

**Craig Phadraig (Local event)**  
**Wednesday 18<sup>th</sup> April 2018**  
**INVOC School League Event**



Welcome to the first event of the 2018 INVOC School league. We offer you a pleasant day orienteering in Inverness with a range of courses to suit all ages and abilities including beginners.

**Terrain:** Craig Phadraig is a forested hill on the western edge of Inverness. It is the site of an ancient Pictish hill fort visible as an oval shaped mound at the top of the hill. Wide firm tracks and narrow earth paths with some rocks and short steep slopes.

**Map:** Pre-marked and printed on waterproof paper, scale 1:5,000 with 5m contour interval

**Directions:** Take the A862 heading for Beauly, cross the canal bridge at Muirtown and turn left at the second set of lights. Take the second right, signposted Moray Firth Radio and **Muirtown Primary School**. Then take the first right again, the school car park is on your right after 100m. Please respect local residents and drive carefully along the roads to the school.

**Parking:** Car parking for **cars and mini-buses only** is at Muirtown Primary School. Spaces are limited so please car share as much as possible. You may park in nearby residential streets but please do not park on the pavement. **Coaches should drop off at bus stop** on Scorguie Road (just past MFR) and park at Telford Retail Park until pick up. **Please do not arrive before 3:30pm at Muirtown Primary School to allow school traffic to clear, thank you**

**Toilets:** Toilets are available at Muirtown Primary School.

**Registration (Start & Finish) location:** Registration (dibber and map collection) and First Aid tents are located at the Start, approx. 1km from the school. The route will be on a path and taped – please follow the red and white tape. Please note that this route crosses Scorguie Road which will be patrolled by a marshal. There will also be three minor residential cul-de-sac road crossings which will not be marshalled. Please take care when crossing with your group and ensure children are supervised.

Ensure pupils take jackets/extra fleeces to the registration area as they may have to wait around for other team members to return from their courses. Once at the start you can set up a base for your group (for jackets, water bottles, etc). You should return to the parking as a group once all your pupils have completed their courses

**Start:** Punching start using Sport ident. Start times will not be pre-allocated, turn up when you are ready and the start official will let you start when there is space on your course. There may be short delays at popular times.

**Start time:** For **schools** will be between 3.40pm and 4.45pm, so all school groups should have completed their courses by 5:45pm at the latest. Courses close promptly 7.15pm. Starts will remain open for **non-school competitors** until 6:15pm.

**Finish:** Adjacent to Start. All runners **MUST** return to download

**Courses :**

White 1.7k, 65m; Yellow 1.8k, 100m; Orange 2.4k, 115m; Light Green 3.0k, 140m; Green 3.2k, 200m

**Registration for schools opens 3:30pm, non-school competitors: 4:30-6:15pm**

**Courses close:** Courses close promptly 7.15pm.

**Pre-entry Information: SI entries**

**Entry Fees:** Adult (member/non-member) £6/£7 ; Junior £2.50

Entry on the day (adults/juniors) £1/£0.50 extra

**SAFETY:** All participants must report to the Finish/Download tent, even if they have not finished their course. Otherwise you may trigger a search party. It is recommended that all children carry a whistle. Six short blasts indicate a competitor in trouble, anyone hearing this signal is asked to offer assistance. Stout footwear is advised eg fell shoes/trainers with good grips. In case of bad weather please dress appropriately. Competitors may be advised to wear a waterproof jacket

**Medical Conditions:** You have the option of completing a medical form at registration. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it in a sealed envelope that will only be opened if required and destroyed after the event.

**Planner:** Alec Keith

**SI:** Susan Blackwood

**Organiser:** Veronica Vargas

**School Events Coordinator:** Jenny Hall

**BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:**

1. Registration information will be recorded on computer
2. Photographs and / or name(s) may appear on our website or in the media. We will seek permission where this involves young people.
3. Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. [Please seek advice at the registration desk on the day if you are unsure of whether the course you are entering is appropriate].
4. Event results will be published on the Internet and sent to British Orienteering.