



Scottish Orienteering Individual Championships, 25th May 2024

Version 1 – 14th April 2024

Welcome

INVOC and MOR would like to welcome you to the Scottish Orienteering Championships weekend 2024 on Saturday 25th and Sunday 26th May. The Individual Championships are hosted by INVOC at Creag Leach, near Inverness.

Welcome to the event! We hope you will enjoy the day, and to that end please read this information carefully.

All participants should behave in accordance with the SOA Code of Conduct. Please do not attend if you feel ill or are probably infectious with COVID or other diseases.

Location

Craig Leach is a working pine forest with complex contour and rock detail. The area was used for the Scottish 6 Days in 1999, and various events since. We offer you a pleasant day orienteering in this popular forest overlooking Inverness with a range of courses to suit all ages and abilities including beginners, however, paths are unsuitable for pushchairs.



Venue

Farm Ness, (Dunain Mains), Inverness, IV3 8JX.

- Assembly: Adjacent to Farm Ness on the A82.
- Postcode: IV3 8JX
- what3words: [///craft.unscathed.issues](https://www.what3words.com/#!/en-gb/craft.unscathed.issues)
- Grid Reference: NH625418
- Google Maps: <https://maps.app.goo.gl/aDELwtdjNn4ZC6kk7>

Terrain

The terrain is predominantly coniferous forest spread across the top of Craig Leach and Craig Dunain. Craig Leach is an open pine forest interspersed with areas of felling, but is generally fast running with complex contour detail. Craig Dunain has steep slopes with numerous rock features. There is a good path network ranging from well-made forest tracks in both parts to more informal paths and mountain bike tracks, mostly in Craig Dunain.



Directions

If travelling from central Inverness, take the A82 out of Inverness towards Fort William. Parking is on the left approximately 100m after Ness Farm.

If travelling north from Fort William/ Drumnadrochit on the A82, the parking will be on the right approximately 200m after the left-hand junction signposted to Blackford.

Public Transport

There is a bus stop on the A82 at Ness Farm and Citylink bus number 919 (towards Fort William) or Stagecoach bus number 17 (towards Drumnadrochit) leave from Inverness bus station around every two hours. Details on <https://www.travelinescotland.com/>.

Parking

Parking is adjacent to assembly. Follow directions of parking marshals.

Parking £2 per car/ van. Please have coins ready.

Car park open from 10am. Arrival before 1pm please. No exit from parking before 1pm.

NOTE: There are poor sightlines when exiting onto the A82. Temporary traffic lights are planned to be at the junction to help with safe access and egress. Please obey the signals.

Assembly

Please set club tents in the designated area in the eastern part of the field.

Assembly will contain Information and Registration, Download, FirstAid, club tent area, toilets and traders. We hope to have a shelter tent. Property is left here at your own risk.

Key drop available at registration – please put in an envelope with your name.

Please report any concerns regarding safety or the competition at the Enquiries tent in the first instance.

If you are lucky enough to be in possession of either Individual or Relay trophies for the Scottish Championships, please return them to Registration.

Traders: ScotJos cake stall, CompassPoint, food and coffee traders will be at the Assembly.

Portaloos will be available at assembly. In addition, there will be more toilets close to the start.

Dogs: Ness Farm is a working farm and will be coming to the end of their lambing season. Therefore dogs may require to be kept in vehicles during the event. If this is the case, there will be signs on entry. All dogs must be kept under control and on a lead at all times. All dog excrement MUST be bagged AND REMOVED by those responsible for the dog.

String Course

There will be a string course at the south corner of the parking field. This is free, just turn up to register. Smaller children should be accompanied. String map and dibbers for string course are at the String start.

Course Information

Course details to be confirmed. Pre entries on SI Entries:

https://www.sientries.co.uk/event.php?elid=Y&event_id=13503

Seniors £20, juniors £8

Non BOF members - £1 supplement. Si hire available. SIAC contactless punching will be used.

Standard championship courses are available. There is no entry on the day for championship courses (pre-entry only). You must be a BOF or SOA member to enter a championship course. Championship courses must be run individually (i.e not in pairs).

There will also be a selection of non Championship Colour courses:

White/ Yellow/ Orange/ Light Green. These are intended for novice orienteers and local club members, and are open to all.

Entry on the day will be available for Colour Courses, but to ensure a map is available pre-entry is encouraged. White/Yellow maps are collected at the start call up area.

Yellow/White and Shadowing

Maps are available to be seen by competitors on the Yellow and White and equivalent championship courses in advance of their start time. Shadowing of Championship competitors is not permitted.

Parents/carers are permitted to shadow participants on the White and Yellow courses after their run.

Getting to the Start

Assembly to the start is 2.5km uphill (190m climb), mostly on grassy or stony tracks. Please allow at least 45 minutes to walk to the start (allowing also for a 4-minute call up prior to your start time). It is necessary to cross the A82 on the way to the start and when returning from the finish. This is a high speed road and ALL competitors MUST ONLY use the marshalled crossing point adjacent to Assembly when crossing the A82. Once on the west side of the A82, you must use the designated taped routes to reach the start. No clothing dump/return provided.

