



Nairn - SOUL 7 2024 – Bulletin 1 Details



(Last Updated 29-Aug-2024)

Inverness Orienteering Club invites you to come to the North of Scotland to take part in a fantastic SOUL double-header weekend of urban orienteering in the Highlands and Moray. There will be 2 SOUL events (7 and 8 of the Scottish Orienteering Urban League), the event on Saturday 21-Sep-24 will be hosted by INVOC at Nairn and the event on Sunday 22-Sep-24 will be hosted by MOR at Burghead on a brand new map by WOC mapper Steve Smirthwaite - Full Details of the MOR event can be found at <https://www.mor.scot>

The SOUL 7 event hosted by INVOC on Saturday 21-Sep-24 will take place around the seaside town of Nairn using the existing map which will be updated for the event. The Nairn terrain is a mixture of parkland, housing estates and town centre streets and provides an abundance of route choice opportunities. Artificial barriers are being used and these will be shown on the map as being uncrossable with a line of flour on the ground and are likely to be manned. Any competitor seen crossing an artificial barrier and gaining an advantage will be disqualified. If a barrier is crossed unintentionally and the mistake reversed, and no advantage gained then this will not result in a disqualification.

Clothing: Shoes suitable for a mix of urban terrain, including wet grassy slopes, hard surfaces, steps and pathways, will be suitable for all courses. Shorts should also be fine, but this is northern Scotland in September so dress appropriately for the weather on the day. If the weather is severe, a waterproof top may be compulsory and there will be a sign to this effect on the beginning of the route to the start.

Map

The map is printed at 1:4000 with 2m contours and will be updated for the event.

Event Centre

The event centre is the Nairn Community & Arts Centre (King Street, Nairn, IV12 4BQ -

What3words: ///maple.jaws.unfit

The Event Centre will host:

- First Aid
- Entries on the day
- Hired dibber collection
- Enquiries including advice for beginners
- Download
- Space to leave bags
- Toilets
- Drinks, soup and home baking to fundraise for the INVOC Junior Training

The Event Centre Hall will be available to competitors from 1000 to 1500.

Registration Times

1030 -1230

Start Times

1100 - 1300

Courses Close

1430

Start and Finish

The route from the Event Centre to the START is approx. 500m and will be taped.

The START is approx. 100m from the "Links Car Park" and will be visible from the parking.

There will be a warm-up area adjacent to the start.

The FINISH will be close to the Event Centre and will be unmanned. All competitors must punch the finish control - it is not contactless. Please follow the marked route back to Download (approx. 50m). You MUST download even if you do not complete the course.

Timing

SportIdent (SI) electronic timing will be used. Units will be set for contactless punching (apart from the Start and Finish units).

Control Descriptions: Loose descriptions will be available in the START boxes. All courses will use urban pictorial descriptions.

Entries - Entries will be online via SI Entries - entries will be open shortly. There will be limited On the Day entry available subject to map availability. On the Day payments can be made using cash or card.

