

**Scottish Middle Distance Championships**  
**Saturday 22<sup>nd</sup> March 2025**

**INVOC**



INVOC welcome you to the Scottish Middle Distance Championships in the technical forest of Dallaschyle close to Cawdor and the Moray Coast, first used in the World Orienteering Championships in 1999, and the venue where Yvette Hague won Britain's first WOC Gold medal.

**Planner's Comments:** Dallaschyle has varying runnability and a wealth of contour and rock detail. There is also a good network of tracks and rides. Although parts of the forest have been felled and replanted in recent years, the courses bypass these, and plenty of mature forest remains.

**Pre-entry Information:** Entries are online via SI entries

[https://www.sientries.co.uk/event.php?elid=Y&event\\_id=15226](https://www.sientries.co.uk/event.php?elid=Y&event_id=15226)

Online entries will close at Midnight on Sunday 16<sup>th</sup> March

**Entry fees:**

BOF Senior £16, SOA Senior £17, Non-member Senior £18

BOF Junior/Student £7, SOA Junior/Student £8, Non-member Junior/Student £9

**Map:** Updated 2025, pre-marked and printed on waterproof paper. Scales will be as per the Course Detail table. Contour interval will be 5m for all classes.

**Location & Parking**

The event parking and assembly is a field just south-west of Cawdor - see map below.

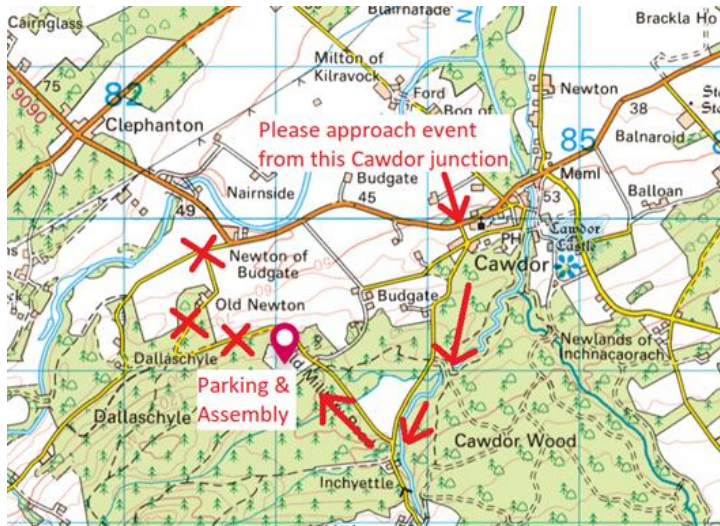
Grid reference: NH 831 490

What3Words: [///condiment.daredevil.perfume;](https://www.what3words.com/condiment.daredevil.perfume)

**Directions:** The event will be signed from Cawdor

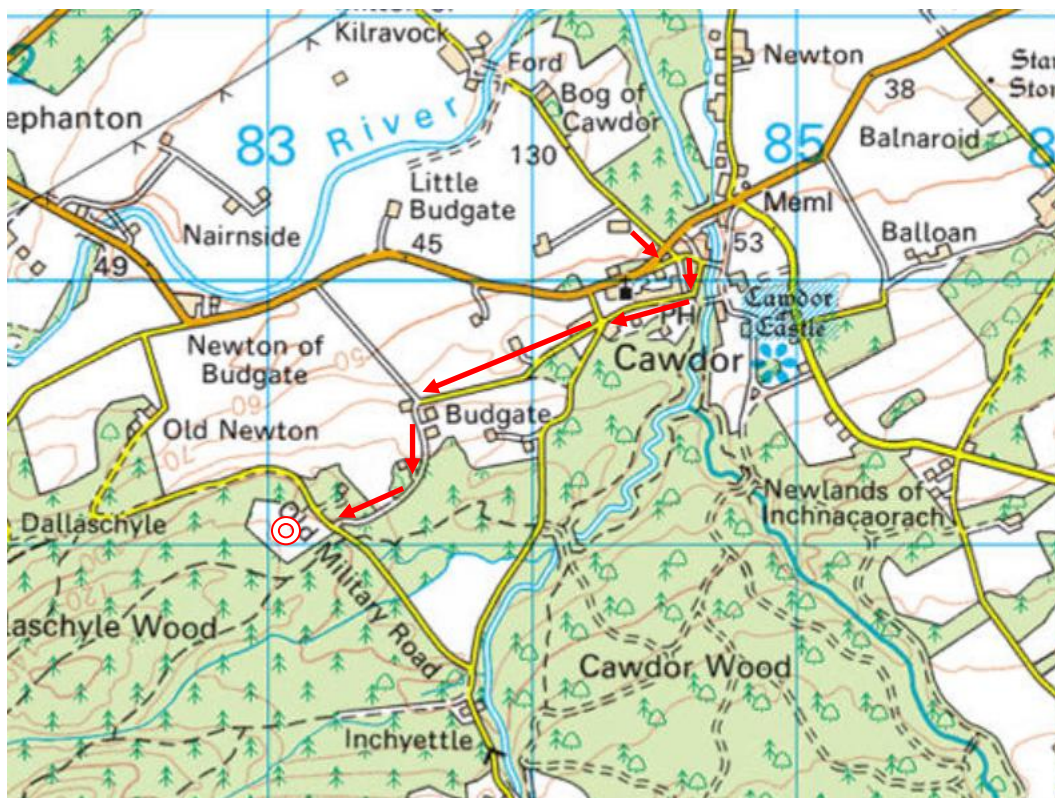
Please arrive via the junctions at Cawdor [///hamsters.decays.rucksack](https://www.what3words.com/hamsters.decays.rucksack) and Inchyettle

