

	<p><u>Keppernach</u> <u>Middle Distance Regional Event & Scottish Junior</u> <u>Interareas Relays</u> <u>Saturday Oct 26th 2024</u></p>	
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Draft details – 9/10/24

Inverness Orienteering Club welcomes you to Keppernach for a Middle Distance Regional Event and the Scottish Interareas Relays. Keppernach is an excellent, undulating forest and will make for a great event!

Many thanks to Cawdor and Lethen Estates for use of the area and Kevin and Donnie Kinnaird of Keppernach Farm for the car parking at the farm.

The event will be taking place alongside the Junior Inter-Areas relay event. If you are accompanying a junior who is taking part in the relay, why not take part in this event at the same time? If you are a junior orienteer wanting to participate in the Inter Areas relay, you must contact your club captain or area lead, who will separately enter you in the relay event. Make it a fantastic weekend of orienteering and take part in the [SOL5 event at Alvie on Sunday 27th October](#).

Key points

- **Relays:** The run in and exit to the start for the relays will be taped.
- **Car parking.** The registration, toilets and start/finish are approx. 700m from the car parking. Give yourself time to walk. The track used to walk between the parking and the event also passes through the corner of a resident's garden, who has generously allowed access. Please be respectful while using this route.
- **Regional middle distance event** – start opens at 13:40. Punching starts with 1 min between anyone else running the same course. The middle distance event will take place alongside the relay event, with timing to avoid the mass start.
- **Relays** – Open starts at 13:20 and Girls at 13:30. Numbers etc will be allocated to team managers; talk to team managers if not familiar with the format. Courses are gaffled, so avoid following others.
- **Road crossing** – there is one minor road which must be crossed on the way to/from registration. It WILL be marshalled during the event, but take care when crossing and walking alongside the road.
- All **maps** collected/issued at start.
- **SI Card / SIAC hire** – collect at registration. For relays, these will be in the envelopes with the numbers.
- **Catering** – the INVOC junior squad is hoping to host a bake sale near the registration tent.
- **Toilets** – two toilets will be available close to registration and start/finish in the forest.
- **Club tents** – there are areas of flat (ish!) ground either side of the track leading to the relay handover area where club tents can be erected.
- **Finish** – immediately next to the assembly/handover area.
- **Prize ceremony** for relays, aimed to begin around 15:20
- **Ticks** – there are likely to still be ticks in this forest in October. Please check yourself after your run.

Terrain / Planner's Comments: Keppernach is a mature coniferous forest on moraine with interesting small hills and hollows, with heather and grass underfoot. There are limited paths and rides making for excellent orienteering at the TD4/5 level and challenging TD2 and TD3 courses generally following paths and rides.

Maps: Pre-marked and printed on waterproof paper, scale 1:10,000 with 5m contour intervals. Minor map updates September 2024. A previous version of the map can be viewed at:
<https://www.invoc.routegadget.co.uk/rg2/#52>

