



Inverness Orienteering Club



INVOC School O League Event Cawdor Wood

Wednesday 1st May 2024

EVENT DETAILS

Terrain

Cawdor Wood is a lovely mature open woodland with a scattering of pine areas. There is a good path network and some areas of complex contours.

Planner's Comments

Cawdor has recently been remapped and provides a fine mixture of terrain with open woodland, a variety of vegetation and an extensive path network. There are a number of deep gorges which are out of bounds and can only be crossed at the marked bridge locations. Please walk across the bridges which can be slippery when wet.

The mapped area forms part of the castle grounds which has been managed for centuries with hardwood woodlands close to the castle and commercial forestry more prevalent away from the castle. Courses have been planned to avoid an area that is out of bounds to all participants. The surrounding fields and golf course are also out of bounds.

There has been some recent forestry work to thin vegetation to the north of the area. No active works will be in progress during the event and all paths will be clear and unobstructed. Timber stacks are hazardous and must not be climbed.

The area is widely used by the general public and visitors to the castle - please treat everybody you meet with respect.

Map

Printed on waterproof paper with 5m contour interval. This map has been produced for the schools league with the help from Awards for All funding.

Courses

Details to be subject to final checks

Course	Length	Climb	Map scale
White	1.6km	35m	1:7,500
Yellow	2.4km	50m	1:7,500
Orange	2.9km	90m	1:7,500
Light Green	3.7km	120m	1:10,000
Green	4.8km	125m	1:10,000

Directions

Cawdor Castle is situated 7 miles from Inverness Airport and directions to Cawdor Castle are well signposted on all major routes from Inverness and Nairn. Access will be by the main castle entrance and the main castle exit will be used to leave the event. The postcode is IV12 5RD. OS grid reference is NH 848 496.

Parking

Arriving by bus/minibus: school groups arriving by bus/minibus will be parked in the castle bus car park.

Arriving by car: parking will be in a field adjacent to the main castle car park accessed from the car park.

Toilets

At the castle car park.

Registration	Registration (dibber and map collection), download and first aid point will be located close to the castle car park.
Start/Finish	<p>The route to registration will be signposted from the car parks. From registration, the start for all courses is a 400m walk with no climb signposted along footpaths. Start times for schools will be between 3.30pm and 5pm, so all school groups should have completed their courses by 5:45pm at the latest. Starts will remain open for non-school/club competitors until 6:15pm. Courses close at 7.15pm.</p> <p>The finish will be in the field adjacent to the castle car park.</p> <p>The download station is in the registration area close to the castle car park.</p>
Timing	SPORTident (Si). Collect your registration pack from the registration tent. Ensure each child is assigned the correct dibber. Please also ensure that the wrist cord is used as there will be a charge of £30 to replace any lost dibbers. Please return all dibbers at the finish.
Entries	<p>School groups must pre enter by NOON, Monday 29th April. Entries can be made online via SiEntries (https://www.sientries.co.uk) or by completing and emailing the entry form that has been sent to schools (Email: schools.invoc@gmail.com).</p> <p>Entries for club & non-school participants via SiEntries only (https://www.sientries.co.uk).</p> <p>Entry fees: adult club members £8, adult non-members £9, juniors £3. Limited entries on the day may be possible depending on map availability for a £1 supplement for adults and £0.50 extra for juniors.</p> <p>The information you provide when entering the event will be stored on computer and will be used solely for the purposes of the event. Event results will be published on the internet. By entering the event you are authorising the use of the information you provide in this way. Information will not be made available to parties not directly involved with the event.</p>
First Aid	The first aid point is in the registration/download area. The nearest Emergency Department is at Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ (approx. 20 mins drive away).
Scottish Outdoor Access Code	All participants should follow the principles of the Scottish Outdoor Access Code during this event (https://www.outdooraccess-scotland.scot).
Safety	<ul style="list-style-type: none"> • All participants MUST report to the download tent, even if they have not finished their course. Failure to do so may trigger a missing participant response • It is recommended that all participants carry a whistle • Full length leg covering should be worn for orange, light green and green courses • The area is popular with dog walkers • There are some dangerous deep gorges on the map marked as out of bounds. These must only be crossed on the bridges marked as crossing points on the map. • There is a golf course near the finish which should not be entered • The course has some steep terrain and can be slippery - footwear with good grips is strongly advised • Please bring a waterproof jacket in case of bad weather • Ticks are prevalent in wooded areas with the associated risk of Lyme disease. Showering promptly on returning home will dislodge loose ticks as well as being a good opportunity to check for any ticks that have attached. • Medical conditions – there is an option to complete a medical form for any relevant conditions. This could be important in order to manage any medical incidents arising during the event. Completed forms can be left at registration in a sealed envelope that will only be opened if required and destroyed after the event.

Organiser:	Ken McDonald
Planner:	Hazel Cload
SI lead:	Susan Blackwood
Controller/safety sign off:	Laurence Cload

**Thanks to Cawdor Castle Estate for allowing us use of the wood
and facilities**