



Nairn - SOUL 7 2024 - Bulletin 2 Details

(Last Updated 19-Sep-2024)

Inverness Orienteering Club invites you to come to the North of Scotland to take part in a fantastic SOUL double-header weekend of urban orienteering in the Highlands and Moray. There will be 2 SOUL events (7 and 8 of the Scottish Orienteering Urban League), the event on Saturday 21-Sep-24 will be hosted by INVOC at Nairn and the event on Sunday 22-Sep-24 will be hosted by MOR at Burghead on a brand-new map. Full Details of the MOR event can be found at <https://www.mor.scot>

The SOUL 7 event hosted by INVOC on Saturday 21-Sep-24 will take place around the seaside town of Nairn using the existing map which will be updated for the event. The Nairn terrain is a mixture of parkland, housing estates and town centre streets and provides an abundance of route choice opportunities. Artificial barriers are being used and these will be shown on the map as being uncrossable - any competitor seen crossing an artificial barrier and gaining an advantage will be disqualified. If a barrier is crossed unintentionally and the mistake reversed, and no advantage gained then this will not result in a disqualification.

All Senior courses have a marshalled Timed-Out Crossing (set at 90 seconds).

Junior Course 6 has 3 MANDATORY crossing points that shall be marshalled (one of which is the Timed-Out Crossing (set at 90 seconds)).

Junior Course 7 has 1 MANDATORY crossing point that shall be marshalled.

NOTE: There is a major Classic Car event taking place on Nairn Links on Saturday between 10am and 3pm. Although this does not impact on the controls, please be aware that this is likely to mean crowds of people will be present in the Links area. It also means that additional marshalls will be present around the Fishertown area and ALL Juniors on Courses 6 & 7 will be started in a 30 to 40 minute block from 11am for safety reasons. See Directions & Parking section, Parking WILL NO LONGER be at the "Links" Car Park.

Clothing: Shoes suitable for a mix of urban terrain, including wet grassy slopes, hard surfaces, steps and pathways, will be suitable for all courses. Shorts should also be fine, but this is northern Scotland in September so dress appropriately for the weather on the day. If the weather is severe, a waterproof top may be compulsory and there will be a sign to this effect on the beginning of the route to the start.



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Event Centre

The event centre is the Nairn Community & Arts Centre (King Street, Nairn, IV12 4BQ -
What3words: ///maple.jaws.unfit

The Event Centre will host:

- First Aid
- Entries on the day
- Hired dibber collection
- Enquiries including advice for beginners
- Download
- Space to leave bags
- Toilets

The Event Centre Hall will be available to competitors from 1000 to 1500.

Registration Times

1030 -1230

Start Times

1100 - 1300

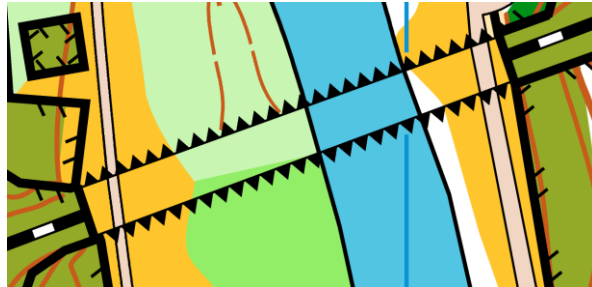
Courses Close

1430

Map

The map is printed at 1:4000 with 2.5m contours and will be updated for the event.

IMPORTANT - there is a railway line running through the area with several railway bridges that competitors can run under. Competitors cannot run on or along side the railway line (top level) as this is an out of bounds area, for mapping purposes, the "air bridge" concept has been applied so that any details under the bridges can be seen. For both examples shown, the "Sharks Teeth" indicate competitors may run under the bridge at the lower level. For the left-hand image, there is very little additional detail under the bridge, just the road but for the right-hand example, there is more detail including paths and different vegetation that can now be seen.





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Start and Finish

The route from the Event Centre to the START is approx. 500m and will be taped. This route is within the competition area so please follow the tapes and DO NOT deviate from the marked route. There will be a warm-up area adjacent to the start.