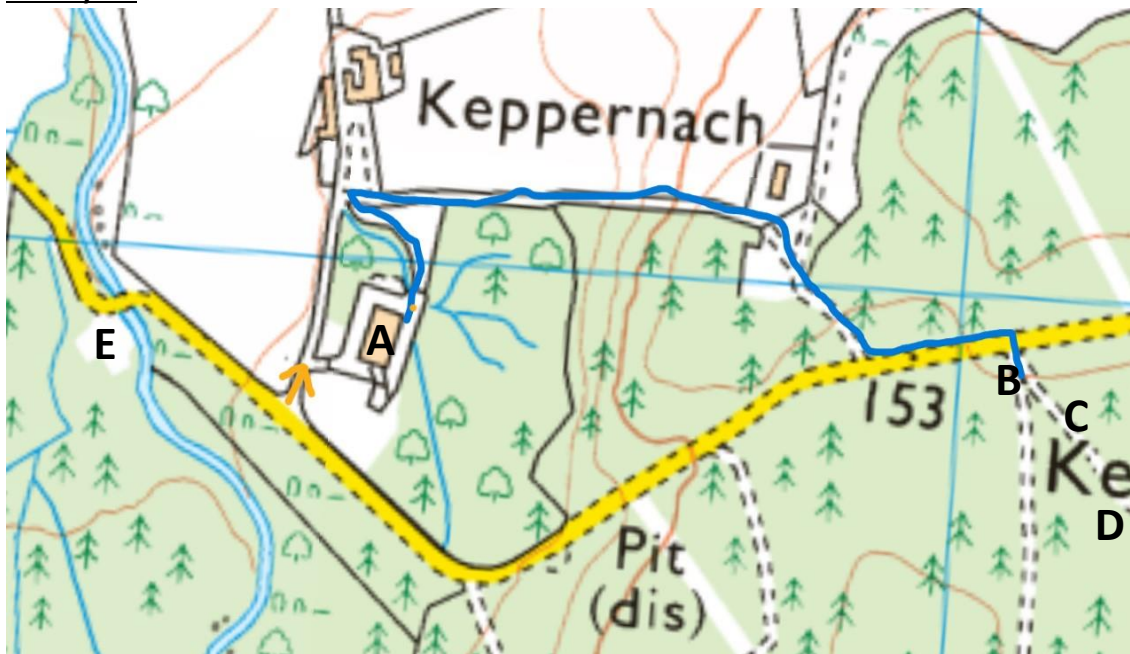
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Parking/registration/starts/finish:

- Registration is at the entrance into Keppernach forest. Grid reference: NH920479; What3Words: <https://what3words.com/retailing.angry.cherish>; [Googlemaps](#)
- Parking is around a steading at Keppernach Farm. Grid reference NH915479, What3Words: <https://what3words.com/abandons.threaded.snoozing>, [Googlemaps](#). Should this be full, there is an overflow area, just to the west along the road from Keppernach Farm, across a ford and immediately on the left. This overflow car park will be signposted if needed. Please park considerately.
- There will be a charge for parking. The amount is £3 per car. Please bring change to pay on entry.
- **Coming from the west or North via Inverness take the A96, turning off onto B9006 and onto the B9090 past Cawdor village to the junction for Cawdor Castle. Turn right onto the minor road and continue for 1.8 miles to Wester Urchany then turn left on to a smaller minor road for a further 3.1 miles, and the parking will be on your left, shortly after crossing a ford.**
- **Coming from the South on the A9, use the Daviot turn-off to travel via the B851, eastwards past Cawdor village to the junction for Cawdor Castle. Turn right onto the minor road and continue for 1.8 miles to Wester Urchany then turn left on to a smaller minor road for a further 3.1 miles, and the parking will be on your left, shortly after crossing a ford.**
- **Coming from the east turn off the A96 at Auldearn and take the B9101 to the junction of the B9101 and A939. Head south on the A939 for 3 miles and turn right at the junction marked for 'Littlemill'. Continue along this minor road for 1.3 miles to a T junction, turn left and continue until you reach the parking on your left, shortly after crossing a ford.**
- **Please do not touch any farm machinery, or climb on any bales outside or in any of the sheds.**
- Registration and the start/finish location is approximately 700m from the parking. The route is mainly on tracks, with a short 100m section along the verge of a minor, quiet road. Please take care.

Site layout



Purple line indicates walking route between event and parking. Yellow arrow shows access to parking.

- A – Parking at Keppernach Farm
- B – Toilets
- C – Registration
- D – Assembly area
- E – Overflow parking if required

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- Registration is open from 13:15pm. Regional events starts from 13:40 to 14:40 (see below for fuller details).
- Registration should be visited to:
 - Collect hired SI Cards
 - Key drop
 - Enter on the Day. Numbers dependent on map availability. There is no guarantee of entry on the day, so best to pre-enter.
 - Medical information
- Start and Finish location: The start and finish are approx 100m from registration.

