

Christmas Cup 2022

Welcome to the 2nd edition of the Christmas Cup! We're hoping to follow in the footsteps of last year's success by lining up 3 quality forest areas, followed by the traditional Resolution Sprint on New Year's Day, the perfect way to start the new year.

For all forest days:

Starts 10:30 - 12:30. 2min start gaps between those on the same course.

Cagoules may be made compulsory in the event of bad weather.

The planner and organiser is Alasdair Pedley (MA/AROS) so send any enquiries to him at alasdairp99@gmail.com

Day 1 – Thursday 29th Dec - Dundurn

Assembly: St Fillans Golf Club, South Loch Earn Rd, St Fillans, PH6 2NJ. [Google Maps](#). Sadly no use of the indoor space, but we will have a tent for bag drop (for those parking at car parks B - E).

Parking: It's a little complicated, but...

A: Assembly – around 40 cars

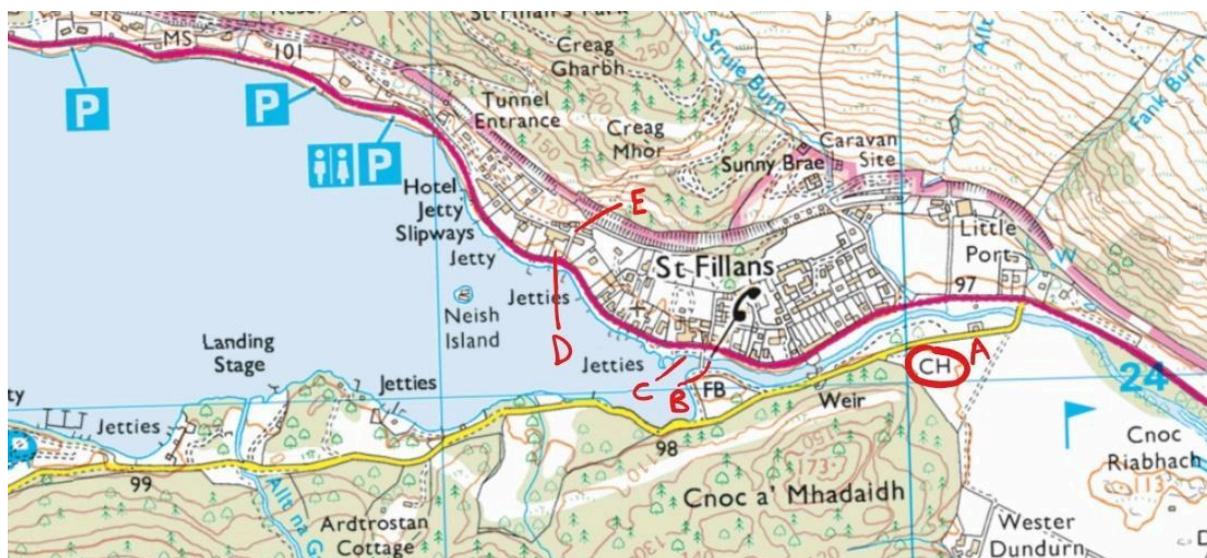
B: St Fillans Village Shop – 10 cars – 500m to assembly

C: Opposite the old hotel – 10 cars – 500m to assembly

D: Achray House Hotel – 15 cars – 900m to assembly

E: Sandison Hall – 15 cars – 1km to assembly, please do not block access to two houses - Inverachray on the left and Tigh-na-Craig on the right.

Be careful crossing the A85 when walking to Assembly.



Toilets: 2 portaloos at Assembly. If you're coming from the West you could use the public toilets (marked on the OS map) to ease pressure on the portaloos.

Start: 500m, +45m from assembly. Allow 10-15mins walk.

You must clear and check as you leave assembly, before crossing the fence into the forest.

Yellow course start: 250m, +0m, easy 5min walk.

Back from finish: 500m

Terrain: First mapped for the World Ranking Event middle distance at the Scottish 6 Days 2019, this is a top notch area ([Route gadget](#)). The lack of summer bracken improves the area, though marshes are significantly wetter. The area has three distinct sections of equal size: firstly, mostly white forest with intricate contours and crags. Secondly, light green plantation, no vegetation under foot but lower visibility and patches of fallen trees (older than last year) mapped (accurately) with various shades of green. Thirdly, an open area, still with some contour detail. Only Long and Medium visit this. There are a few large fallen trees from last winter's Storm Arwen and these have been added to the map.

Map: 1:7,500, 5m, ISOM 2017, mapped 2019, minor updates Nov 2022.

Courses:

Course	Length	Climb	Controls
Long	5.1km	220m	27
Medium	3.7km	155m	22
Short	2.4km	120m	14
Orange	1.9km	70m	9
Yellow	1.6km	20m	9

Notes: the Orange is a proper challenge despite its short length! It is in the main forest.

Long has a double-sided map.

Medium includes a crossing point symbol indicating a safe passageway between crags, near the start of the course. Please use it. It is ascending rather than descending.

