

2018 Urban Series Event Details



Event 1: Holm Dell and Ness Castle – Friday 7th Sept 2018

Event 2: Lochardil – Friday 14th Sept 2018

Event 3: Kinmylies – Friday 21st Sept 2018

Starts: 6.00pm TO 6.30pm. Courses close 7.30pm

Please check <http://invoc.org.uk/> before setting off in case of poor weather conditions and other last-minute information that may affect the event.

The Urban Series: This is a new venture for 2018: three low key urban races set to test your route choice and quick decision making. All within Inverness. The events are suitable for newcomers to the sport, as navigation is more straightforward than in the forest. The first event is not entirely urban, only partly, providing a gentle transition from soil to tarmac underfoot! The rest are pure urban. The challenge for the experienced orienteer is making quick and correct route choice decisions. The organisation will be low-key using minimal volunteer manpower. Relax and enjoy yourself on these late summer evenings.

Urban league and results: Results will be combined into a league. Winner gets 100pts, 2nd place 99pts, etc. Total score over the three events. One league for each course (short and long leagues). Event results and updated leagues will be published on the website as soon as practical after the event www.invoc.org.uk.

Courses: There are 2 courses at each event. Long and Short. Winning times are expected to be in the region of 20 to 25 mins, though will vary by event.

Juniors: The events are on public roads and the courses have been risked assessed as follows:

- Long is suitable for 16 year olds and over **only**
- Short is suitable for 14 year olds and over (other older juniors can run it as well)

13 years and younger can only take part if they are closely accompanied by an adult at all times; this adult must take responsibility for road crossing decisions.

Event Times/Costs/Registration: Registration/Starts: 6.00pm to 6.30pm.

Registration/download will be at the organiser's car. Courses close at 7.30pm. PLEASE RESPECT THIS.

Orienteering club members: Senior: £5.00/ Junior: £3.00

Non club members: Senior: £6.00/ Junior: £4.00

Dibber hire free BUT replacement charge if lost (£30)

Pre-registration: To help speed up the registration process and minimise volunteer effort please register using our [online survey](#). No payment will be taken, and pre-registering does not commit you to coming – but it helps us plan and be organised.

All maps are to be collected from registration – no maps will be at the start. Each competitor must collect their map in person and listen to any safety information that will be issued. All competitors must report back to download even if they do not finish their course.

Controls: Majority of controls in the urban areas will not be on stakes, the control unit and a kite will be tied to the control feature or in the immediate vicinity

	Ness Castle and Holm Dell Friday Sept 7th	Lochardil Friday Sept 14th	Kinmylies Friday Sept 21st
Map	1:5,000 (2016, partial update 2018) Forest mapping standard	1:5,000 (new 2018) Urban mapping standard	1:4,000 (mapped 2015) Urban mapping standard
Terrain	A mixture of fields, runnable deciduous woodland and two small modern housing estates. Classic urban orienteering in the small housing estates, with switches between woodland and urban to challenge concentration. In woodland areas, only significant paths, gorse and rhodendron bushes are mapped. The summer vegetation (grass, nettles and bracken, etc.) in woodland areas can be long.	Classic urban orienteering across the Lochardil, Holm and Culduthel areas of Inverness. Predominantly urban streets with small areas of parkland. There is a route choice option on the long course to the West (in Holm) in an area of trees and vegetation on a steep bank of approx. 20m in height. There is tall bracken, which is slow going (avoid), but points of access have minimal bracken and easy access to the runnable paths. The crag shown in this area cannot be passed safely and is marked Out Of Bounds.	Excellent sprint orienteering across the Kinmylies and Charleston areas of Inverness. Predominantly urban streets with a small area of wooded parkland. Lots of intricate alleyways and paths. Originally mapped by the British Squad for training for the 2015 World Champs.
Course lengths	Long 4.7 km, Short 3.1 km (provisional)	Long 4.6km, Short 3km (provisional)	Long 4.5km, Short 3km (provisional)
Start/Finish locations	Unmanned. 200m approximately from registration	Unmanned: Adjacent to registration	Unmanned: Adjacent to registration
Parking/ Directions	At the Dores roundabout in Inverness head south away from Inverness towards Dores. After around 200m turn left up into the new Ness Castle housing estate. Drive up the hill and at the roundabout at the top take the 2nd exit. Head straight along this road and park on LHS when you see the INVOC banner which will be beside registration (which will be in a car). You will drive through the competition area; please take great care. On-road parking, please be considerate of local residents. <u>Please park on the east side of the road.</u> If you want to cycle we'll keep an eye on your bike. D&E coaches have a bus to Ness Castle which could get you there but doesn't run in the evening to get you home again.	Registration on Culduthel Avenue, Grid Reference 663421. Parking at: Culduthel Christian Center, Culduthel Avenue IV2 6AS. Parking also available east of registration along Culduthel Avenue from the Christian Center road entrance to the dead end at IRA. You will drive past registration vehicle which will be opposite the entrance to the small park between the two sets of woods on Culduthel Avenue, take care when passing as competitors will be crossing the road.	Parking will be at the Community Mental Health Service Kinmylies Building, Leachkin Rd, Inverness. Travelling west from Inverness on Telford Street, continue on to Clachnaharry Street and turn left at the traffic lights onto King Brude road. After around 750m turn right at the traffic lights onto Leachkin Road. Travelling from the south, turn left at the traffic lights at the junction of General Booth Road and Leachkin Road. Once on Leachkin Road, after about 200m Take the second exit at the roundabout. The Kinmylies Building is

