



**Forvie SOL 6 15/10/17**

Final details: updates 8/10/17 shown in blue.

### **Thanks**

Our thanks go to the Forvie ranger, Annabel Drysdale, and SNH for permission to run on the National Nature Reserve. Also to Andy Harper for use of his field for parking - we will be collecting £1 per car for his nominated charity, [Macmillan Cancer Support](#). Please have correct change ready (and no old round pounds please as they will cease to be legal tender that day.)

### **Location**

- Forvie Nature Reserve – Assembly/Registration by the Visitor Centre, near Collieston
- Grid Ref: NK035289
- Postcode: AB41 8RU
- Lat/Lon: 57.350946, -1.943068
- [Streetmap](#)

### **Directions / Parking**

The event will be signposted from the north side of Newburgh on the A975/B9003 junction.

Parking is in a field next to the Forvie Nature Reserve Visitor Centre and the final 100m approach is along a single track lane. On arrival, you may be asked by a marshal to wait before turning in in order to allow residents and Reserve visitors to exit and vice versa on leaving. Minibuses will be parked as close to the field entrance as possible, cars will be directed to the best areas to park depending on rainfall over the preceding few days as it can get quite soft in places.

We will be collecting £1 per car for the farmer, Andy Harper, to donate to his nominated charity, Macmillan Cancer Support.

[There are overhead Pylon lines in the car park field, so no erecting of club banners near them please!](#)

There is no public transport in the area on Sundays.

[The AWPR roadworks are still ongoing in several intermittent sections on the A90 from Stonehaven through to Aberdeen and from Blackdog/Balmedie through to Forveran. Shouldn't cause hold ups on Sunday morning but be aware of 50mph average speed restrictions in some places.](#)

### **Electronic Punching**

Emit punching on all courses with a backup card fixed to your brikke – each Emit control has a pin in a unique position which imprints the card when the brikke is placed onto the control.

There is a flashing LED on each control but no sound.

Emit brikkes will be provided FOC if required and should be collected from Registration along with a backup card.

[Even if you have your own Emit brikke, you still need to come to Registration to collect your backup card which will have your Start Number on it \(required for Download\). The cards will be in envelopes filed under the surname of the person who registered you and your family/group.](#)

## Registration

Registration will be in the parking field.

It will be open from 10:00 to 12.00 for Emit brikke collection, EOD, information, and issue of White & Yellow Course maps.

## Starts

There are two starts, which allows the longer courses to visit the rarely-used area of very complex contour detail in the south of the area. [The walk to both starts follow the same path away from Assembly field. After reaching the Near Start, the route to the Far Start carries on another ~1.6 km.](#)

Near Start: 1.3 km walk from visitor centre along a grit path with a few steps

White\*, Yellow\*, Orange, Light Green, Short Green and Green courses

**\*White & Yellow maps are handed out at Registration** – long way to go back for them so don't forget!

All-terrain buggies should be OK getting to both Start and Finish and also around White and Yellow courses as all on grit/grass paths.

White course has a ~100m taped section where paths are confusing.

Far Start: 2.9 km walk from visitor centre

Short Blue, Blue, Short Brown, Brown and Black courses

[There will be a clothing dump at the far start. However, the clothing will not be taken back to Assembly until after Starts have closed so likely to be back of 14:00.](#)

The Organiser (self-confessed slow coach) walked from the Assembly to the Far Start at a casual walking pace in 42 minutes. ("Phenomenal views on the way, so worth allowing an extra 5 minutes onto your time to allow you to appreciate the views.")

**Registration 10:00 – 12:00**

**Start times 11:00 – 13:00**

**Courses close 15:30**

Start times will be available online on <http://www.fabian4.co.uk/start/list.aspx?EventID=1851> by Wed 10/10/17 and at Registration/Information and at the Starts.

Competitors who miss their allocated Start time must wait until the Starter finds an available slot complying with Competition Rules.

