

Ness Castle and Holm Dell
INVOC Fun O & Social,
1st January 2018



FINAL DETAILS (UPDATED 29TH December)

Volunteers still needed for help on the day:-

1st Aid (1st shift 11.45am to 12.30pm)

Road marshal (would suit someone coming for the social only, or we need 2 road marshals if having shifts)

*Many thanks to Guy & Beryl, Robert, Marsela and the Cload family for already volunteering to help
Many thanks to Pablo and Jim for being the SI team.*

Welcome to INVOC's festive New Year's Day event. A gentle orienteering run to ease you into the New Year followed by a social with potluck food (**Vegetarian please ☺**) at the Lairds' house.

SAFETY

Weather

Forecast is around 0°, dry, light wind. **Please dress appropriately- you may need a running jacket/hat etc.**

RISK OF SNOW/ICE especially more hazardous on road/pavement surfaces that all courses use.

Route from parking to house is icy. **Please take great care.**

Please carry a whistle. There is full mobile phone coverage, for those carrying a phone.

Terrain: The area is a mix of urban, urban woodland, farmland and birch and beech woodland. There is some nice contour detail in places. The numerous line features and the easy runnability throughout provide for a stress free New Year's Day's orienteering. The area is popular with dog walkers and many minor 'dog walking' paths have not been mapped. A shoe with a good grip is recommended as there is quite a lot of terrain running. Full leg cover is also recommended.

Map: The map was newly made by Laurence Cload, James Laird and Alasdair Raynor in December 2016. . It has undergone a few updates during 2017. Scale: 1:7,500 and 2.5m contours. It draws heavily from SOA Lidar and OS mapping data sources. The contours are almost entirely unadjusted raw Lidar data and so look more complex than on a normal O map. Gorse and rhododendron thickets have also only been mapped where they affect route choice. Minor 'dog walking', deer and badger paths have been omitted.

Courses :

This is a fun O. There is SI timing. There may be a bonus control with if you are lucky! Running in a Santa hat or festive fancy dress will earn you a time reduction. (2mins, short; 4 mins medium; and 6 mins long- *to be confirmed if possible by SI team*). As befitting the area and the occasion, the courses are not technically challenging- up to light green/TD4 standard.

Short. 2.6 km. 11 controls. Suitable for M/W12s (and under). Yellow/TD2 standard.

Plentiful line features provide handrails through the fields and tracks. Two manned road crossings.

Medium 4.1km. 14 controls. Mainly woodland and farmland with a very small amount of urban. Orange standard controls with some approaching light green standard. There will be a need to climb some gates/fences. Meets urban orienteering standards for under 16s.

Long. 5.7km. 17 controls. Varies between urban, farmland and woodland orienteering. Light Green/ Orange (TD4/3) standard controls. This involves a decent/ascent of steep slippery banks so agile orienteers only. Meets urban orienteering standards for under 16s.

