



Inverness Orienteering Club Craig Leach


Regional event – 27th March 2022 - Event Details

Craig Leach is a working pine forest with complex contour and rock detail. The bracken is down in March offering some fast running. We offer you a pleasant day orienteering in this popular forest overlooking Inverness with a range of courses to suit all ages and abilities including beginners, however, paths are unsuitable for pushchairs.



Terrain: The terrain is predominantly coniferous forest spread across the top of Craig Dunain and Craig Leach. Craig Dunain is steep sided with numerous rock features. There is a good path network ranging from well-made forest tracks to more informal paths and mountain bike tracks. The open areas are devoid of bracken at this time of year so are generally quite quick.

Map: Recently update and extended map. Pre-marked and printed on waterproof paper. Scale 1:7500 White to Green, 1:10000 Blue and Brown. 5m contour interval. The map shows mountain bike trails in the forest, however the trails are constantly evolving, so do not assume that all those on the ground are necessarily shown on the map. This is also a working forest so some of the paths are wider than others as they keep changing.

Due to the number of black dots on the map, the map uses the alternative IOF green dash symbol for a vegetation boundary. 

Dark green is generally windblown, so avoid these areas. Some fences are barbed wire. Some crossing points are marked for clarity but these are not compulsory. Some boulders might be confused for crags.

Planner's Comments:

Note the terrain and map comments well. Some of the climb can be avoided through route choice. The mountain bikers have been warned we will be in the forest, but please keep an eye out for them. There are numerous crags, big and small, so please be careful when approaching from the top. SIAC is enabled on all controls, although not all the controls might have been woken up, so you may need to manually dib if the SIAC does not activate.

Courses

Course	Length	Climb	Map Scale
Yellow	2.0km	70m	7,500
Orange	3.4km	95m	7,500
Light Green	3.8km	145m	7,500
Green	4.5km	215m	7,500
Blue	6.5km	300m	10,000
Brown	8.3 km	375m	10,000

Note: White course has been removed due to lack of entries.

Entry Information: Pre-entry is now closed. **COVID rules require pre-entries only; no entry on the day.** Entries are in 20-minute time slots to help reduce the numbers congregating at the start at any one time. Please try and arrive during but not before your time slot.

Directions and Parking: Parking is at Nature Scot Headquarters on Leachkin Road (marked as Forestry & Land Scotland HQ on Google maps, or <https://w3w.co/amused.credit.media> on What3Words). From central Inverness take the A82 out of Inverness towards Fort William. Turn right at the Inverness Crematorium. Immediate turn left up Forester's Way. Follow the road, cross a roundabout, and Nature Scot is on your right and will be signposted with an orienteering sign.

Car Park Instructions

Please pay careful attention to these car parking instructions as the barriers can cause confusion if unfamiliar and the car park will not be marshalled! It is essential that you enter the car park using the ENTRANCE as shown below ie the first turn to your left when you have turned in from Leachkin Road. The barrier will be open when you arrive and is set to be open until 3pm. To leave the car park it is essential that you use the way out marked below as EXIT. The EXIT barrier will not be open but drive SLOWLY towards it and it will rise as you approach. There is no time limit on the EXIT barrier being set to open for cars leaving, but cars won't be able to get into the car park after 3pm. 😊

Registration: As all entries are made online in advance there is no need to register on the day if you have your own dibber. Those without their own dibbers can collect hired dibbers from the Guide Hall. Yellow Course maps should also be collected from the Guide Hall.



(Googlemaps image)

Start and Finish: The start is approximately 1.2km uphill walk from the car park. Punching starts from 11:00 to 12:30. (Start times are in pre-allocated slots selected when signing up for the event in advance). To avoid too many people congregating at the start please try to turn up during your start time slot but not too soon. The finish is approximately 400m from the car park. A marshalled crossing will be provided over the minor access road on the way to the start and from the finish to download. Please follow directions from the marshal.

Courses close: 15:00

Download, Toilets and Key drop: Download and toilets will be available in the Leachkin Guide Hall 200m from the car park. "Download" will be signed from the carpark and finish, follow these signs for the download and toilets. Please don't forget to download. A key drop will be available at the Guide Hall.

Cake Stall: the INVOC junior squad will be selling home baking to raise funds for their summer training weekend. The cake stall will be located at Download.

First Aid: The first aid point is at the Guide Hall. Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV23UJ (approx. 15mins drive away)

Insurance: Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

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>

SAFETY

Runners are responsible for their own safety whilst out on the courses and should dress appropriately for the weather which may well be wintry. It is recommended that you carry a mobile phone and a whistle although the forest is well used and no areas are particularly remote from main paths. Mobile signal in the area is generally good.

- Medical Conditions - You have the option of completing a medical form. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration in a sealed envelope that will only be opened if required and destroyed after the event.
- COVID – Please read and follow the guidance below.
- Dogs - being so accessible, Craig Dunain is very popular with dog walkers so be aware of dogs and dog poo, particularly in the area around the car park or on / beside the main paths. If you bring a dog, please keep your dog under control and deal with your dog waste responsibly.
- Craggs – there are a number of generally small crags scattered around the area most notably immediately south of the summit or at the north end of the forest.
- Mountain bikes – Mountain bikes use the area and can go very fast. Signs have been placed warning mountain bikers of the event, but please take care and give way to them by stepping off the paths when needed. They usually come in pairs.
- Roads – A minor road is crossed to the start and back across from the finish. This will be marshalled
- Ticks – especially off the paths. Beware of Lyme’s disease, please wear full leg cover and always check thoroughly for ticks after your run.
- Fences – There are some barbed wire fences, but these are avoidable using the crossing points.

Organiser: Carolyn Cload

Planner: Laurence Cload (Assisted by Erica Cload and Hazel Cload)

Controller: Ewart Scott

SI Lead: Jim Finlayson

Covid Sign Off: Jim Finlayson

Committee member Covid-19 sign off: Colin Simpson

COVID-19 – PLEASE READ

COVID 19: Anyone taking part in club events must follow Government guidance and the 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/BOF_CoC.pdf
If you have a smartphone, we recommend that you download the “Protect Scotland” app.

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, 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 event.
- **Please maintain physical distancing (1m) at all times** with other orienteers (not from your household) and members of the public. This may at times require stepping off the paths and tracks. The area is heavily used by the public albeit not in the dark - 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.

Note: Scottish Government guidance on COVID-19 is due to be amended on 21st March, so procedures may change in light of UK, Scottish Government, BOF and SOA's guidance between now and the event.

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.
5. Our data protection policy is here: http://www.invoc.org.uk/docs/DPN_current.pdf