



Round 4 Craig Leach - Wednesday 5th December 2018

Final Details WITH 3RD DEC PARKING UPDATE

Safety: This is a remote forest 300m above sea level. A whistle and spare torch are strongly recommended for all Northern Night Cup events, but to ignore these recommendations at Craig Leach would be particularly unwise. There is excellent 4G coverage in the forest should you wish to take a mobile phone with you on your run.

Winter Weather: Due to the remote location at the top of a steep road, this event is especially vulnerable to cancellation in case of severe weather. A weather update will be issued 24 hours prior to the event, both by email to all those who have pre-entered and on the club website. NB: waterproof jackets may be compulsory.

NEW INFO 3RD DEC Timber Lorries: There is a possibility that timber lorries may be operating in the event area. Please be aware of this and give them a wide berth if you come across any during your run.

NEW INFO 3RD DEC Walk from car park to assembly: you will have a 1.1km walk from your car to assembly along the minor Blackfold road, and back again afterwards. Cars can travel quite quickly along this road, please consider bringing high vis (see details below)

Planner's Comments: We are grateful to Dochfour Estate for permission to hold this event in the best part of Craig Leach. This is an area of mature, well-spaced pine forest with a beautiful wild feel about it. Optimal route choices will cross very little felling or windblow. Underfoot the going is mostly good, giving many sections of faster running.



Typical Craig Leach Terrain



Example of mapped path becoming overgrown

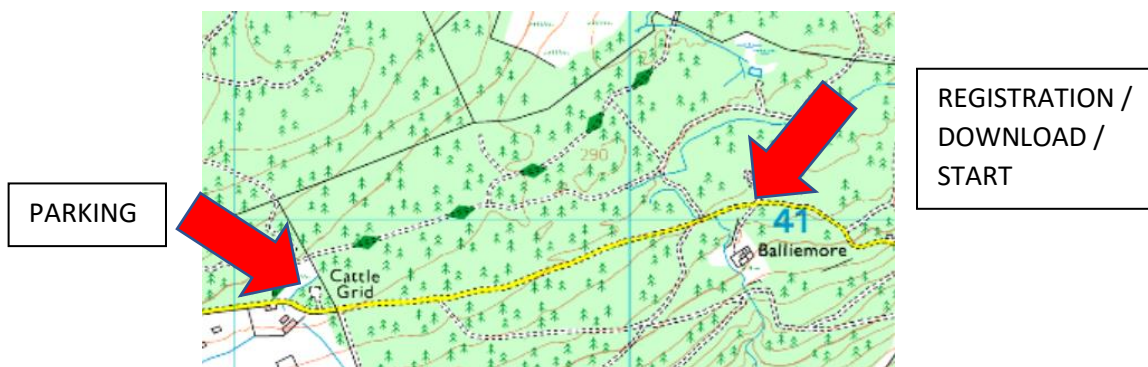
Map: Scale 1:7500, 5m contour interval. Minor updates by Johannes Petersen November 2017 & Laurence Clod October 2018. Only the most prominent rides and recent extraction lanes are mapped. There are many other faint rides and older overgrown extraction lanes which are not mapped. In addition, some of the main paths are becoming overgrown.



Map extract

Directions: Drive out of Inverness on the A82 headed for Fort William. Approximately 3km after leaving town, take the right turn signed Blackfold & Abriachan. Follow this road steeply uphill for 2.5km until you see the event signage.

Parking: INFORMATION UPDATED 3/12/2018 Car park now at Grid Ref NH592408. We expect parking to be tricky at this event so please share transport. For example you could arrange to meet at Inverness Leisure and consolidate transport from there. Winter tyres (for the steep uphill) will be helpful. You will be met by a parking marshal who will give you precise instructions. NB: You now have a 1.1km walk back along the road to get to Registration / Download.



Parking & Registration / Download location

Registration / Download From the car parking walk back 1.1km along the road until you reach Registration / Download. We advise you to bring a high-vis vest for this walk, which you can then leave with us whilst you race. Start is adjacent to Registration / Download.

Timings: Registration opens 1745. Starts from 1800 to 1900. Courses close 2000.

Pre-entry Information: Entry on the day will be possible but please pre-enter online at SIEntries. This will guarantee your choice of map and make life as easy as possible for us as we try to operate a registration desk in the middle of a pitch black forest in the dead of winter. Online pre-entry will close at midnight on Monday 3rd December 2018.

Course Lengths:

Course	Length (km)	Climb (m)
Long	5.0	70
Medium	3.6	45

Entry fees: Seniors: £6/£7 non-members. Juniors & Students: £3/£4 non-members.

SportIdent Timing: There is no fee for hire of SI-Cards.

Medical Conditions: If you have a pre-existing medical condition of which we should be aware, please complete a form at registration. This will be kept in a sealed envelope during the event in case the information is required and then destroyed afterwards.

Planner & Organiser: Johannes Petersen jpinverness@gmail.com 07896 823537

SportIdent Timing: Alec Keith

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.