**2019 East of Scotland Individual Championships SUNDAY 17 NOVEMBER 2019**

Organised by TAYSIDE ORIENTEERS in conjunction with SoSOL 4

# at Loch Ordie, Perthshire

**To be eligible for a Trophy, competitors must be a member of an ESOA Club: ELO, ESOC, EUOC, INT, KFO, RR, TAY.**

* ESOA Trophies will be awarded to the winner of each Age-class running the Colour-Coded course according to the chart below.
* Juniors (M/W20-) running up will be eligible to win an older Age-class trophy.
* Seniors (M/W21+) will only be eligible for their own Age-class within the appropriate Course.

|  |  |  |  |
| --- | --- | --- | --- |
|  | White |  | White |
| M10 | Yellow | W10 | Yellow |
| M12 | Orange | W12 | Orange |
| M14 | Lt Green | W14 | Lt Green |
| M16 | Blue | W16 | Green |
| M18 | Brown | W18 | Blue |
| M20 | Brown | W20 | Blue |
| M21 | Brown | W21 | Blue |
| M35 | Brown | W35 | Blue |
| M40 | Brown | W40 | Blue |
| M45 | Blue | W45 | Green |
| M50 | Blue | W50 | Green |
| M55 | Blue | W55 | Green |
| M60 | Blue | W60 | Green |
| M65 | Green | W65 | Short Green |
| M70 | Green | W70 | Short Green |
| M75+ | Short Green | W75+ | Short Green |

Queries to: Janet Clark (Trophy-custodian) 0131 225 7771 janetclr@aol.com