Alternatively there will be a shuttle minibus service to take competitors from the assembly to within 900m of the start with no climb. Priority on the bus will be given to under-12s and their parents, M/W 65 and over, and volunteers. The bus trip will take around 5 minutes and we will aim to run one bus every 10 minutes with 2 buses.

Finish

The finish is located approximately 1km from the Assembly. Please follow tapes and cross the A82 only at the marshalled crossing point.

Start and Finish Procedures

Start Times: 11:30 – 14:30. Start times will be preallocated and seeded according to BOF Rules Appendix A.

Courses Close: 16:30. Early controls will be collected progressively from 16:00.

Finish – Until last start (14:30pm) please place your map in the bag for your club just after download. Please report to finish before course closing time and download even if you have not completed your course.

Start Procedure: Timed starts with call up at -4. CLEAR at pre-start. Dib the CHECK unit on call up. Check contactless punching at TEST SIAC unit. Loose descriptions at -3. Blank maps at -2. At -1, Start official with present CHECK unit to be dibbed.

Late Starters: Start officials will identify next appropriate free start time. Late Starts please punch the START unit, however your allocated start time will stand unless you make a plea to the organiser (via enquiries) to consider the circumstances leading to the late start.

Air Punching

Controls will be enabled for (SIAC) air punching. If a SIAC card fails to beep/flash with air punching you should dib and the control unit should beep to confirm. If the control unit appears to have failed please use the backup pin punch in one of the reserve boxes printed on the edge of the map.

Please note the finish units must be dibbed.

Safety and Risk

Any competitor with a high risk medical condition is invited to download and complete the form available from the British Orienteering website. Place this in a sealed envelope with your name and start time on the outside, and leave it at Enquiries. This information shall be treated in confidence and passed on to the First Aid Team in the case of any incident. It will be destroyed after the event.

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

Participants in orienteering should be aware of the risk of tick bites.

Information about Lyme Disease: <https://www.nhs.uk/conditions/lyme-disease/> and tick-borne encephalitis: <https://www.nhs.uk/conditions/tick-borne-encephalitis/> Full leg and torso covering must be worn. Check carefully for ticks after the event!

The area, including the assembly and car parking fields, is grazed by sheep, though they will be elsewhere on the farm on the event day. Participants are advise to take appropriate hygiene precautions such as washing hands before handling food.

First Aid

First aid in the assembly field provided by HEBE.

Hospital

The nearest hospital with Accident and Emergency service is: Raigmore Hospital, Inverness. Take A82 north to Inverness and follow signs, 7 miles, 15 min drive.

Hazards

There are some crags which may not be so obvious when approached from above. Whilst mountain bikers have been warned of the event, there may be some mountain bikers on the trails, please give way to these.

Weather

If inclement, waterproof jackets will be required. If temperatures are higher than average there may be a risk of dehydration. No water will be provided; please bring your own.

Whistles

Every competitor must carry a whistle.

Mobile phones and GPS devices

Competitors are permitted to only use a GPS device to record data for use in post-race analysis. Mobile phones may be carried for emergency use; For serious incidents phone 999. To contact the organiser (during the event only) use the emergency number printed on the map. A text message may work better than a phone call if the signal is weak. If you carry a phone it is recommended that you register it to send emergency 999 text messages, see this link:

https://www.emergencysms.net/registering_your_mobile_phone.php

Results

We aim to have live results for the day.

Prize-Giving

Prize giving aims to commence at 1630. The list of trophies is in the SOA Championship rules. There are individual trophies for the competitors who qualify as 'Scots' for the winners of the Long Courses of age classes M10 to M80 and W10 to W75, with the exception of M/W21 for which the trophies are awarded to the Elite classes M/W21E for three categories: overall winner, native Scot, and fastest member of a Scottish club. There are also Gold, Silver and Bronze medals for the first three in each of the A, L and E classes (not the B or S classes).

Trophy Eligibility: All members of Scottish open clubs (where that club is their main or first club) will automatically be recognised as "Scots". All other orienteers claiming to be a "Scot" must notify the organiser before the event. Detailed eligibility rules are on the SOA website.

Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with section 4.8 of British Orienteering's O-Safe Policy. Anyone wishing to take close-up photos or video showing children should register their details with event organisers beforehand.

Officials

Officials for the Individual Championships are:

Organiser: Carolyn Cload (INVOC); Assistant Organiser: Laurence Cload (INVOC)

Planner: David Summers (INVOC);

Controller: Brian Bullen (FVO). Assistant Controller: Marcella Macleod (INVOC)

Acknowledgements: Alex Baillie (Landowner) and Donald Fraser (Farmer) for permission to use the area and for assistance with the logistics and event layout, HEBE First Aid Scotland, Nairn Community Transport.

Pre-Event Enquiries: Email: sc2024.invoc@gmail.com