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			about 100m further along on the left hand side.
Toilets	The nearest toilets are at Ness-side Tesco at the Dores roundabout about 1km from registration.	The nearest toilets are at ASDA Inverness Superstore about 1km from registration.	The nearest toilets are at Charleston Academy Community Complex about 1.3km from registration.
Event specific safety information	<p>Shorts are not recommended due to vegetation in woodland area. Metal dobs not recommended. Ticks are present in the woodland sections. Please check yourself after the event.</p> <p>The Short course has a compulsory road crossing mapped between controls 9 & 10. Please use it.</p> <p>The Long course involves moving from one housing estate into another and back again. The link sections are busy roads; please stay on the pavements.</p> <p>Both courses pass alongside a construction site. At no time should you attempt to cross the high metal fences that bound the construction site perimeter. The construction site is marked as Out of Bounds on the map.</p> <p>There are a number of barbed wire fences in the area. Suitable crossing points have been mapped. Please use these to avoid injury. At no time should you cross a barbed wire fence.</p>	<p>The Short course is contained within the housing estates of Lochardil and Culduthel (North of registration). It crosses Balnakyle Road, which has traffic calming measures.</p> <p>The Long courses also cross Stratherrick Road to go out and back from Holm. Competitors are urged to take extra care crossing this road as it will be busier than the rest of the area.</p> <p>Always look carefully before crossing a road to check that it is safe to do so.</p> <p>There is an uncrossable pond in Culduthel woods, but the courses avoid this.</p> <p>The Crag to the west of Holm Primary School cannot be passed safely at the top of the slope, East side, and is marked Out Of Bounds</p>	<p>The Short course is contained largely within the Kinmylies housing estates East of registration. The course uses the General Booth road underpass to the Charleston area for a short loop.</p> <p>The Long course also crosses General Booth road with a compulsory timed out crossing (max crossing time of 2 minutes). Competitors are urged to take extra care crossing this road as it will be busier than the rest of the area. The Long course also requires runners to navigate around the parking area at the Charleston Academy Community Complex and shops. Please take extra care when in this area.</p> <p>Leachkin Road and General Booth Road are out of bounds, except for the compulsory crossing..</p>
Event Team	<p>Planners: Alasdair Raynor and Finlay Raynor</p> <p>Organiser: Alison Matheson kit@invocmail.org.uk</p> <p>07814 952932</p> <p>SI: Pablo Alvarez-Icaza</p> <p>Safety sign off: James Laird</p>	<p>Planner/Organiser: Wullie Nicolson</p> <p>07730 422691 / membership@invocmail.org.uk</p> <p>SI: Pablo Alvarez-Icaza</p> <p>Safety sign off: James Laird</p>	<p>Planner: David Hall</p> <p>Organiser: Jenny Hall 07881890585 / schools@invocmail.org.uk</p> <p>SI: Pablo Alvarez-Icaza</p> <p>Safety sign off: James Laird</p>

Maps: Please see event specific information above. For all events note that the green around the houses means that land is out of bounds because it is gardens; please do not enter. All pink areas (lines and hatching) are out of bounds. Thick black lines on the urban standard maps (Lochardil & Kinmylies) means an uncrossable fence/wall. On the forest standard map (Ness Castle & Holm Dell) a double tagged fence is uncrossable. Red crosses on a path or road mean that you cannot run along a road or route. A thick red line along a fence or stream mean you cannot cross that fence or stream.

SAFETY - in addition to the event specific safety information above please note:

Clothing/Shoes: Please wear a bright high visibility top / t-shirt; this is safer for road running. For Event 1 (Ness Castle and Holm Dell) shoes with good grip and long trousers are recommended. Metal dobs are not recommended for any of the events.

Urban orienteering involves road crossings. Always look carefully before crossing a road to check that it is safe to do so. All competitors should take the same precautions when crossing roads that they would take if not competing

Pedestrians, dog walkers and cyclists: As this is an Urban area, please be considerate to other pedestrians while you are out on the courses, take extra care if you encounter young children or animals.

Dogs and dog fouling may be present on all courses.

Courses close at 7.30pm. PLEASE RESPECT THIS. The event organisers reserve the right to ask any competitor who misses the **7.30 pm cutoff** to enter the shorter course or to start earlier at subsequent urban evening events.

The risk assessment for the event will be available to view at Registration.

First aid. A first aid kit will be at registration. The organiser will manage any incident involving an injury, but may not be able to administer first aid. The injured person may be required to go to Raigmore Hospital A&E (no more than a 15 minute drive). The organiser will assist in organising any transfer that is necessary,

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.

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

1. Registration information will be recorded on computer. 2. Photos and/or 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 safety and for assessing their own abilities to complete the course. 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