Toilets: There will be two toilets available near registration in Keppernach forest.

Courses

Unfortunately we are unable to offer a white course at Keppernach. But there will be course for all other ages and abilities - if you are not sure what course to enter, do not hesitate to get in touch with the organiser. Subject to final controlling, course details are as follows

<u>Course</u>	<u>Distance / Climb</u>	<u>Technical Difficulty (TD)</u>
<u>Yellow</u>	<u>2.0 km / 35m</u>	<u>TD 2 - Easiest course. Follows paths or obvious features or taped sections where paths or features are less obvious (11 controls)</u> <u>(Good choice for a junior beginner)</u>
<u>Orange</u>	<u>2.5 km / 70m</u>	<u>TD 3 - Slightly more challenging, some controls off path and options to cut corners (14 controls)</u> <u>(Good choice for an adult beginner)</u>
<u>Light Green</u>	<u>3.6 km / 100m</u>	<u>TD 4 - Majority off paths, skilled navigation required (13 controls)</u>
<u>Short Green</u>	<u>2.9 km / 95m</u>	<u>TD 5 - Hardest level of technical challenge (12 controls)</u>
<u>Green</u>	<u>3.8 km / 125m</u>	<u>TD 5 - Hardest level of technical challenge (14 controls)</u>
<u>Blue</u>	<u>4.3 km / 130m</u>	<u>TD 5 - Hardest level of technical challenge (19 controls)</u>
<u>Brown</u>	<u>5.0 km / 160m</u>	<u>TD 5 - Hardest level of technical challenge (22 controls)</u>

Pre-entry Information: Please pre-enter the regional event on [SiEntries](#). DO NOT USE SiEntries to enter the Junior Inter-Areas event taking place at the same time – enter the relays via your club. Closing date for the regional event is **Sunday 20th October at midnight**. Some limited EOD will be available. Pre-enter to guarantee a map, there will be limited EOD.

Entry fees:

	BOF member	SOA member	Non-member	Entry on the Day
Senior	£12	£13	£14	£1 extra
Junior	£6	£6.50	£7	50p extra

SI Cards available for hire for £1.

Event timing: mixed punching – contactless and traditional punching. Start and Finish unit must be punched if using SIAC Air.

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Safety:

- Courses close at 15.40.
- The area is bisected by a quiet road. The route to the start/finish area crosses the road and involve a short walk along 100m of the road on a wide grassy verge. The Green, Blue and Brown courses will cross the road, take extra care when crossing (this crossing will **not** be marshalled).
- There is the odd tree blown down in the forest, but windblow should not significantly impede progress.
- The marsh in the west of the map is relatively dry, but gets wetter further east towards the central forest track. It is crossable in all parts.
- Blue and Brown courses may encounter ditches in the east of the map which are difficult to cross other than at the mapped bridge or where marked by red/white tape.
- Dress appropriately for the weather.
- There are ticks in the forest so check yourself afterwards and remove any ticks safely.
- You **MUST** report to Download by Course Closing Time, even if you have not completed the course.
- Relay competitors – please ensure your team manager / coach is aware of any pre-existing medical conditions and where any medication etc is located. Other competitors are advised to notify the Organiser of any relevant medical conditions.
- First aid is located at registration. The nearest hospital is Raigmore in Inverness. If you require first aid please make yourself known at the first aid tent. If you get injured and treat yourself or are treated by team coaches, can you please let the organizer know anyway so we can track accident information properly

Relay numbers

Competitors in the regional middle distance event do not need race numbers.

Relay runners will be allocated a number (numbers will be issued to Area Team Managers) to be pinned to the front of your top. The three runners in a team will have sequential numbers. For example, if you are the second leg runner number 115, you will be looking for runner 114 to hand over to you, and you will then hand over to runner 116.