There will be 3 Start Boxes -3 , -2 , -1, START

The FINISH will be close to the Event Centre. All competitors must punch the finish control - it is not contactless. Please follow the marked route back to Download (approx. 50m). You MUST download even if you do not complete the course.

Timing

SportIdent (SI) electronic timing will be used. Units will be set for contactless punching (apart from the Start and Finish units).

Control Descriptions: Loose descriptions will be available in the START boxes. All courses will use urban pictorial descriptions.

Entries - Pre-Entries are online via SI Entries - entries are open, follow link: [SiEntries - INVOC Nairn - SOUL 7](#)

EOD

There will be limited Entry On the Day entry subject to map availability. On the Day payments can be made using cash or card.

SI Timing Cards (dibbers) can also be hired.

Entry Fees

Type	BOF members	SOA members	Non-members (NOT BOF or SOA)
Seniors	£10	£11	£12
Juniors	£5	£5.50	£6

All entries - additional £1 fee if hiring SI-Card 8.

On the Day Entries will incur an additional £1 fee on top of the prices shown above.



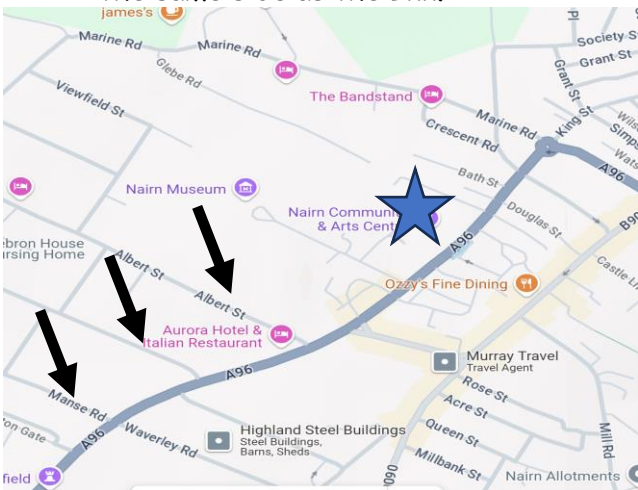
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Directions & Parking

Parking is in the residential streets of "Albert Street, Seabank Road, Manse Road) which are to the South-West of the Event Centre. Black arrows show parking, Star shows Event Centre - the "Nairn Community & Arts Centre".

- From the West (Coming from the Inverness Side), follow the A96 through Nairn centre past the Farmers showground on your right. Parking is in the residential streets of "Albert Street", "Seabank Road" and "Manse Road" which are on the opposite side to the showground.
- From the East (Coming from the Elgin Side). Follow the A96 through Nairn centre until you come to the roundabout at Kings Street / St Ninian Road / Marine Road. Take the first exit onto Kings Street and continue straight until you see "The Albert Inn" on your right-hand side. Parking is in the residential streets of "Albert Street", "Seabank Road" and "Manse Road" on the same side as the Inn.

