

Glen Affric North

SOL 3 + Long Distance World Ranking Event
6th September 2026

Inverness Orienteering Club welcomes you to SOL 3 at Glen Affric North. This location was last used for an event in 2016 and was the site of the 2015 World Orienteering Championships long distance. We are able to offer a broad range of courses to suit all ages and abilities.

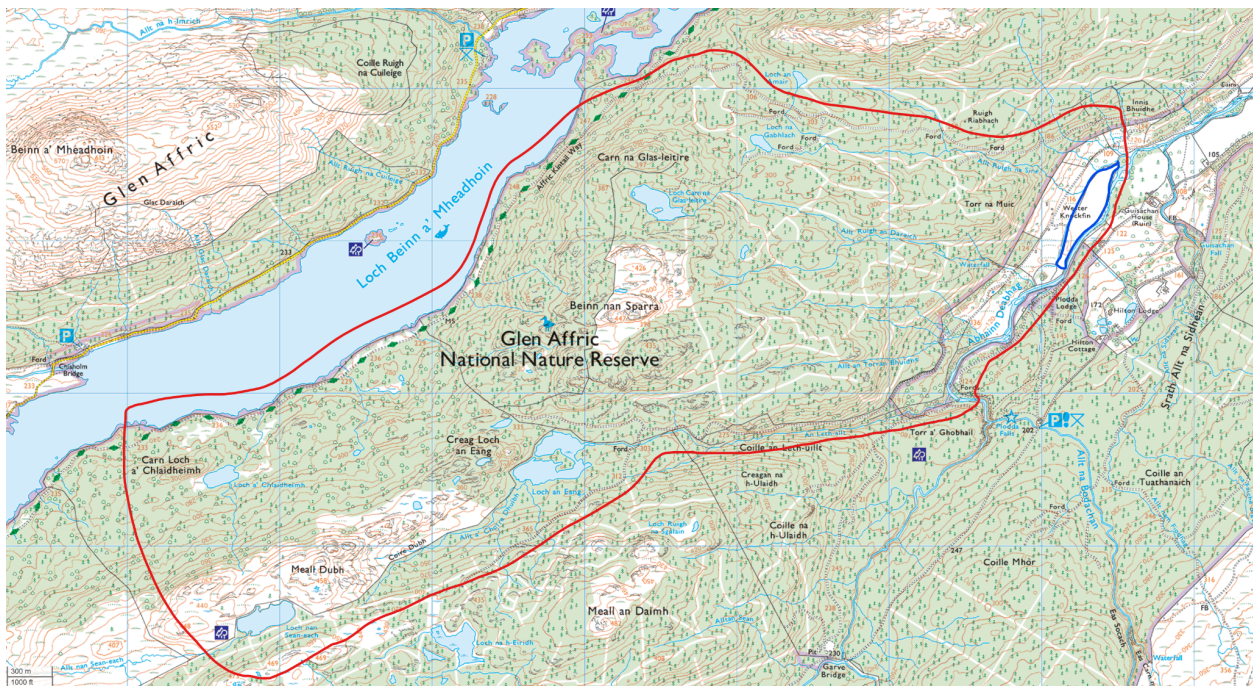


All details are provisional and subject to change, please make sure you've read the final version before the event.

Embargo

A map of the embargoed area is provided at the link here as well as highlighted on the map exert below.

<https://www.google.com/maps/d/u/0/viewer?mid=1ySp7-qn8FiQrwWc1czSolboH3fVvfXI&ll=57.271219526124256%2C-4.906549208459476&z=13>



Terrain

TD1-3

In the rough pasture area next to the river, with paths, fences and rough ground.

TD4-5

Mature Scottish pine forest encompassed a forest of pine, birch and oak with steep slopes, complex contour details and few paths.

Entries

All entries will be via SiEntries. (If you are new to SiEntries you will need to set-up an account to enter). Link here: <https://www.sientries.co.uk/event/invoc-eagle-weekend-2026>

Entries close Saturday 29th August

If you have any questions about what course to enter, cannot use SiEntries, or have missed the entry deadline please contact the event organiser (danorienteing@gmail.com).

Directions / Parking

Parking will be in a field, cost of £3 per car, please carshare.

Near: Tomich | Postcode: IV4 7LY

Lat,Lng: 57.284144 , -4.8523178 | Grid ref: NH281251

What3Words: piled.slicer.cracks

Open an interactive map and get directions in: [GoogleMaps](#)

Toilets

Toilets: Portable toilets, provided at assembly.

Assembly

Assembly will be adjacent to the parking field.

Download

You must report to Download even if you do not complete your course. Course closing time tbc, printed on map. If you run out of time you must report to the Finish or Download ASAP to avoid a search party.

Results

Results will be available after the event at <https://invoc.org.uk/2026-results/>

Weather and Hazards

This event is being held in the Highlands in September so be prepared for all weather conditions. Competitors should be aware of the risk of [hypothermia](#) and take sufficient precautions to protect themselves. In the event of bad weather a hooded waterproof jacket may be compulsory and kit checked.

The terrain is rough and uneven; competitors should be aware of the risk of sprained ankles and other acute injuries. A first aid kit will be available at the arena.

Ticks which can cause Lyme Disease are prevalent in the forest so it is important to check yourself (and your family members and pets) for ticks after your run and remove them as soon as possible using a suitable tick removing tool.

Map

The area was last used in 2016 <https://www.invoc.routegadget.co.uk/rg2/#19>

Updates Jon Hollingdale 2026

Registration

A small number of entry on the day (EOD) may be available on the colour coded courses (excluding the black course), please contact the event coordinator in advance if possible.

There will be no EOD for the World Ranking courses.

Start Times (different for WRE / SOL)

SOL competitors will be able to start 11:00-13:00

Competitors on the WRE courses will have allocated start times published on the INVOC website closer to the event.

M21E and W21E use a Timed Start according to the published Start List, which is seeded based on world ranking, as of Monday the 31st of August.

Runners that arrive late will be started asap according to IOF guidelines. The start time will be recorded but will not be used to calculate a result unless it is agreed that the delay was the fault of the organiser. Any runner affected in this way must raise the matter with the organiser at the Finish.

Competitors with no world ranking points (e.g. this is their first WRE) will start before all the ranked competitors, based on BO ranking

Safety notes

All competitors who start course must report to download

Nearest A&E Hospital:
Raigmore,
Old Perth Road,
Inverness
IV2 3UJ

<https://www.nhshighland.scot.nhs.uk/local-services/accident-and-emergency/raigmore-hospital-a-e-inverness/>

Visas

Overseas visitors may need a visa to enter the United Kingdom, and the Government's visa information website provides details of when visas are required. Competitors who require visas are advised to contact the Organisers at danorienteeing@gmail.com for the required reference information and are advised to submit their form to the United Kingdom Embassy or Consulate as early as possible.

All competitors must follow British Orienteering's Participant Code of Conduct.

Officials:

Planner – Phil Vokes (INVOC)

Coordinator - Dan Spencer (INVOC) 07340064135 / danorienteeing@gmail.com

Organisers – Iain & Zoe Harding (INVOC)

Controller – Graeme Ackland

IOF Advisor – Ted Finch