

**YourOMaps Northern Urban League Event 5**  
**Friday 23<sup>rd</sup> August 2024**  
**Lochardil, Inverness**

**INVOC**



### **Final Details**

Welcome to the 5<sup>th</sup> and final event of the Northern Urban League, kindly sponsored by YourOMaps. We will offer 3 courses; **Long** and **Short** urban courses, and a short course that is partly woodland for **under 16s**. On the urban courses, under 16s must be accompanied by an adult aged over 18.

The U16s course is mostly within Culduthel Community Woods and the grounds of Inverness Royal Academy. Juniors aged between 12 and 16 can run this course unaccompanied, provided a responsible adult is able to vouch for their ability to safely complete it. The map with the course will be available to look at before you start so that you can decide – please collect the U16 map from registration.

Once the courses close we will have a prize-giving for the overall winners of the Long and Short classes in the Northern Urban League for 2024. Current standings after 4 events here:

[https://www.invoc.org.uk/results/2024/NUL\\_League.htm](https://www.invoc.org.uk/results/2024/NUL_League.htm)

### **Terrain or Planner's Comments:**

Long and Short: classic urban orienteering around Lochardil roads and school grounds.

U16: woodland and school grounds.

**Controls: There will be small kites at each control site; there will only be SI Units at a limited number of control sites but of course you need to visit all control sites or risk a mispunch.**

**Map:** All courses: pre-marked and printed on waterproof paper, scale 1:5,000 with 2m contour intervals.

**Directions:** Parking will be at:

**Culduthel Christian Centre, Culduthel Avenue, Inverness IV2 6AS**

<https://maps.app.goo.gl/mWgyJtfT6y7z7zpT9>

(what3words ///decorator.factoring.most , grid ref NH 664420)

Culduthel Christian Centre is signposted from the A8082 distributor road. Please note that Google Maps and others confusingly show a number of different roads including the A8082 as all being called "Culduthel Avenue".

Event registration, download and assembly will be in the grassy area that you pass on the left on the way to the car park. The distance between the car park and assembly area is about 160 metres.

**Start and Finish** for all courses will be by the assembly area.

### **Courses :**

Long 6.0 km

Short 3.5 km

U16 2.5 km

Please bear in mind that in urban orienteering there are strict rules about not crossing anything marked on the map as "uncrossable" or "out of bounds". We can advise you before you start if you are unsure about this.

Please also bear in mind that in urban orienteering there may not be a direct route between controls, you might have to go a long way round! The maps for the recent World Orienteering Championships in Edinburgh show many examples of this <https://www.woc2024.org/>

**Registration:** 1745-1845

**Starts:** Punching start using SI dibber (if you don't have your own one you can hire one for £1)  
From 1800-1900

**Courses close:** 2000 (sunset will be at 2029)

**Pre-entry Information:** SI entries [https://www.sientries.co.uk/event.php?elid=Y&event\\_id=13598](https://www.sientries.co.uk/event.php?elid=Y&event_id=13598)  
Entries close Tuesday 20<sup>th</sup> August.

There will only be extremely limited entry on the day available – enter in advance to be sure of a map.

### **Entry fees:**

Seniors: members of an orienteering club £5, non-members £6

Juniors/Students: members of a club £2, non-members £3

**Toilets:** The Christian Centre will be closed, so the nearest toilets will be at ASDA (to the east) and Tesco (to the west), both about 1 mile away along the A8082 distributor road.

**First Aid:** Basic First Aid will be available at the registration/download.

The nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ, about 10 minutes' drive away after turning left onto the A8082.

## **SAFETY, PLEASE READ**

- On the 2 urban courses any under 16s must be accompanied by an adult at all times.
- Competitors on the U16 course should carry a whistle.
- The Long and Short courses will be entirely run in suburban residential area where the speed limit on roads is 20mph. However there are roads where traffic may in practice go faster. Please pause and look both ways before crossing any road.
- The U16 course does not cross any roads that will have traffic on them at the time of the event. The responsible adult should remind the competitors not to cross Cultduthel Road when they are looking at the map before the start.
- The A8082 distributor road is out of bounds.
- Courses do not go near any bodies of water. If you encounter any pond or stream do not attempt to go into it.
- There may be dog mess in places, particularly in the woods. Please be careful to avoid it.
- Please remember that there will be other people out in the area, including dog walkers, cyclists and children playing. Please be mindful of their safety and yours.
- The woods are very runnable, but there are many tree roots sticking up. Please be careful to avoid tripping.
- There is little to no undergrowth on the courses and competitors may wear shorts if they so choose. But please wear clothing suitable for whatever weather conditions there are on the night.
- ALL COMPETITORS MUST REPORT TO DOWNLOAD WHETHER OR NOT THEY HAVE COMPLETED THE COURSE.

**Planner:** Alison Matheson

**Organiser:** Dougal Lamont dlamont9090@gmail.com

### **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.