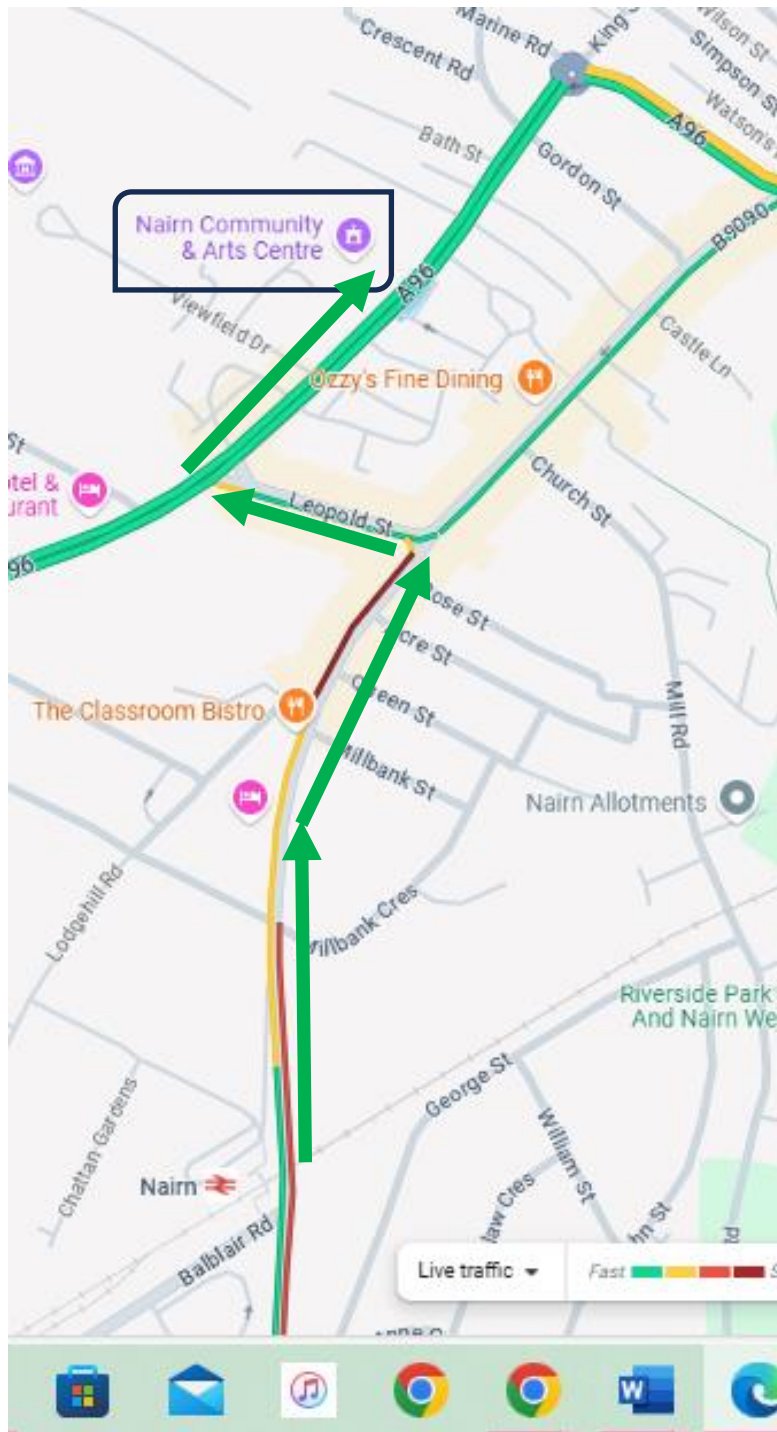
Entry Fees

Type	BOF members	SOA members	Non-members (NOT BOF or SOA)
Seniors	£10	£11	£12
Juniors	£5	£5.50	£6
All entries - additional £1 fee if hiring SI-Card 8. On the Day Entries will incur an additional £1 fee on top of the prices shown above.			