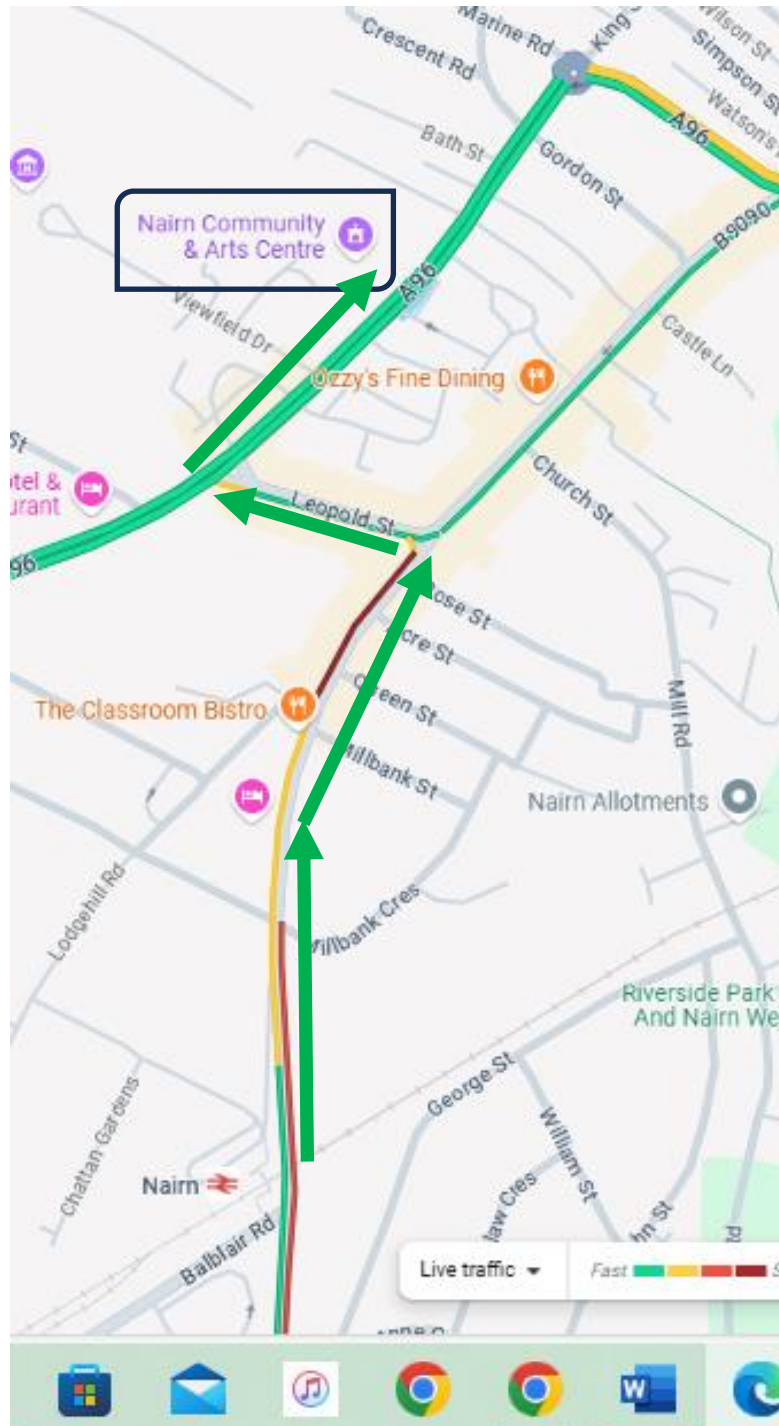




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Public Transport: Travel to the event is possible via public transport. Nairn railway station is about 15 minutes' walk from the Event Centre and Nairn bus station is about 1 minutes' walk from the Event Centre. If arriving by train, then the route to the Event Centre will pass through the competition area - the route to be taken from the Railway Station to the Event Centre is shown below - please follow the dark green arrows:





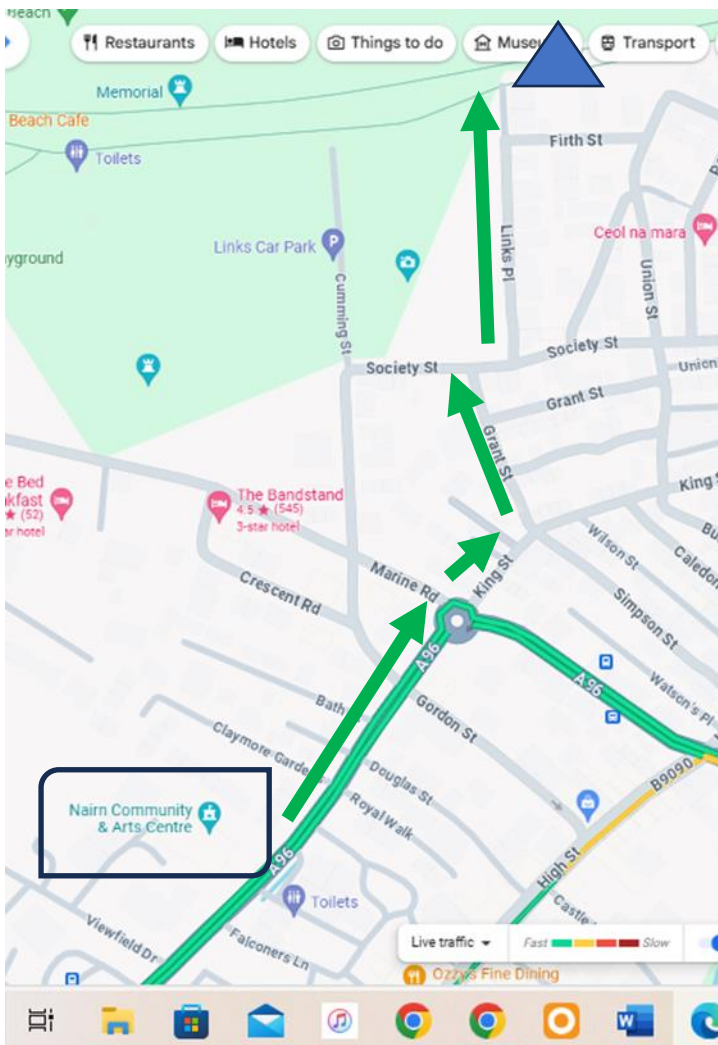
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Route to Start

