



INVOC Rogie Falls Orienteering Level D Event

Sunday 26th February 2023
Final Details

Welcome!

We are delighted to welcome you to a friendly local event in the Rogie Falls/Contin woods. Please read the following carefully so that everyone can have a safe and rewarding day.



Last used in 1990, Creag Ulladail has been reborn as a new Rogie Falls map, set on the hillside above the Blackwater River and Rogie Falls itself. A new map, bracken is down, what more can you ask in a classic Scottish Pine forest.

Getting There

Contin lies 20 miles north-west of Inverness on the A835. If travelling from Inverness direction, follow signs for Ullapool to reach the village. Our event centre is **Contin Community Hall**, IV14 9ES, which is located on the east side of the A835 at the north end of the village.

Grid Reference : NH456562

<https://w3w.co/harmonica.meant.under>

Parking

There is some parking available at the community hall. If this becomes full, you are asked to carry on down the A835 for 100 m then turn right onto Tor View for another 100m, where there should be ample on-street parking. Please park sensibly and ensure access is maintained for residents. The route to the start is also along Tor View. Competitors are encouraged to car share where possible to reduce our environmental impact.

Terrain

Home of the annual Strathpuffer cycle race, there is a good network of tracks in this classic Scottish pine forest. The terrain is varied with open wooded hillsides, some marsh areas, contour and rocky features. Bracken is down at this time of year so some areas of fast running, alongside some areas of brashings. Overall, the area is fairly physically challenging and expect to go up and downhill!

Courses

Colour	Length	Climb
Yellow	2.4km	45m
Orange	3.0km	120m
Light Green	3.5km	130m
Short Green	3.3km	150m
Green	4.2km	185m
Blue	5.4km	220m

Entry Fees

Entry on the day (limited maps available)

Seniors (Members/Non –Members): £9/£10

Juniors/Students (Members/Non –Members): £5.50/£6.50

Standard Dibber Hire £1, contactless dibber hire £3

At the event

Registration for Entry on the Day, key drop, first aid, toilets, cake stall and Download are all located in the Community Hall. Yellow course maps or hired dibbers to be collected from Registration. All other maps are at the start. If you have pre-entered and are doing a course other than Yellow, you can go straight to the start.

Follow tapes from Community Hall to start (approx. 750m, 35m climb). Please cross the A835 at the marshalled crossing point and follow tapes up Tor View and into Contin Woods to the start.

Starts will be open from **10:30 to 12:00**, it will be a punching start.

The finish is approx. 1km from the Community Hall. Follow taped route back to Tor View and cross the A835 at the marshalled crossing point.

Courses will close at **14:00**.

Maps

The map scale is 1:10,000 with contours shown at 5m intervals. The water level does vary in parts, so marshes and ditches can be wetter than expected on a wet day.

A green 'T' is used on the map to indicate fallen trees. Individual trees are generally not marked, but dense areas of green 'T' are recommended to be avoided. Tried to get them all, but some might have been missed.

Mountain bike trails are generally marked, though they keep creating new ones!

SI Timing

SI timing will be used and the units will be set up for both standard dibbers and SAIC. For those participants planning to use SAIC (contactless) please note that if you are the first runner out on the course some of the units may not be "awake" and may need to be dibbed in the normal way. We will strive to wake up as many of the control units as we can on the morning of the event but given the timeframe a full "wake up" of units cannot be guaranteed. Apologies in advance if you are the first runner and lose a few seconds activating units. Thank you for your understanding. Please also note that the start and finish units are NOT set to SAIC and must be dibbed in the normal fashion.

Safety

A risk assessment has been carried out and will be available for inspection at download.

Cagoules may be compulsory depending on the weather - this will be advised on the day. Please bring a cagoule with you in case it is required.

Competitors are advised to carry a whistle. Six short blasts indicates a competitor in trouble and anyone hearing this is asked to help.

There will be a First Aid point at the Contin Community Hall.

Please note any relevant medical conditions on your SI entry, or email the organiser.

Contin Woods are popular with mountain-bikers and dog walkers, and they will be on the same paths as some of the orienteering routes, so please take care.

There may be forestry operations on site - stay clear of timber stacks and forestry machinery.

Ticks are present – please check for ticks after you have been orienteering.

There is a bridge marked as "Bridge Closed" in the forest, but this is only closed for cars, not orienteers.

Download

Download is located at Contin Community Hall. It is essential that everyone returns to download even if you have not completed your course. This is so that we know you are back safely and don't send out a search party.

Additional Information

IJOS will be running a cake stall selling cake and hot drinks at the hall. There will also be a car key drop available at registration.

Toilets are located in the community hall.

COVID19

- Individuals should not come to this event:
 - If you are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
 - If you or someone in your household is showing coronavirus symptoms
 - If you have been advised to stay at home by a health professional.

Officials

Planner: Laurence Cload
Organiser : Carolyn Cload
SI: David Summers

Covid Officer : James Finlayson
Safety Sign Off: Iain Shepherd

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.
4. Event results will be published on the Internet and sent to British Orienteering.