



Inverness Orienteering Club
Clash Woods

Level D/Local event – 30th September 2018

Clash Woods, by Muir of Ord, is well known to us and offers the chance to run over very pleasant and varied terrain. It is a very popular area so please be aware of other forest users when you are running.

Terrain / Map:

Directions / Parking:

Leaving Muir of Ord – go over the railway bridge and turn immediately left onto the A832 heading west towards Glen Ord Distillery Centre and Contin. After 1.2 miles on the left is Clash Woods (orienteering signed here) Grid ref: NH512515.

DO NOT PARK IN THIS FORESTRY CAR PARK. Go through the open gate and follow the track through the wood from this car park for less than a 1km, where parking will be along the track. There is plenty of space down the side of the track if you tuck in. Please don't try and overtake – you will need to park behind each vehicle on the same side of the road. A one-way system will be in operation here.

Registration:

Registration/download will be in club tent at end of parking area.

Start and Finish:

Both will be only 200 – 300m from parking/registration.

Courses : White to Green.

White -
Yellow -
Orange -
Light Green -

Short Green -
Green -

Registration: 10:30 to 12:00

Starts: Punching starts from 11:00 to 12:30. (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.)

Courses close: 14:30

Catering:

There will be a stall selling soup, hot drinks and cakes to raise money for the Highland Cross.

Toilet:

A Chemical toilet in tent will be available at Registration/Download. Nearest Public toilets at Muir of Ord

Pre-entry Information:

Pre-entry is now available online:

Entry fees:

Seniors (Members/Non – Members): £5/£6 if pre-entered (£1 extra for entry on the day)
Juniors/Students (Members/Non – Members): £3/£4 (50p extra for entry on the day)

Punching: Sport ident, Hire fee £1

Parking: on the day £1

SAFETY

Note there are ticks in the forest. There is a quarry with high sides to the North of the parking area. This is out-of-bounds and no courses are planned to go anywhere near it.

Planner: Steve Bunn

Organiser: Jim Finlayson jimfinlayson100@gmail.com

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.