The yellow is on the golf course (which is closed for the winter).

Safety: There are numerous big crags, please don't fall off any of them. Long, Medium and Orange cross a stream which should be ankle/shin deep, and not steep. Long and Medium cross a further stream which may require more care. Some marshes may be very deep.

Safety bearing: North-East, either North to deer fence then East to the forest gate, or East to the edge of the forest and then North.

Day 2 – Friday 30th Dec - Edinchip

Cancelled. Road from Lochearnhead to Killin (Glen Ogle) is closed and driving conditions elsewhere are treacherous. Not much choice with a police car parked over the entrance to the car park.

Assembly: Lochearnhead Scout Station. [Google Maps](#). We have booked the ranger cabin, which should have enough indoor space for enquiries, download, bag drop (mostly for people parked at the public CP).

Parking: A: Assembly – 40 cars

B: Public Car Park – 35 cars – 600m to assembly. With more toilets! [Google Maps](#)

If you are young and fit, please use the Public Car Park.

Toilets: At Assembly: 1 toilet/wetroom.

At public CP: M: 4 urinals, 1 toilet. W: 3 toilets.

If you can, please use the toilets at the Public Car Park.

Orange and Yellow courses: On a new bit of map right next to assembly. 300m to start, finish adjacent.

Main Start: 2km (+0m) along the old railway, a gravel/tarmac cycle path. Scenic viaduct!

You must clear and check as you leave assembly.

Back from finish: 1.2km back along the same old railway.

Terrain: First mapped for Day 2 of the Scottish 6 Days 2019 ([Routegadget](#)), we will be using the best bits (the runnable woods and the semi-open) rather than the open moorland. The semi-open in particular will be nicer without such tall bracken. Contour detail throughout, plenty of boulders and knolls, some marshes. Flatter than the other two forest days.

Map: 1:7,500, 5m, ISOM 2017, mapped 2019, minor updates Nov 2022 and Yellow/Orange extension Dec 2022.

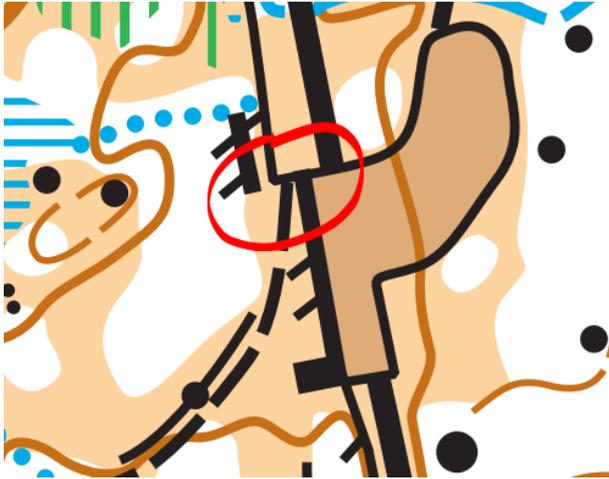
16th Dec: Long course will now use 1:7,500 like the other courses, on bigger-than-A4 paper.

Courses:

Course	Length	Climb	Controls
Long	5.4km	200m	23
Medium	4.1km	110m	16
Short	2.9km	90m	14
Orange	2.3km	110m	10
Yellow	1.6km	75m	8

Orange course uses a two-part map, on the same side of paper (i.e. 2 x A5 portrait maps next to each other on A4 landscape paper).

Between the wooded section and the semi-open section there is a large hard-standing area and a gap between fences. In general, you are allowed to cross all fences, but on **Short** and **Medium** this crossing point is on the clear and obvious best route and competitors are strongly recommended to use it. The lines have been bent to it.



Safety: Long, Medium and Short cross a footbridge which is usually very slippery, but we will lay down some matting to make it less slippery.

Beware of the occasional land rover on the big tracks and cyclists on the cycle path. Long, Medium and Short cross the tarmacked driveway to Edinchip House which may have occasional vehicles. Please don't go near any farming machinery.

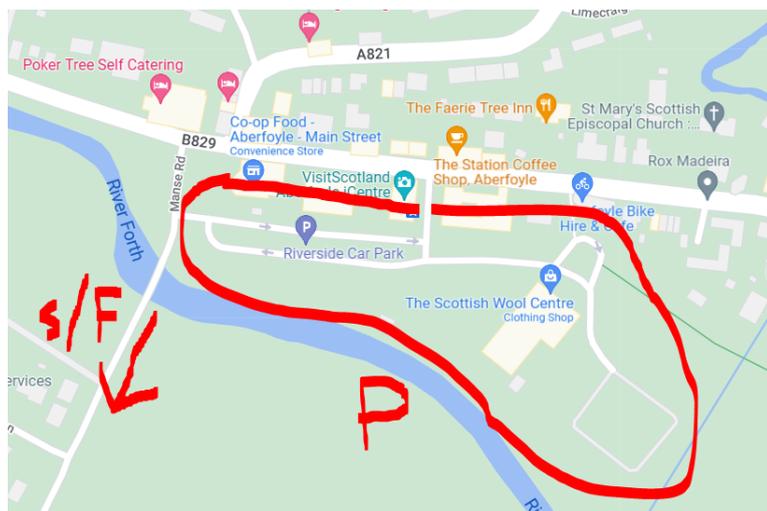
All fences may be crossed anywhere but please be gentle and report any damage. Remember good fence-climbing technique - climb right next to a sturdy fence post. Gates should be left how you found them. Safety bearing: East

