



## **Nairn East Beach**

### **Level D event - 27 August 2017**

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.

**Terrain or Planner's Comments:** Generally level terrain so all courses have negligible climb, with a few ups and downs. Terrain is varied, with forest, some grassland and sand dunes. There is a good path network.

Nairn East Beach is a particularly good venue for families and beginners as the terrain is not too strenuous or technical. Why not make a day of it and combine orienteering with a picnic or games on the beach!

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

**Directions:** From Nairn A96 east of River Nairn crossing, turn north down Maggot Road (signed for Lochloy Holiday Park). Follow the road to the T-junction at Lochloy Holiday Park and turn right and through the Holiday Park for 700m to public carpark at road end.

*Please drive carefully through the caravan park as there are often children playing.*

**Parking:** Free parking at public car park beyond Lochloy campsite - grid reference NH 896 574. Even with a large turnout there should be adequate parking. However, if required additional parking is available at the Maggot Car Park just before the T-Junction – you will then need to walk through the caravan park to the event.

**Registration:** Adjacent to parking area

**Start and Finish:** Adjacent to the main path 500m east from parking/registration

## **Courses :**

White - 2km

Yellow - 2.4km

Orange - 3.3km

Light Green - 3.5km

Green - 4.9km

All courses have a minimal amount of height gain. Note that although the Orange is almost the same length as the light green, it is definitely easier.

**Registration:** 10:30 to 12:30

**Starts:** Punching starts from 11:00 to 13:00. (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.)

**Courses close:** 14:30

## **Pre-entry Information:**

[https://www.sientries.co.uk/event.php?event\\_id=3802](https://www.sientries.co.uk/event.php?event_id=3802)

## **Entry fees:**

Seniors (Members/Non –Members): £5/£6

Juniors/Students (Members/Non –Members): £3/£4

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

**Parking:** At Nairn East Beach public car park - FREE

**Toilets:** There are public toilets in the car park.

## **SAFETY - EVENT SPECIFIC SAFETY INFORMATION**

**Terrain -** Terrain is varied and contains a mix of potential hazards common to most Orienteering courses such as roots, uneven surfaces, vegetation, water features and slopes including dunes. There are no significant slopes likely to cause a significant hazard but trips and falls are possible. First Aid cover is provided at registration should this be required.

**Ticks -** Please be aware that ticks are active in the forest and post events checks for ticks are recommended. More information is provided on the noticeboard at registration.

**Dogs / dog faeces -** the area is popular with dog walkers so competitors are likely to come across dogs on their course and dog faeces may be present particularly on or near paths. If required, hand sanitiser gel is provided at registration.

**Planner:** Jon Shepherd

**Organiser:** Colin Simpson, 01463 811063

**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.