



## INVOC Level C Event Loch of Boath

**Sunday 25<sup>th</sup> November 2018**

**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 if at all possible.** The main parking area on the forest track is not suitable for motorhomes. The overflow parking area at NH883470, Postcode IV12 5RG, which will be an 800 meter walk from registration. The access is on the east side of the minor road, approximately 500 metres north of Mains of Clunas. We would encourage anyone arriving by motorhome to go directly to this parking area. It will not be marshalled until the main parking has been filled, so please park sensibly and follow the signs/tapes to registration.

**Registration:** 10.30 – 12.00

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

**Courses close:** 14.30

### Course details:

Course	Distance (Km)	Climb (m)
Yellow	2.4	70
Orange	3.2	80
Light green	3.1	100
Short green	3.7	100
Green	4.6	120
Blue	6.3	150
Brown	7.8	185

**Yellow course** is not confined to paths and has sections which follow linear features over rough ground. It runs adjacent to a small loch for a short distance.

Yellow maps will be available at registration and parents are encouraged to consider shadowing if required.

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

**Start location:** 600metres from registration. Route to start crosses minor road. Clothing can be left at start but all competitors should arrange to collect their own clothing.

**Finish location:** Yellow, orange, and light green courses have a remote finish 700 metres from registration. The route to download passes via the start and entails crossing minor road.

Green - brown courses finish 600 metres from download.

**Entries :** Pre entry via SI entries closes Wednesday 21<sup>st</sup> November

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

**Timing:** SI timing, not Air enabled

**Toilets:** There will be a portaloos at registration.

**First aid:** will be available at Registration and will be staffed by club members.

**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.

**Cake stall:** Alasdair Raynor 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 on the website on the day before the event and at registration.

**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 as this crossing will not be marshalled.

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