Day 3 – Saturday 31st Dec – Fairy Knowe & Doon Hill

Live results (internet permitting):

<https://center.sportident.com/events/2022/christmas-cup-2022-day-3>

Assembly, parking and toilets: Aberfoyle Public Car Park. [Google Maps](#). The public toilets should be open, we checked with the council today (30th Dec). “Assembly” (enquiries, download etc) will be somewhere obvious in the car park, probably the Western end.



Start: 1.1km, +25m, along road/track. Clear and check at the start this time.

Back from finish: 900m, along same road/track, so you can leave clothes here if you wish. We likely won't have weather protection for these though.

Terrain: Used for JEC 2016, this is another good quality forest. This time we are just using a small section of it, the Northernmost hill. It is split in two – the East side is deciduous, fast and visible, the West side is evergreen plantation with lower visibility, similar to the light green at Dundurn. The Long course will also cross the river (knee-deep (usually) but not steep or rocky) to access a small area which is quite runnable. **This river is now uncrossable, so the long course has been shortened. Changes will be made clear by the start team.**

Map: 1:7,500, 5m, mapped 2016, updated Oct 2022. Bracken screen is still on the map but bracken is very low now.

Courses:

Course	Length	Climb	Controls
Long	5.2km	225m	27
Medium	3.5km	150m	21
Short	2.4km	100m	12
Orange	2.4km	105m	15
Yellow	2.0km	55m	11

Notes: Long and Medium have a double-sided map.

Safety: Long course: Take care crossing the river and marsh beside.

Safety bearing: North to the track where the Start and Finish are.

Things to do/food: [The pie shop](#), adjacent to Assembly.

Day 4 – Sunday 1st Jan – Niddrie – Resolution Sprint

Hopefully feeling fresh from a wonderful Hogmanay, it's time to kick off the new year as you mean to go on, by going orienteering. It's a 2-part sprint on a newly mapped area.

Planner and mapper: Graeme Ackland.

Assembly: The White House Kitchen. [Google Maps](#). We'll have a corner to use for enquiries, download, bag drop etc, but they will be open too (8am - 2pm) so you're welcome to make the most of their [breakfast and lunch menus](#). Toilets too.

Parking: If you have given us your number plate, you should be able to park in the Home Bargains car park at Craigmillar Shopping Centre. This has been confirmed with the people it applies to. Otherwise, parking is on residential streets **South** of Niddrie Mains Rd (Edinburgh Council waives parking charges on New Year's Day).

Finish (both races): 400m from Assembly, 100m from Lidl.

Prologue starts: 11:15 – 12:00. 250m from Assembly, 100m from Lidl.

Chase starts (timings tbc): 200m from Assembly, 600m from Lidl.

Long - 12:40 + prologue time

Middle - 12:50 + prologue time

Short - 13:00 + prologue time

Start time is the BASE TIME for your course PLUS your prologue time. So if you took 18:23 in the prologue, and your base time is 12:40, your chase start time would be 12:58:23. There will be NO START LISTS for the chase – you are responsible for doing the maths. If you mispunch in the prologue, use your elapsed finish time anyway. If you are out for more than 30mins in the prologue, please take a punching start in the chase at a quiet time.

Map: Map is ISSprOM: Four shades of green: Light green is easily passable, just a little muddy/uneven underfoot. Mid green is passable but never optimal. Full green is legal to cross but "brave". Darkest green is forbidden to cross.

Courses: Courses are typically 80% tarmac/20% grass. There are no through roads, but there may be cars moving around the estate. Control 219 is in church grounds and there is a service on Sunday morning – please be especially courteous if anyone is gathered outside. Some route choices involve crossing "crossable" wire fences too high to jump at places where the locals do – that's OK. Elsewhere, you might be able to clamber over similar fences mapped as forbidden to cross: don't.

Course lengths are optimum running distance.

Prologue Course	Length	Controls
Long	3.6km	21
Medium	2.6km	18
Short, Orange	1.8km	10

Chase Course	Length	Controls
Long	3.5km	13
Medium	2.6km	13
Short, Orange	2.1km	11

Courses close: 14:15

Safety: Please be careful as you run past the Richmond Craigmillar Church - there will be a Sunday service so people may be entering and leaving.

Safety bearing: South to Niddrie Mains Rd.

Thanks to the Venchie Centre and Richmond Craigmillar Church for access, and to the White House for assembly – they kindly opened for us so please make it worth their while by buying their food and drink.