



Nairn East Beach

Level D event - 27 August 2017

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.

Terrain or Planner's Comments: 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. There is a good path network.

Map: Pre-marked and printed on waterproof paper, scale 1:7500 with 2.5m contour intervals.

Directions: From Nairn A96 east of River Nairn crossing, turn north down Maggot Road (signed for Lochloy Holiday Park). Follow the road to the T-junction at Lochloy Holiday Park and turn right and through the Holiday Park for 700m to public carpark at road end.

Please drive carefully through the caravan park as there are often children playing.

Parking: Free parking at public car park beyond Lochloy campsite - grid reference NH 896 574. Even with a large turnout there should be adequate parking. However, if required additional parking is available at the Maggot Car Park just before the T-Junction – you will then need to walk through the caravan park to the event.

Registration: Adjacent to parking area

Start and Finish: Adjacent to the main path 500m east from parking/registration

Courses :

White - 2km
Yellow - 2.4km
Orange - 3.3km
Light Green - 3.5km
Green - 4.9km

All courses have a minimal amount of height gain. Note that although the Orange is almost the same length as the light green, it is definitely easier.

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

Pre-entry Information:

https://www.sientries.co.uk/event.php?event_id=3802

Entry fees:

Seniors (Members/Non-Members): £5/£6

Juniors/Students (Members/Non-Members): £3/£4

Punching: Sport ident, Hire fee £1

Parking: on the day FREE

Toilets: There are public toilets in the car park.

SAFETY

Event specific safety information – **Coming soon**

Planner: Jon Shepherd

Organiser: Colin Simpson, 01463 811063

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.