Control descriptions

There will NOT be loose control descriptions for the relays. The control descriptions are printed on the maps for both the relay and regional event. There will be loose control descriptions for the regional events in the minus three start box.

Start times

Regional event. The regional event will start from **13:40**. You can select a preference for a start time on SI entries. Please make sure that you leave 1 minute after anyone else running the same course.

Relays: There will be a relay call-up briefing at **13:00**. It is important that runners who are new to relays attend this, but it will help if all teams are present.

The relays will have ORANGE runners in Leg 1 (mass start), then handover to YELLOW runners in Leg 2, and LIGHT GREEN runners will be in Leg 3. The relays will have two mass start for Leg 1 runners.

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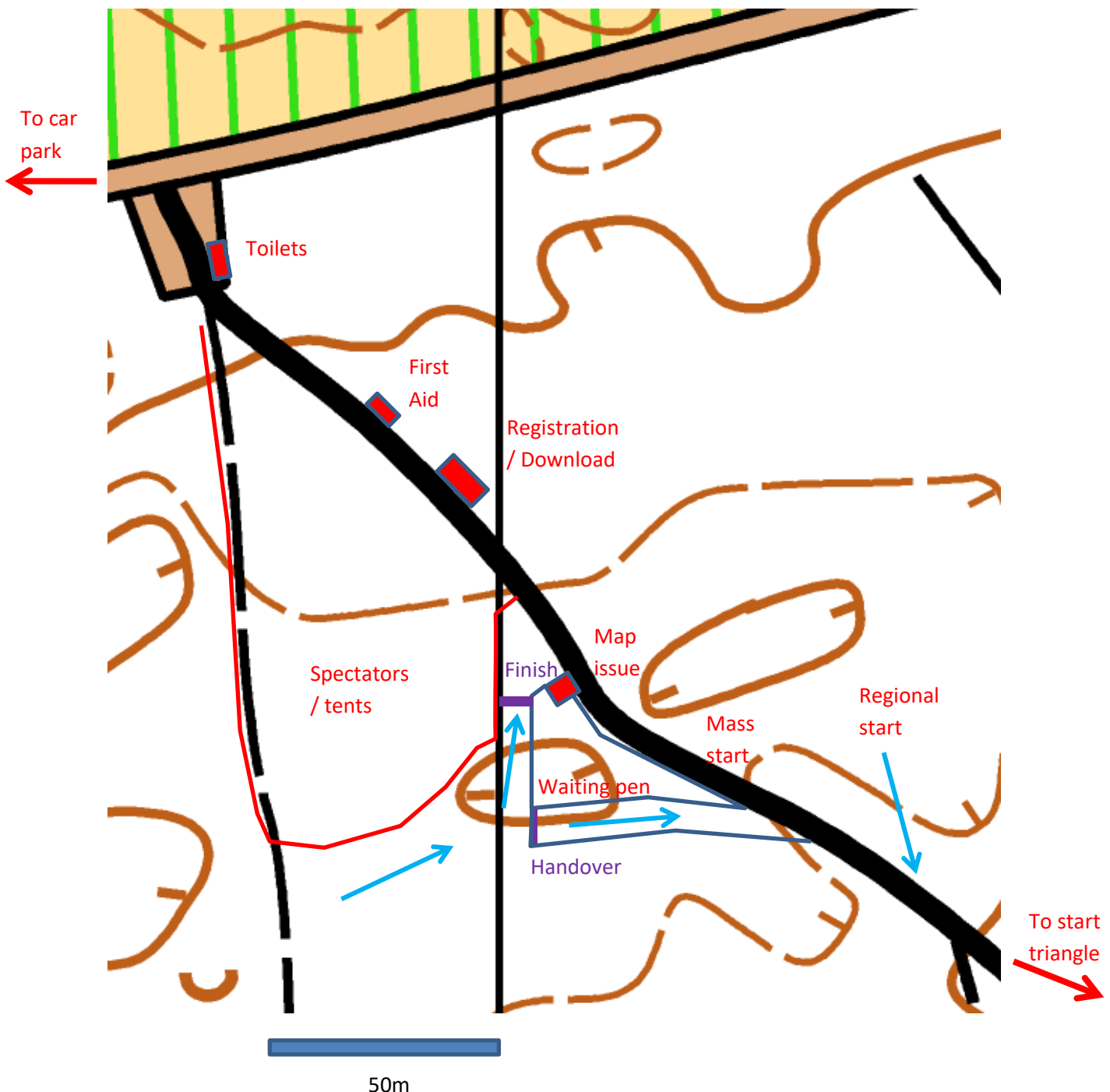
13:20 OPEN (boys/mixed) start

