



**Inverness Orienteering Club**  
**Nairn East Beach**

**Local event – 1st September 2019**

**Preliminary Details**

Welcome to Nairn's East Beach. We offer you a pleasant day orienteering near Inverness with a range of courses to suit all ages and abilities including beginners, however paths are unsuitable for pushchairs.

**Terrain / Map:** Generally level terrain so all courses have negligible climb, with a few ups and downs. Terrain is predominantly pine forest on sand dunes, with some grassland and open sand dunes. The pockets of gorse are thick, don't try and get through it. There is a good path network. There is bracken on the south edge of the forest part that has not been mapped.

To give variation from previous years, particularly for the juniors, the vast majority of every course is in the forest. This gives a longer walk to the start/finish than in previous years. There is a high fence that is crossed at marked crossing points on the green course (see course information below).

Pre-marked map and printed on waterproof paper, scale 1:7500 with 2.5m contour intervals.

**Directions / Parking / Registration:** From Nairn A96 east of River Nairn crossing, turn north down Maggot Road (signed for Lochloy Holiday Park).

Registration and assembly will be at East Beach car park (NH 895 575) with tents provided for leaving clothes, lunch, etc. There is limited parking at East Beach which will be reserved for priority groups such as volunteers and families with young children.

All other competitors please use the Maggot car park (NH 888 570) at the entrance to the holiday park, approximately 800m/10min walk to registration/assembly. Young children must be accompanied to the assembly at East Beach as it is along a public road, or they can be dropped off at East Beach car park if accompanied by an adult.

**Courses :** White to Green with lengths varying from 1.7km to 5.4km. All courses have a minimal amount of height gain.

White – 1.7km  
Yellow – 2.2km  
Orange – 2.7km  
Light Green – 3.9km  
Green – 5.4km  
(preliminary and subject to final controlling)

In an area like Nairn East Beach with its extensive path network there is little difference in technical difficulty between a light green and green course. Runners who would normally run Short Green are therefore recommended to run light green. The green course includes the crossing of a high fence at the southern of 2 marked crossing points where it is broken, but this requires a bit of agility. Longer route choices are available that do not cross the fence. The light green course is therefore advisable short green runners who would prefer not to make this fence crossing.

**Registration:** 10:30am to 12pm

**Start and Finish:** Start and Finish are adjacent to each other and are approximately 800m/10min walk from East Beach car park and registration/assembly.

Punching starts from 11:00 to 12:30. (Start times will not be pre-allocated, turn up when you are ready and the start official will let you start when there is space on your course. There may be short delays at popular times.)

**Young juniors (M/W10s and at parent discretion M/W12s).** The start/finish area will be manned until 12.45pm. Therefore with a start/finish remote from the assembly area unaccompanied young juniors on the white and yellow courses should start before 12 midday to ensure they are finished by 12.45pm. If young juniors on the white/yellow course start after 12 midday, parents should wait at the finish for them (M/W10s and at parents' discretion M/W12s).

**Courses close: 14:00**

**Catering:** TBC

**Pre-entry:** Pre-entry at: [https://www.sientries.co.uk/event.php?elid=Y&event\\_id=5919](https://www.sientries.co.uk/event.php?elid=Y&event_id=5919)

**Entry fees:**

Seniors (Members/Non – Members): £5/£6 (plus £1 for entry on the day)

Juniors/Students (Members/Non – Members): £3/£4 (plus 50p for entry on the day)

**Punching:** Sport ident, Hire fee £1

**Parking:** on the day FREE

**Toilets:** There are public toilets on the opposite side of the river to the Maggot car park and at East beach car park - tbc

**First aid.** The first aid point is at registration. The nearest A&E department is at Raigmore Hospital, Inverness (30 minutes drive).

**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.

**Medical Conditions:** You have the option of completing a medical form. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration in a sealed envelope that will only be opened if required and destroyed after the event.

## **SAFETY**

Note there are ticks in the forest and it will be high tide during the event. All courses stay above the high tide mark. There is a high fence that needs crossing at marked crossing points (on the green course).

**Organiser:** Mairi Nicolson (mairi\_nicolson@hotmail.com)

**Planner:** Angus Laird and Jacquie Laird

**SI:** Ronan Blackwood

**Safety Sign Off:** Joan Noble

## **BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:**

1. Registration information will be recorded on computer and stored for insurance purposes.
2. Photographs, possibly accompanied by names, 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.
5. Our data protection policy is here: [http://www.invoc.org.uk/docs/DPN\\_current.pdf](http://www.invoc.org.uk/docs/DPN_current.pdf)