



**Interlopers**  
**Scottish Score Championships**  
**Pitmedden Forest**  
**Sunday 22<sup>nd</sup> November 2009**

**<http://www.interlopers.org.uk/>**

**Venue:** Pitmedden Forest, Fife. Off the Strathmiglo to Abernethy road at OS Ref: NO188139. Parking is 1km east along a forest road. Please drive slowly along the track to and from the car parking area, as runners may be on the track. Please also note that the forest track we are parking along is also used by members of the public, who may not fully appreciate the need to slow down significantly. Please therefore take appropriate care of yourselves and your children.

**Terrain:** Pitmedden is a delightful forest with a good mix of contour, vegetation and point feature detail. It further benefits from a good path network and a couple of technical open areas. The whole area is gently undulating and generally good underfoot conditions. The quality and variety of the terrain should make for fast running and tricky navigation. Please note that a few bike tracks and vegetation changes may have appeared on the ground.

**Courses:**

Score A (TD5) 60 minutes: M20-35 & W21.

Score B (TD5) 60 minutes: M/W16-18, M/W40-70, W20 & W35.

Score C (TD3) 40 minutes: M/W14.

Yellow.  
String.

**NB:** The nature of route choice at the event means that the strict definition of technical difficulty cannot be applied, so the TD ratings are indicative of control placement only.

Competitors may enter any course, but will not count for trophies if running a course not specified for their age class.

**Score Points and penalty:**

Controls have values from 10 points to 50 points

The penalty will be -1 points per 6 secs

**Entry:**

Pre entry via Oentries by 17/11/09 (preferred method):- <http://www.oentries.com/>  
Postal entries: 26 Swan Spring Avenue, Edinburgh, EH10 6NJ by 14/11/09 (beware of possible postal strikes).

Senior £10 (net of BOF discount) & Junior £4.  
Limited entry on the day at £2 surcharge subject to map availability.  
Cheques payable to: Interlopers.

**Starts:** 1030-1230.

**Courses close:** 1415.

**Prize giving:** Circa 1400-1430.

**Timing:** SI electronic timing will be used. No charge for hire of SI dibber, but charge for any loss.

All competitors must report to the finish even if they retire.

**Maps:** Pre-marked, 5 colour, waterproof maps. Scale 1:10,000, 5 m contours, surveyed 2003 and last updated 2009.

**Toilets:** It is our intention to have hire toilets available.

**Trophy return:** If you were a winner last year please remember to return the trophy to the Organiser, Pat Squire before or at the event. If this is not possible please call 07740072484 to make alternative arrangements

It is anticipated that Craig Allan will be attending the event with his catering van. His selection includes bacon rolls / egg rolls / chicken with noodles and chilli sauce / hot & cold drinks and confectionery. A quick and convenient way of refueling after your run.

**Safety:** All competitors take part entirely at their own risk and are responsible for their own safety. All competitors shall take into account their own ability to compete safely. It is recommended that all competitors carry a whistle and waterproofs, especially if the weather is poor. All competitors should arrange for a colleague to ensure they return safely. Everyone should beware and avoid cattle, fences, mountain bikes, vehicles on the forest roads and any other likely hazards. In particular please remember that the public drive their own vehicles along the forest road and therefore you should take extra care to forewarn and look after everyone in your vehicle. First aid should be available at the car park. Courses close 1415 hours.

**Acknowledgements:** We would like to thank the following people and anyone missed:  
Tayside Orienteers.

Forestry Commission (Sue Brown).

Mr G Baird, Ninewells Farm, Newburgh.

Mr RW Evans, Raemore Farm, Auchtermuchty.

The tenants and gamekeepers.

**Planner:** Keith Dawson (Interlopers)

**Organiser:** Pat Squire (Interlopers)

**Controller:** Martin Quirke (ESOC)

and special thanks to ....

**IT Support:** Robin Strain (ELO)