



2016 East of Scotland Individual Championships

SUNDAY 6 NOVEMBER 2016

Organised by ESOC in conjunction with SoSOL 7
at Penicuik Estate, Penicuik

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