

Cnoc a Bhreacaich, Local event

Sunday October 1st 2017

Preliminary Details

INVOC



We are returning to Cnoc a Bhreacaich after a long absence. Everyone welcome, courses covering the range of technical difficulties, and help will be on hand at registration. For members this is a club league event.

Terrain: Grassland, both tussock and grazed, making for easy and fast running on open hillside. One of our fastest areas and quite unique in these parts. The green course is at the lower end of technical difficulty and light green runners should be able to step up to it. Great views.

Courses : Yellow, Orange and Green. Course lengths to be confirmed.

Beginners/learners: help will be on hand adjacent to registration to talk you through your course.

Map: Pre-marked on waterproof paper, scale 1:10.000 with 5m contour intervals.

Directions: Parking is very tight please car share. Approach via Dochcarty Road (turn right off Strathpeffer Road at Mackays Vauxhall garage in Dingwall Business Park) and follow signs for Neil Gunn Monument. There is a short section of very steep hill (15% gradient). Go past the new Glen Wyvis distillery. Turn right off road (straight on on the ground) towards parking. Parking will be in laybys, pull ins and on the verge of the single track road. If you have a choice, please do not bring a low clearance vehicle. Follow directions of parking officials and leave space so vehicles can still pass.

Registration location: this is in a field adjacent to parking.

Start and Finish location: 500m uphill from the registration area (10 mins walk). The start and finish are adjacent to each other, and a tent will be there. Clothing can be left in the tent.

Registration: 10.30am to 12 midday

Entry fees:

Seniors (Members/Non –Members): pre-entry via sientries £5/£6 entry on the day +£1

Juniors/Students (Members/Non –Members): pre-entry via sientries £3/£4 entry on the day +50p

Pre-entry Information: sientries.co.uk (available by Sunday Sept 10th)

Timing/Punching: Sport ident, Hire fee for dibber is £1

Starts: Punching starts, From 11am to 12.30pm. 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: 1400

Toilets: The nearest public toilet is in Dingwall (at Tesco). A chemical 'portapotty' will be available at the event, but the event team would be grateful if this was used as little as possible. Please go before you come.

SAFETY

Cnoc a Bhreacaich is exposed and in bad weather cagoules may be compulsory. Whistles are recommended. There are numerous fences on the hill, courses are planned to cross any with barbed wire in safe places – these will be indicated on the map. There are cattle and sheep throughout meaning (i) dogs should be on leads at ALL times, and (ii) people should clean hands before eating (e.g. bring wipes and/or water). Spare wipes will be available at registration.

Organiser: James Laird, 07766600989, volunteering@invocmail.org.uk

Planner: Kevin Holliday

SI timing lead: Jim Finlayson

Safety sign off: Jim Finlayson

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.