



Inverness Orienteering Club

Craig Phadrig

Local event – 6th February 2022 - Final Details

Welcome to Craig Phadrig. 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.

Final Update: The forecast at the moment (Friday evening) suggests heavy snow showers although possibly also sunny spells around the time of the event. Please come prepared and in particular bring a waterproof you can run in – these may be made compulsory if deemed necessary.

With temperatures of only 3 degrees forecast it will be cold despite the relatively sheltered nature of the location. Juniors in particular are strongly recommended to run wearing a waterproof.

Terrain: The terrain is predominantly coniferous forest spread across the top of a Craig Phadrig itself and smaller neighbouring tops, with some small crags and a few pockets of gorse. There is a good path network ranging from well-made, marked forest trails to more informal paths, particularly towards the northern end of the forest.

Map: Pre-marked map, printed on waterproof paper, scale 1:5000 with 5m contour intervals.

Planner's Comments:

This is a mixed woodland on fairly steep slopes, with a lot of rock features but also a dense path network, so there's something for all technical levels. On the top of the hill are the remains of the fort of Pictish King Brude (or Bridei). Courses will be:

Yellow – 1.9km, 95m climb
Orange – 2.6km, 115m
Light Green – 2.7km, 100m
Green – 3.0km, 125m

Due to the constraints of the area, Green is shorter than normal but the climb should make up for that, and it is both technically and physically harder than Light Green.

The area is popular for recreation so there are many small, unmapped paths

Directions and Parking: From central Inverness take the A82 towards Fort William and turn right at the new roundabout just after crossing the canal to join General Booth Road. Alternatively take the A862 road towards Beauly, cross the canal, pass the first left turn which doubles back alongside the canal and take the next left onto King Brude Road. General Booth Road and King Brude road form a loop road between the A82 and A862 with traffic lights about half way along.

Turn uphill at the traffic lights onto Leachkin Road (signposted to Leachkin and New Craigs hospital). Continue uphill, cross straight over a small roundabout and take the next turn on the right onto Balnafettack Road. Follow Balnafettack Road past the Christian Centre and turn next left onto Balnafettack Crescent. Please park considerately along this road. The start (and finish) area is accessed by a small path on the left about 200m along (which will be signposted with an orienteering sign).

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 these from the start area.

Start and Finish: The start is approximately 100m walk from the road. 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 and download is in the same area.

Courses close: 14:00

Courses: Yellow to Green with lengths varying from 1.9 km to 3km.

Yellow – 1.9km

Using the forest path network with the need for the competitor to make decisions at path junctions and controls may be next to the track, not always on the track/path.

Orange – 2.6km

Controls are generally off tracks, so you need to look for where to leave the paths, and navigate carefully over short distances to reach some of the controls. There are some short-cut options through the forest for the more confident orienteers.

Light Green – 2.7km

For more experienced orienteers. Shorter and easier than the Green but off tracks where possible to give technical orienteering.

Green – 3.0km

For experienced orienteers. shorter than normal but the climb should make up for that, and it is both technically and physically harder than Light Green and has more route choices.

First Aid: The first aid point is at the download tent. Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ (approx. 15mins drive away)

Toilets: There are no public toilets in or by the forest. The nearest publicly available toilets are at the Co-op in Telford Street.

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 Phadrig 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.
- Crags – 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.
- Ticks – especially off the paths. Beware of Lyme’s disease, please wear full leg cover and always check thoroughly for ticks after your run.

Organiser: Colin Simpson

Planner: David Summers

SI Lead: Stephen Hudson et al!

Safety Sign Off (including Covid): Suzanne Robins-Bird

Committee member Covid-19 sign off: David Summers

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.

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