



INVOC Level C Event Loch of Boath

Sunday 25th November 2018

Invoc's last level C event of the year returns to Loch of Boath, the venue of Day 4 at Moray 2013.

Loch of Boath is a typical Highland mixed deciduous and coniferous forest, split by a minor road running north south through the area. Both parts have a good track network for fast running, with mixed terrain and interesting contour detail between the tracks. All courses will use the area adjacent to Loch of Boath, which has the more technical terrain, and the longer courses will cross the road into the eastern part of the area where the vegetation makes for easier running.

Directions: From the north (Nairn and Inverness), the route will be marked from the B9090 junction at Cawdor, signposted to Cawdor Castle. Follow this minor road approx. 4.5 miles before turning left onto forest track.

Parking: will be on forest track at NH 888 464 (postcode IV12 5UT), a maximum of 700metres from registration. Parking will be limited so please car share where possible.

Registration: 10.30 – 12.00

Courses: Colour coded courses Yellow – Brown

Maps: Pre marked and printed on waterproof paper. Scale 1:10,000 with 5m contour intervals

Start location: 900metres from registration. Route to start will entail crossing minor road.

Finish location: Yellow, orange, and light green courses will have remote finish and route to download will entail crossing minor road.
Green - brown courses will finish approx 150metres from download.

Start times: 11.00 – 12.30. Punching start and start times will not be pre-allocated.

Courses close: 14.30

Entry fees:

Seniors (member/non member): £7/8 Entry on the day £8/9
Juniors/students (member/non member):£4/5 Entry on the day £3.50/4.50

SI hire £1

Pre entry: via SI entries. Closing date for entries 21st November

Toilets: There will be a portaloo at registration.

First aid: will be available at Registration.

Cake stall: Alasdair Matheson will be selling cakes to raise money for a Blythswood project in Romania.

Dogs: Dogs must be kept on a lead at all times and are only permitted in the parking and registration areas. Please ensure that you pick up and dispose of any dog poo.

Adverse weather: In the event of adverse weather conditions, the organiser may require all competitors to wear a cagoule during the event. This requirement will be posted in the final details on the website on the day before the event.

Safety: The route to all starts and the return from yellow to green finish entails crossing a minor road. This road is normally quiet, but please ensure that young children are accompanied when crossing it.

Planner: Guy Seaman

Controller: Marsela MacLeod

Organiser: Gilly Kirkwood (gillykirkwood5@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