



Inverness Orienteering Club
Nairn East Beach

Level D event – 26th August 2018

Welcome to Nairn's East Beach. We offer you a pleasant day orienteering near Inverness with a range of courses to suit all ages and abilities including beginners, however paths are unsuitable for pushchairs.

Terrain / Map: Generally level terrain so all courses have negligible climb, with a few ups and downs. Terrain is varied, with forest, some grassland and sand dunes. The gorse is thick, don't try and get through. There is a good path network although paths in dunes are a bit vague. There is bracken on the south edge of the forest part that has not been mapped. Pre-marked map and printed on waterproof paper, scale 1:7500 with 2.5m contour intervals. **The blue course is a double sided map.**

Directions / Parking / Registration: From Nairn A96 east of River Nairn crossing, turn north down Maggot Road (signed for Lochloy Holiday Park). Parking and registration is at the Maggot Car Park - grid reference NH888570.

Start and Finish: Start will be approximately 1.0km from the car park. You will need to walk through the caravan park to the start – children must be accompanied to the start. Finish is 100m from the car park.

Courses : Yellow to Blue with lengths varying from 2km to 7km. All courses have a minimal amount of height gain.

Yellow – 2.0km

Orange – 2.8km

Light Green – 3.8km

Green – 5.2km

Blue – 7.0km – **double sided map!**

Registration: 10:30 to 12:30

Starts: Punching starts from 11:00 to 13:00. (Start times will not be pre-allocated, turn up when you are ready and the start official will let you start when there is space on your course. There may be short delays at popular times.)

Courses close: 14:30

Flower Bed: There is a new Orienteering flower bed and sculpture on Nairn Links – take a few minutes to go and have a look!

Catering: There will be a stall selling soup, hot drinks and cakes to raise money for the Highland Cross.

Pre-entry Information: Pre-entry is now available online: https://www.sientries.co.uk/event.php?elid=Y&event_id=4812.

Entry fees:

Seniors (Members/Non – Members): £7/£8

Juniors/Students (Members/Non – Members): £4/£5

Punching: Sport ident, Hire fee £1

Parking: on the day FREE

Toilets: There are public toilets on the opposite side of the river to the car park.

SAFETY

Note there are ticks in the forest and it will be high tide during the event.

Planner: Finlay Todd

Organiser: Carolyn and Laurence Cload, 01463 713799 (mapping@invocmail.org.uk)

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.