



Evanton Woods
Wednesday 15th May 2019
INVOC School League Event



Welcome to the second event of the 2019 INVOC School league. On offer are a range of courses to suit all ages and abilities, including beginners.

Terrain: Evanton Woods are a community owned woodland and the wood consists mainly of mixed plantation with some blocks of conifer plantation and a small area of semi-natural woodland. A burn flows through the site and this has two small ponds associated with it. There is a good network of tracks and paths. Off the paths it is fairly rough underfoot. The southern boundary is defined by an esker ridge which provides some contour detail. The forest on the north side is adjacent to the River Glass and the Black Rock Gorge.

Map: Pre-marked and printed on waterproof paper, scale 1:5,000 with 5m contour interval

Directions: From the south and west take the A9 from the Ardullie Roundabout and travel north till signposted to Evanton on the B817. Drive to centre of Evanton for car parking. From the north and east turn off A9 at the Skiach Junction and follow signs for Evanton on the B817. Drive to the centre of Evanton for car parking. The Event will be signed and taped from the bottom of Chapel Road by the Co-op.

Parking: There will be no official car parking. **There are public car parks in the centre of Evanton and streets close to the Diamond Jubilee Hall may also be used.**

Toilets: **There will be one toilet located adjacent to Registration.**

Registration location: Registration (dibber and map collection) and First Aid will be located at the Evanton Community Wood Cabin. The route will be signposted from the centre of the village. Straight up Chapel Road, path at right of the old chapel. [Core path sign]. 2 mins walk to the cabin.

Please take care with your group and ensure children are supervised at all times. Starts will be signposted from here.

Ensure pupils take jackets/extra fleeces to the registration area, as they may have to wait around for other team members to return from their courses. Once at the start you can set up a base for your group (for jackets, water bottles, etc.). You should return to the parking as a group once all your pupils have completed their courses.

Timing: SPORT IDENT Please pick up 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. Each participant will receive a printout of their times at the Finish. Please **return all dibbers** at the finish.

Start time: Start times for schools will be between 3:45pm and 5pm, so all school groups should have completed their courses by 5:45pm at the latest. Starts will remain open for non-school competitors until 6:15pm. Courses close promptly 7.15pm.

Finish: All runners MUST return to download. Follow tapes to download from Finish.

Courses: White 1.7km, Yellow 2.5km, Orange 2.5km, Light Green 2.5km, Short Green 3.2km

Registration for schools opens 3:30pm, **non-school competitors:** 4:30-6:15pm

Courses close: Courses close promptly 7.15pm.

Pre-entry Information: School groups must pre-enter this event by Noon on Friday 10th May. Entries can be made online via SI entries or by email to Jenny Hall at schools@invocmail.org.uk

Entries for club members/individual via SI entries. Closing date Sunday 12th May. A limited number of maps will be available for entry on the day - pre-entry is recommended.

Entry Fees: Adult (member/non-member) £6/£7; Junior £2.50

Entry on the day (adults/juniors) £1/£0.50 extra

SAFETY: All participants must report to the Finish/Download tent, even if they have not finished their course. Otherwise you may trigger a search party. It is recommended that all children carry a whistle. Six short blasts indicate a competitor in trouble, anyone hearing this signal is asked to offer assistance. Stout footwear is advised e.g. fell shoes/trainers with good grips. In case of bad weather please dress appropriately. Competitors may be advised to wear a waterproof jacket.

Please note that Evanton Wood is a popular venue for walkers – you should respect other forest users.

Medical Conditions: You have the option of completing a medical form at registration. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it in a sealed envelope that will only be opened if required and destroyed after the event.

Planner: Oscar Shepherd

SI: Jon Shepherd

Organiser: Marsela McLeod

School Events Coordinator: Jenny Hall

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 Federation.

Finally, thanks to our sponsor Innes & Mackay



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