Start procedure is a -4 minute call-up and punching start.

## Finish

All courses finish approximately 200m from Visitor Centre. Please download as soon as possible after finishing.

All competitors **MUST** download after finishing, whether or not the course was completed.

## **Terrain Description**

Mostly rough, open vegetated sand dunes with intricate contour features hidden within the bigger dune structures which are challenging enough in their own way. There are some extensive marshy areas, a smattering of thickets in places and just enough paths to be able to cater for the TD1 and 2 Junior courses without mitigating the challenge for the rest. Paths are a mix of grit on hard foundation and close-cropped grass.

Some of the marshes mapped as "crossable" are quite deep and not easy to cross, not to mention being not very pleasant - smelly green slime etc. Care is recommended and for the Short Blue, Blue, Short Brown and Brown courses two recommended crossing points (bridges) are shown on the maps.

Map scale for all courses is 1:7,500. Contour interval 2.5m.

Map full survey and cartography 2014, paths revised 2016 and 2017. Contours based on Lidar data - no tree cover - very accurate. We're using non-standard colour, very pale yellow, for "rough open" which covers most of the map, to improve the clarity of the complex contour detail.

## **Shadowing**

Parents may shadow on the White and Yellow courses, but are reminded they should declare at Registration if they are actually helping a junior competitor, as opposed to following. Assisted juniors are competitive in their colour course (e.g. White) but not in age class (e.g. W10B)

If you are the 'shadower' then you must have completed your own race before undertaking any shadowing.

## **String Course**

Sorry, but no String Course planned at present. Why not explore the Visitor Centre instead?

## **Pre-O**

There will be a Pre-O course along the route to both starts. Pre-O is an opportunity to use the time on your walk to the start to get your head into the map by doing a few Trail O controls. Allow an extra 10-20 minutes on your walk to the start to do the Pre-O. There is no fee for the course, just look out for Anne Hickling taking names on the exit from the parking field on the route to the Starts.

## **Cakes!**

Please support the Scottish Junior Orienteering Squad Cake Stall.

## Course Information

| Tech Diff | Course      | Dist (km) | Climb (m) | Map scale | Start | Age Classes  |              |                            |  |
|-----------|-------------|-----------|-----------|-----------|-------|--------------|--------------|----------------------------|--|
|           |             |           |           |           |       | Junior       |              | Adult                      |  |
|           |             |           |           |           |       | M            | W            | M                          | W  |
| 5         | Black       | 10.6      | 280       | 1:7,500   | Far   |              |              | M-E                        |  |
| 5         | Brown       | 8.9       | 250       | 1:7,500   | Far   | M18<br>M20   |              | M21<br>M35<br>M40          | W-E  |
| 5         | Short Brown | 7.2       | 200       | 1:7,500   | Far   |              |              | M45<br>M50<br>M21S         | W21  |
| 5         | Blue        | 5.8       | 175       | 1:7,500   | Far   | M16          | W18<br>W20   | M55<br>M60<br>M35S<br>M40S | W35<br>W40   |
| 5         | Short Blue  | 4.8       | 125       | 1:7,500   | Far   | M18S<br>M20S |              | M65<br>M45S<br>M50S        | W45<br>W50<br>W21S                                       |
| 5         | Green       | 4.1       | 100       | 1:7,500   | Near  |              | W16          | M70<br>M60S<br>M55S        | W55<br>W60<br>W35S<br>W40S                               |
| 5         | Short Green | 3.5       | 95        | 1:7,500   | Near  |              | W18S<br>W20S | M75<br>M80<br>M70S<br>M65S | W65<br>W70<br>W75<br>W80<br>W50S<br>W55S<br>W60S<br>W45S |
| 4         | Light Green | 3.3       | 90        | 1:7,500   | Near  | M14<br>M16B  | W14<br>W16B  |                            |  |
| 3         | Orange      | 2.9       | 80        | 1:7,500   | Near  | M12<br>M14B  | W12<br>W14B  |                            |  |
| 2         | Yellow      | 2.7       | 30        | 1:7,500   | Near  | M10<br>M12B  | W10<br>W12B  |                            |  |
| 1         | White       | 1.5       | 25        | 1:7,500   | Near  | M10B         | W10B         |                            |  |

You may enter any course you wish but to be competitive in your SOL age class you must enter the course indicated above (or higher course if you are "running up" a class.)  
Results will be displayed by course but also showing age classes as per SOL rules and guidelines.

