

# iROMP and Night-O at Achnasoul and Tower Wood, Marybank



## Event Details - 1-30 April 2021

INVOC invites you to our latest iROMP (INVOC Regular Orienteering Mapping Programme) at Achnasoul Wood, near Marybank. This isn't an organised event as such – the controls have been laid out discreetly in the woodland, so just print a map and go run the courses in your own time. There are no timing devices - self time your run if desired. Reflective kites are in place so the area can be used for Night-O.

**IF YOU TAKE PART:** The committee would really like to know how much use is being made of the iRomp programme so that its popularity can be assessed. If you take part in the Achnasoul activity please can you either submit your time (see “**RESULTS**” below), or if you don't want to do that please drop the planner a brief email.

**PLANNER'S COMMENTS:** Achnasoul Wood is mostly typical managed coniferous woodland that has been thinned, leaving many extraction lanes, some of which are partially overgrown, making for slow progress in some areas.

The area is split by a quiet public road. To the west of the road, the land rises from the road with gentle contour detail giving many small hills, with heather and bilberry underfoot.

To the east of the road, the area is relatively flat with a forest road running through the whole length of the wood, crossed by power lines. There is an extensive network of old extraction lanes giving a mixture of slow and fast running, with gorse in some areas barring the obvious route choice. Some of these extraction lanes are indistinct on the ground so careful navigation is required. The open birch woodland at the eastern end of the map makes for fast running as the bracken is now down.

If you spot any problems (e.g. a missing control), please contact the planner on [treasurer@invocmail.org.uk](mailto:treasurer@invocmail.org.uk).

[See also safety information below.](#)

**DIRECTIONS AND PARKING:** Take either the A832 or A835 to Marybank, near Contin, then south on the minor road from the village offset roundabout. After perhaps 2km the wood is reached. There are small public parking areas on both sides of the road within the length of the wood, but parking for more than two or three vehicles is difficult.

**MAP:** Scale 1:10,000, 2.5m contour interval. It's DIY so print your own and take along on the day (in a waterproof case if wet) - and remember your compass and whistle!

**START & FINISH LOCATION:** The Start for the Blue and Green courses is at the end of the forest road into the western area. The Start for the Orange is at the end of the forest road in the eastern area. The finish for all courses is at the Orange Start, which is about 200m from the Blue and Green Start.

**COURSES:** Blue, Green and Orange courses are available, or plan your own using the “All Controls” map. Reflective kites will be used so you can try your hand in the dark.

**Blue :** 6.3k, 17 controls.

**Green :** 4.7km; 13 controls.

**Orange :** 2.7km; 10 controls. Due to the need to protect the kites from being collected by walkers by making them properly “off-path”, the Orange course is harder than usual. There are handrails between all the controls, but some of the extraction lanes are indistinct so careful recognition of distinct features such as power lines, fences and clear extraction lanes is required. Anyone who is not already confident in doing an Orange course should be accompanied or shadowed.

All controls are marked by standard kites, which are also reflective so are also suitable for night use. The kites are either attached to vegetation where possible, or to stakes.

**TOILETS:** There are NO toilet facilities in the area. (The public toilets at the Does Inn may or may not be open.)

**RESULTS:** There is no timing for this activity. However we are offering the usual element of club competition and if you want to compare your time with others please self -time and submit it via the following link: <https://forms.gle/hHoFFNsZx1BwdxqFA>

You can then compare times using this link:

[https://docs.google.com/spreadsheets/d/1T6lf0FRekcmt-EGb0r4L8vwTA9TqkecpRcpht9\\_GdLo/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1T6lf0FRekcmt-EGb0r4L8vwTA9TqkecpRcpht9_GdLo/edit?usp=sharing)

**SAFETY INFORMATION – IMPORTANT:** Runners are responsible for their own safety whilst out on the courses and should dress appropriately for the weather. There is NO first aid provision. It is recommended that you carry a mobile phone and a whistle. Mobile signal in the area is generally good. There are no road crossings.

As the area is intricate in places it is recommended that you let a friend or family member know when you are going out and when you finish. You may want to arrange with another club member to be on the course at around the same time. Supervision of juniors is at the discretion of parents. If in doubt, parents should shadow their children. The club coaches are also available for advice: Please contact Jacquie on [coaching@invocmail.org.uk](mailto:coaching@invocmail.org.uk) or James [events@invocmail.org.uk](mailto:events@invocmail.org.uk)

Ticks may still be around, particularly in the bracken, so wear full leg cover and check yourself for them after your run.

**COVID 19:** Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow Government guidance and BOF code of conduct to ensure the safety of themselves, other participants, event volunteers and the general public. Government guidance takes precedence over the BOF code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if

necessary, by stopping any orienteering activity. Please read the BOF code of conduct. <https://www.invoc.org.uk/docs/Covid-19/BOF-Code-of-Conduct-6-July-2020.pdf>

Individuals should not come to this activity if:

- They are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
- If you or someone in your household or your support bubble is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.
- If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the self-quarantine period for 14 days, even if they are symptom-free
- If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
- If you have been advised to stay at home by a health professional.
- Those in higher risk Covid-19 categories will be placed at increased risk through participation in this activity.
- Please maintain physical distancing (2m) at all times with club members (not from your household) and members of the public. This may at times require stepping off the paths and tracks. The area is not heavily used by the public but you may meet some walkers, including dog walkers. **Physical distancing is more important than your time.**
- Please avoid handling/touching the control kites where possible.

**SCOTTISH OUTDOOR ACCESS CODE:** The expectation on club members is that they are engaging in this activity as a member of the public and that they fully conform to the Scottish Outdoor Access Code for this sort of activity. <https://www.outdooraccess-scotland.scot/>

**FIRST AID:** This is an unsupervised activity, correspondingly there is NO first aid provision. You are recommended to have a small first aid kit in your car. See above for other personal safety precautions. Nearest A&E Dept is at Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ.

**Planner/Organiser:** Guy Seaman

**Safety sign-off (excluding Covid)** Joan Noble

**Committee member Covid-19 sign-off:** Jim Finlayson

**Covid-19 Officer:** Jackie Laird