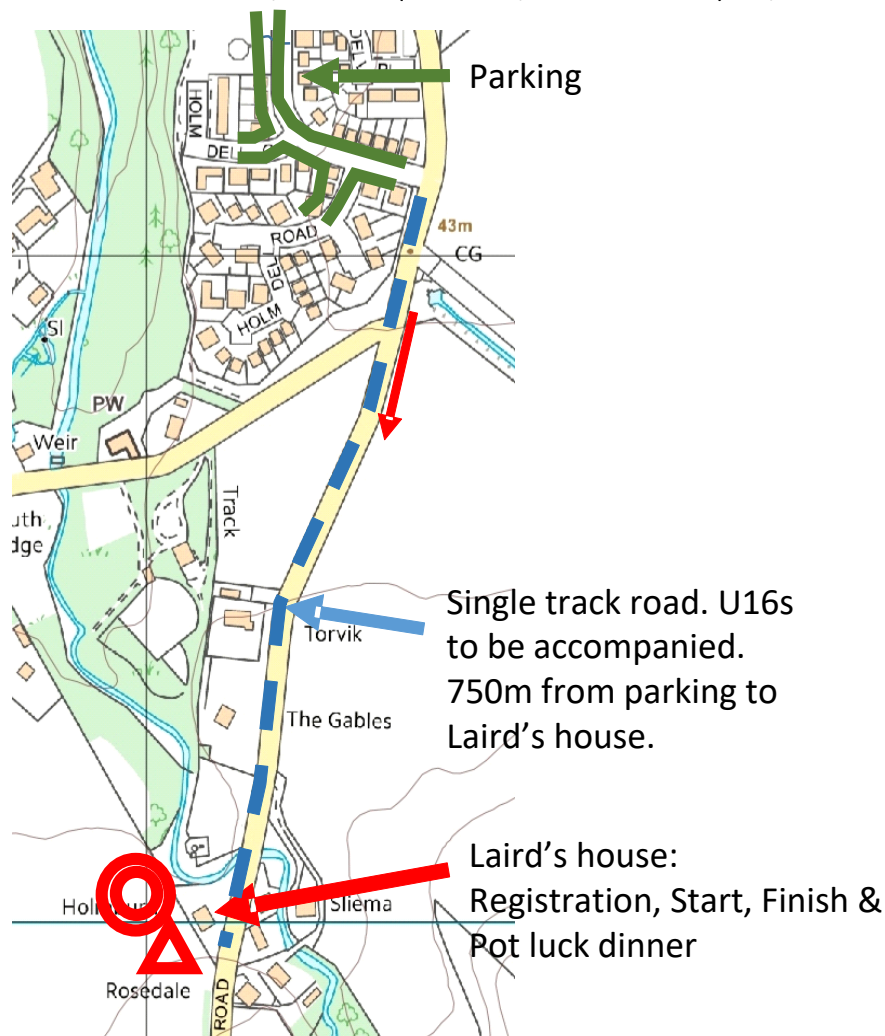
Planner's notes: (i) This is a residential and popular area for 'Sunday' and dog walkers. Be considerate. (ii) There are **barbed wire** fences throughout and crossing points are marked where relevant. Gates should be left as they are found. (iii) There is **livestock** in two fields which all courses pass through. Runners should stay close to the fence lines where possible to avoid frightening the sheep. Gates into and out of the sheep fields should be climbed (left closed). The courses have been planned to assist this. (iv) There are **steep slopes** in the Holm Dell Glen. The long course uses this slope- take care. Those not able to descend/climb steep slippery slope should avoid the long course. (v) There are large **earth cliffs** on the side of the Holm Burn. The **river** is out of bounds and no course requires crossing of it. (vi) **Roads.** All courses cross the minor road through Torbreck at a manned crossing. Long and medium course has a small amount of urban orienteering. Care should be taken in the urban setting giving way to other road users and care if conditions are cold and slippery. The Southern Distributor (North map boundary) and Dores Rd (West map boundary) are Out of Bounds. (vii) All **construction sites** (Ness Castle housing development) are out of bounds – and are marked on the map. The construction is on going and subject to change so mapping of construction fences may not be entirely accurate.

Dogs: Ness Castle and Holm Dell is a popular dog walking area, but the courses pass through residential streets, farmland with sheep in it and finish at the Lairds house (with cats). If you are taking a dog round with you it should be on a lead in the urban areas and in the farmland and under control at other times. Sorry, with the large number of people coming, no dogs in the Lairds' house.

Directions: Parking is on [Holm Dell Drive and surrounding streets](#), Holm Dell (postcode IV2 4GX) (see map below). Approach either along Stratherrick Rd or Inverness Southern Distributor (keep going past ASDA until the roundabout signed Left to Essich). These are public roads. The route is not signed. Park according to highway rules and do not block householder's access. There is very limited parking at the "Event Centre" (The Laird's house!) and will be reserved for those with mobility needs/ young children or babies. Feel free to drop us an email beforehand if you want to park at the Event Centre. You may also get parked in if you park at the house. Start and Finish are adjacent to the house so People can drop off food for the pot luck dinner and /or clothes in advance if wanted. Essich Rd, the minor road between the Event Centre and the parking at Holm Dell, is about 10 mins walk on single track with passing places. Take care walking on it. **U16s should be accompanied** when walking on this road as vehicles drive at speed.

Registration; All Entry on the day. 11.45am to 12.30pm midday. This will be at the Lairds house approx. 10 mins walk up Essich Rd from the parking.

Entry fees: Seniors (Members/Non –Members): £4/£5
Juniors/Students (Members/Non –Members): £2/£3



Dibber hire collection: Hire dibbers are to be collected **at registration**

Starts: The start and finish from the Event Centre **Starts: from 12 midday to 12.45pm.**

Finish: The finish is at the Lairds' house. All invited to stay for the pot luck dinner social.

Courses close: Strictly at 13.45 so helpers can get to the pot luck dinner. If you think you need 1hr 30 mins then start at 12 midday!

Results: This is a fun O, times on the day will be available but results are not being published.

Punching: Sport ident, Hire fee £1. £30 replacement cost if lost.

Toilets: At the House. We will make available Male and Female changing areas in the house.

Social: The finish is at the Lairds house and there will be a post-event potluck dinner. Please bring **Vegetarian** dishes (no meat, no fish) as we are a vegetarian household. The address is (Holmburn, Essich Rd, Inverness, IV2 6AH. 01463 233225). All welcome!

Organiser/Planner: Jacquie Laird thompsonjacquie@hotmail.com 07717223179

Safety sign off: Susan Blackwood

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].