they wish.

Everyone must be vigilant about householders driving their cars out of their short driveways over the pavement.

**Map:** 1:4000/ 1:3000 2.5m contours (see the course table below). To ISSprOM 2019-2, Revision 6 standard. Map updated March 2025. Control descriptions on the front of each map and loose copies in the start lanes.

**Course 7 maps:** Championship Course 7 maps will only be available in the Start lanes. All SOUL Course 7 maps will be picked up just before the Start lanes so that parents can discuss with their juniors if necessary. Competent juniors/novices on SOUL Course 7 also need to pick up their map before they enter the Start lanes.

**Terrain:** a mix of complicated housing with many cul-de-sacs and passageways, less complicated housing and some parkland. Any woodland not marked as white is best avoided ! Previous Urban on RR Routegadget: [HERE](#)

**Entries:** no late entries after Wednesday 2<sup>nd</sup> April.

Anyone entering on Sunday 30<sup>th</sup> March will have been charged at the Late Entry rate which is not in fact correct. The cheaper rate should have been charged. We will be happy to give you a cash refund at Enquiries in the Event Centre.

## Prizegiving/Trophies

There are Scottish Sprint Championship Glass trophies for the first Scot on Men Open and Women Open. Medals for the top 3 people on Male/Female 10,12,14,16,18,20,Open,Vet,Supervet,Ultravet and Hypervet will be awarded regardless of whether they are eligible to be Scottish Champion. Small prize for Scottish Champion in each of these classes. Prizegiving will take place soon after 14:15hrs. There are no prizes for the SOUL race.

**Results:** Live results should be available [HERE](#).

## Family groups

Family groups should enter one of the Open classes and enter one of their juniors only, then add the additional names in the “further information” box on the entry page. Extra maps can be booked for £1 each.

## Scottish Sprints and SOUL 2025

Course No.	Men	Women	Open courses	Sprint Champs course details	SOUL course details	Map Scale	Map size
1	M Open (M18, M20, M21,M35)		Open 1	3.2km / 35m climb / 19 controls	3.4km / 35m climb / 17 controls	1:4000	A3
2	MV (40+)	W Open (W18, W20, W21,W35)	Open 2	3.0km / 20m climb / 22 controls	3km / 35m climb / 15 controls	1:4000	A3
3	MSV (55+)	WV (40+)	Open 3	2.8km / 20m climb / 20 controls	2.9km / 20m climb / 15 controls	1:4000	A3
4	MUV (65+)	WSV (55+)	Open 4	2.3km / 20m climb / 18 controls	2.4km / 20m climb / 13 controls	1:3000	A3
5	MHV (75+)	WUV (65+), WHV (75+)	Open 5	1.9km / 20m climb / 16 controls	2km / 15m climb / 13 controls	1:3000	A3
6	MJ (M14, M16)	WJ (W14, W16)	Open 6	2.6km / 20m climb / 21 controls	2.6km / 30m climb / 15 controls	1:4000	A3
7	MYJ (M10, M12)	WYJ (W10, W12)	Open 7	1.8km / 15m climb / 18 controls	2km / 15m climb / 17 controls	1:3000	A3

**Sportident timing.** Controls will be programmed for contactless punching but any dibber will work. Courses all have less than 27 controls. The Start and Finish units are **NOT** contactless, you must punch these manually.

### **Medical conditions**

Anyone with a known medical condition should complete the form [http://www.britishorienteeing.org.uk/images/uploaded/downloads/officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](http://www.britishorienteeing.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc), place it in a sealed envelope addressed with their name and leave it at registration in assembly. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

A&E is available at Borders General Hospital which is less than a mile from Tweedbank.  
<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/accident-emergency,-borders-general-hospital/>

**General Safety** Please remember that on a Saturday there will be lots of other road/path users. Look out for pedestrians, dog walkers and cyclists sharing your route. Note that some paths feature uneven paving stones and tree roots.

**Dogs** on leads allowed apart from inside the event centre or on the courses.

### **Officials**

Organiser: Andrew Armstrong RR

Planner: Lindsey Knox RR

Entries: Ian Maxwell RR email: [ian.c.maxwell@btinternet.com](mailto:ian.c.maxwell@btinternet.com)

Computing on the day: Paul McGreal RR

Controller: Allie Wilson Craw NATO