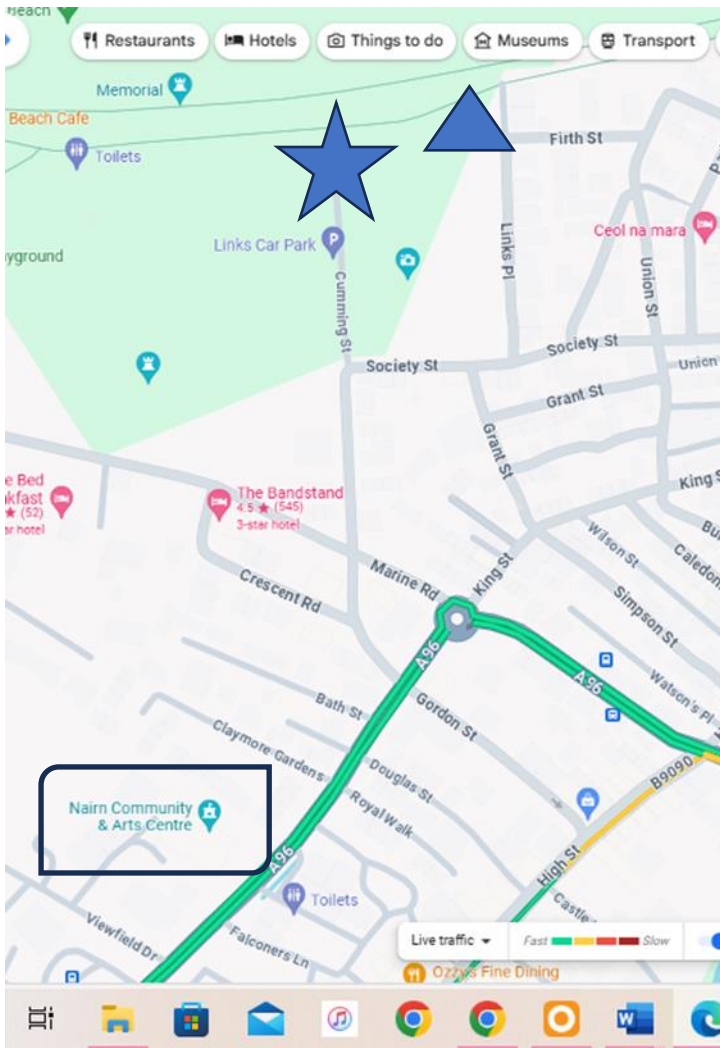
Directions

- From the West (Coming from the Inverness Side), follow the A96 through Nairn centre past the Event Centre on your left until you come to the roundabout at Kings Street / St Ninian Road / Marine Road. Turn left onto Marine Road and then first right onto Cumming Street and the parking will be directly ahead at the "Links Car Park". The route to the Event Centre will be marked with tape from the "Links Car Park".
- From the East (Coming from the Elgin Side). Follow the A96 through Nairn centre until you come to the roundabout at Kings Street / St Ninian Road / Marine Road. Go straight ahead onto Marine Road and then first right onto Cumming Street and the parking will be directly ahead at the "Links Car Park". The route to the Event Centre will be marked with tape from the "Links Car Park".

Public Transport: Travel to the event is possible via public transport. Nairn railway station is about 15 minutes' walk from the Event Centre and Nairn bus station is about 1 minutes' walk from the Event Centre. If arriving by train then the route to the Event Centre will pass through the competition area - the route to be taken from the Railway Station to the Event Centre is shown below - please follow the dark green arrows:



Parking: If driving, please make every effort to car share. Please do not park in the Community & Arts Centre car park as parking spaces are limited due to other events in the community centre and spaces being required by the event team and helpers. Vehicles should be parked at the "Links Car Park" which is to the North of the Event Centre and about a 5-minute walk away. The Star on the map below shows the "Links Car Park" and the Rectangle shows the Event Centre. The Triangle shows the approximate location of the START.



Courses

There will be seven courses suitable for all abilities.

Under 12s MUST enter Course 7

Under 16s MUST enter either Course 6 or Course 7

Optimal Length & Climb Information (Provisional)

Course	Category	Length (km)	No of Controls	Climb (m)
Course 1	Men Open (M18+, M21+), Open 1	9.0	TBC	45
Course 2	Men Veteran (M40+), Women Open (W18+, W21+), Open 2	7.8	TBC	35
Course 3	Men SuperVet (M55+), Women Vet (W40+), Open 3	6.6	TBC	35
Course 4	Men UltraVet (M65+), Women SuperVet (W55+), Open 4	4.3	TBC	25
Course 5	Men HyperVet (M75+), Women UltraVet (W65+), Women HyperVet (W75+), Open 5	3.6	TBC	25
Course 6	Men Junior (M16-), Women Junior (W16-), Open 6	4.0	TBC	22
Course 7	Young Junior Men (M12-), Young Junior Women (W12-), Open 7	2.2	TBC	18

Safety: A comprehensive Risk Assessment will be carried out by the event team. Participants take part at their own risk and are responsible for their own safety during the event.

As this is an urban area, it is readily accessible to the public and a number of leisure activities may be encountered (dog walking, leisure walking, cycling and children playing). Please be considerate to members of the public and amend your running line as appropriate to avoid any hazardous situations.

Please be aware of trip hazards, slopes and steps, slippery paths (moss), uneven surfaces, litter and dog fouling. The competition area includes numerous narrow alleyways, sometimes <1m: please be careful and avoid collisions with members of the public and other competitors.

All courses will require minor side roads to be crossed, although traffic is likely to be light, any cars will not be expecting you so please always look carefully before crossing and only do so when it is safe. It is likely that for the Junior courses (6 & 7), a Marshalled Crossing will be present.

A busy road bisects the competition area. This road will be marked as Out Of Bounds and can ONLY be crossed at the designated crossing points (bridge or underpass) - these will be shown on the map. It is acceptable to run along the side of the road but NOT on the road itself.

The competition area has water features mapped. Where applicable, these features are mapped as UNCROSSABLE and will be marked as Out Of Bounds and can ONLY be crossed at the designated crossing points (such as a bridge) - these will be shown on the map.

There is a railway line running through the competition area. The railway line is mapped as UNCROSSABLE but does have mapped crossing points (bridge or underpass). The railway line can ONLY be crossed at the designated crossing points - these will be shown on the map.

Please complete a medical form, available at registration if you would like the Organiser to know about a medical condition in the event of an emergency. It will be securely destroyed afterwards.

First Aid: First aid will be available at the Event Centre. The nearest A&E hospital is Raigmore Hospital in Inverness (25 mins drive). A map to the hospital can be obtained in the event centre at the enquiries desk.

Please check <http://invoc.org.uk/> before setting off in case of any last-minute information that may affect the event.

Event Officials

Organiser

Colin Salisbury, INVOC 07450 094035 email: colinsalisbury65@icloud.com

Planner

Steve Scott, INVOC

Controller

Ewart Scott, ESOC