[///fail.recover.forgives](https://www.what3words.com/fail.recover.forgives) (compulsory) - this is the way the event will be signed.



**Car Parking will be £2 per car for the farmer – please bring the correct change**

**Camper Van Parking:** Due to the nature of the parking field, there will be a hard standing Car Park at Cawdor Primary School. <http://forest.surnames.swan> This is a 2 km walk from the event parking and assembly. Please follow the route show below on quiet country lanes. There is no overnight parking allowed.



**Courses: All Age Classes. Detailed Course information to follow**

Course	TD	Men		Women	
		Class	Map Scale	Class	Map Scale
1	5	M Open M18, M20	1:10,000		

2	5	M Veteran(40+) M16	1:7,500	W Open	1:10,000
3	5	M Supervet (55+)	1:7,500	W Veteran (40+) W16, W18, W20	1:7,500
4	5	M Ultravet (65+)	1:7,500	W Supervet (55+)	1:7,500
5	5	M Hypervet (75+)	1:7,500	W Ultravet (65+)	1:7,500
6	5		1:7,500	W Hypervet (75+)	1:7,500
7	4	M14	1:7,500	W14	1:7,500
8 Orange	3	M12	1:7,500	W12	1:7,500
9 Yellow	2	M10	1:7,500	W10	1:7,500
10 White	1		1:7,500		1:7,500

**Registration:** Open at 11:30 and adjacent to car parking this will be where enquiries/entry on the day/download/first aid will be located. There will be a car key drop.

**Download:** Adjacent to car parking

**Start:** 12:00-13:30. All courses start at the same location 1.1km from assembly. Exit via a temporary stile / fence crossing at the south-west side of the parking field & follow red & white tapes. The route to the start passes near the finish and there will be a clothing dump.

**Finish:** The finish is remote and is approx. 800m from assembly and download.

An alternative route to both the start and finish for those less able will be on tracks and will take 20 mins.

**Assembly:** An area close to registration and download will be made available for club tents.

**Courses Close:** 16:00

**Prizegiving:** The Prizegiving will take place as soon as possible after the last finishers and is planned to be around 15:30. Trophies will be awarded for the Men's and Women's Open. Medals for the first three in all other classes.

**Scotjos Cake Stall:** TBC

**Dogs:** Please keep dogs on a lead around the site.

**Timing system:** Sport ident, Hire fee £1

**Toilets:** There will be toilets at the entrance to the parking field.

**First Aid:** There will be a manned first aid station.

Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ

## SAFETY

A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

## Acknowledgements

**Many thanks to:**

**Cawdor estate for access to the woods.**

**We are very grateful to Ewan MacArthur for allowing us to park on his field.**

**Local residents for their support of the event.**

**INVOC club members for volunteering to help make the event happen!**

**Planner:** Dave Summers

**Controller:** David Esson (GRAMP)

**Organiser:** Marsela McLeod

**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.