## Entry Details

| Entry Type                                      | Fee (£) | Entry on the Day (£) |
|---|---------|----------------------|
| Adult member of British Orienteering / SOA Club | 13.50   | 14.50                |
| Junior / Student member of BO / SOA Club        | 6.50    | 7.50                 |
| Adult non-member                                | 15.50   | 16.50                |
| Junior / Student non-member                     | 6.50    | 7.50                 |
| Adult on White, Yellow, Orange or Light Green   | 9.50    | 10.50                |

Online entry closed at midnight on Sunday 8th October. There will be EOD available it will be subject to availability of maps so may be limited.

There will be no charge for hire of Emit brikkes.

## Facilities

Enquiries and Registration

First Aid

Download and Results

Portaloos in the Visitor Centre car park – please do not use toilets in the Visitor Centre

ScotJOS cake stall

National Nature Reserve Visitor Centre

Collieston harbour and beaches

Pre-O en route to Starts

## Dogs allowed?

Dogs are welcome but must be kept on a lead and cleaned up after in the carpark/Assembly.

## Officials

Planner – Ian Hamilton GRAMP

Controller – Sarah Dunn MAROC

Organiser – David Esson GRAMP

## Safety and Risk

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.

Forvie can be a very exposed area so please dress suitably for it! Cagoules could be compulsory on the day.

The shorter, technically easier courses have been planned to avoid the lochans, but remind your children not to go near them, as they are particularly wet and deep at the moment.

Reminder to all competitors on all courses, with the wet summer the water features including the numerous marshes are very wet. Please bear that in consideration when choosing route choices. Frankly it will be quicker to go round rather than straight through marshes.

The Courses have been planned to avoid the cliffs on the map, however the walk to the Far Start does go along the top of them. Please pay attention and do not veer off to the left of the path on the way to the start.

## **Insurance**

Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

## **Privacy**

When entering our events your name may appear in the results section of Grampian Orienteers website or elsewhere electronically. Read our privacy policy to see how we look after your personal data.

## **Important Information**

The Competition Area is open to the Public; please adhere to the Scottish Outdoor Access Code (SOAC) and be respectful of other users.

In the event of cancellation, a notice will be posted on [www.scottish-orienteering.org](http://www.scottish-orienteering.org) and [www.grampoc.com](http://www.grampoc.com). The Organising Team reserve the right to retain all or part of the entry fee to cover any costs associated with the Event.

## **Safety & Medical Information**

A risk assessment has been carried out, but competitors take part at their own risk and are responsible for their own safety during the Event. Goggles may be compulsory for competitors in poor weather, in which case signs will be displayed at Information/Registration. Competitors are advised to carry a whistle.

Key-drop available at Information. Solo travellers please complete an envelope with details to identify your car should you be late back.

You have the option of downloading and completing [this Medical form](#). It could be life saving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration/enquires in a sealed envelope that will only be opened if required and destroyed after the event.

## **First Aid**

First Aid will be provided at [Registration/Download in the car park field](#).

The nearest hospital with full Accident & Emergency (A&E) cover is:  
Aberdeen Royal Infirmary, Foresterhill, Aberdeen AB25 2ZN

And the following have a Minor Injuries Unit:  
Inverurie Hospital, Upperboat Road, Inverurie AB51 3UL  
Peterhead Community Hospital, Links Terrace, Peterhead AB42 2XB