13:30 GIRLS start. Ad hoc teams may be allocated this start.

Normally the second and third runners will start when the previous runner in their team arrives at the finish. However there will be two mini-mass starts at **14:20** (boys/mixed) and **14:30** (girls) for any runners who are still waiting for their previous leg to arrive back.

The relays will close at **15:20**, immediately followed by relay prize giving. The regional event courses will close at **15:40** (with some extra time to accommodate volunteers who wish to run).

Relay start/finish layout and handovers



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First leg runner starting: will come to the map issue tent, do an SI check, pick up their map and then line up for a mass start. They will all start on the signal of the organizer.

Second and third leg runners starting: will come to the map issue tent, do an SI check, pick up their map, enter the waiting pen and move to the handover tape when the previous runner in their team approaches the finish. They will start from the handover tape when that runner makes physical contact with them to handover.

Mini-mass start runner: if your previous leg runner is not back by the time of the mini mass start you will come to the map issue tent, do an SI check, pick up their map, and then line up for a mini-mass start. They will all start on the signal from the organiser.

First and second leg finishers: will punch the finish and make physical contact with their waiting next leg runner, before proceeding to download.

Final leg finishers: will punch the finish and proceed to download.

Handovers: there is no baton to pass, but each handover should involve physical contact (e.g. a high five) across the tape at the handover area.

Download: Relay runners will be funnelled towards the download tent, situated back up the track used to access the forest. The download tent will have two downloads, one for the regional event and another for the relays – please ensure you visit the correct side before downloading. **After finishing, or if you retire, please ensure that all runners report to download to avoid a search.**

Relay Course descriptions

The **Yellow course** follows a mixture of tracks, paths and rides (strips with no trees through the forest). One ride is quite overgrown and Yellow runners should follow the red/white striped tapes hanging from trees between three controls as marked on the control descriptions. There are also red/white tapes to follow from the last control to the handover/Finish.

The **Orange course** is a gaffled course i.e. not all runners have the same controls so it is best to do your own navigating rather than follow other runners. Orange runners will also see additional controls which are on the Yellow course so ALWAYS check that the control code matches the control on your map. The Orange course has controls close to line features such as tracks, paths, distinct vegetation boundaries, earth walls and electricity pylon lines (look up to see the cables which are on the map). The Orange course follows red/white striped tapes hanging from trees between two controls along one ride which is quite overgrown. There are also red/white tapes to follow from the last control to the handover/Finish.

The **Light Green** course is a gaffled course i.e. not all runners have the same controls so it is best to do your own navigating rather than follow other runners. Light Green runners will also see additional controls which are on other courses so ALWAYS check that the control code matches the control on your map. Light Green runners are advised to keep in touch with the map as some of the rides which you may run along or use for

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navigating are a bit overgrown. The electricity pylon lines are marked on the map (look up to see the mapped cables). There are red/white tapes to follow from the last control to the Finish.

Organiser: Iain Sime and, on the day, Laurence Cload

Planner: Iain Shepherd

Controller: Donald Grassie

SI Timing: Stephen Hudson

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.