The Triangle shows the approximate location of the START. Please follow the route shown by the dark green arrows from the Event Centre to the START - tapes will also be present.

From the Event Centre, head towards the roundabout at Kings Street / St Ninian Road / Marine Road. Cross "Marine Road" and head North East up "King Street" to "Grant Street". Turn left onto "Grant Street" and continue straight until "Society Street". Take a right onto "Society Street" and then an immediate left onto "Links Place". Continue straight up "Links Place" and the START will be visible at the top of the road to the right. This is approximately 5 minutes walk.





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Courses

There will be seven courses suitable for all abilities.

Under 12s MUST enter Course 7

Under 16s MUST enter either Course 6 or Course 7

Optimal Length & Climb Information

Course	Category	Length (km)	No of Controls	Climb (m)
Course 1	Men Open (M18+, M21+), Open 1	9.7	25	70
Course 2	Men Veteran (M40+), Women Open (W18+, W21+), Open 2	8.3	25	50
Course 3	Men SuperVet (M55+), Women Vet (W40+), Open 3	6.4	23	50
Course 4	Men UltraVet (M65+), Women SuperVet (W55+), Open 4	5.4	23	40
Course 5	Men HyperVet (M75+), Women UltraVet (W65+), Women HyperVet (W75+), Open 5	4.1	19	40
Course 6	Men Junior (M16-), Women Junior (W16-), Open 6	3.8	19	30
Course 7	Young Junior Men (M12-), Young Junior Women (W12-), Open 7	2.1	13	30

Safety: A comprehensive Risk Assessment will be carried out by the event team. Participants take part at their own risk and are responsible for their own safety during the event.

As this is an urban area, it is readily accessible to the public and several leisure activities may be encountered (dog walking, leisure walking, cycling and children playing). Please be considerate to members of the public and amend your running line as appropriate to avoid any hazardous situations.

Please be aware of trip hazards, slopes and steps, slippery paths (moss), uneven surfaces, litter and dog fouling. The competition area includes numerous narrow alleyways, sometimes <1m: please be careful and avoid collisions with members of the public and other competitors.

All courses will require minor side roads to be crossed, although traffic is likely to be light, any cars will not be expecting you so please always look carefully before crossing and only do so when it is safe. Junior courses (6 & 7), have Marshalled Crossings.



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A busy road bisects the competition area. This road will be marked as Out Of Bounds and can ONLY be crossed at the designated crossing points (bridge or underpass) - these will be shown on the map. It is acceptable to run along the side of the road but NOT on the road itself.

The competition area has water features mapped. Where applicable, these features are mapped as UNCROSSABLE and can ONLY be crossed at the designated crossing points (such as bridges) - these will be shown on the map.

There is a railway line running through the competition area. The railway line is mapped as UNCROSSABLE but does have mapped crossing points (bridge or underpass). The railway line can ONLY be crossed at the designated crossing points - these will be shown on the map.

The competition area has some construction activities being undertaken. The areas under construction are bounded by HERAS fencing erected by the contractor. The areas under construction have been marked as Out of Bounds on the map and competitors are reminded that entry into construction areas is forbidden.

Please complete a medical form, available at registration if you would like the Organiser to know about a medical condition in the event of an emergency. It will be securely destroyed afterwards.

First Aid: First aid will be available at the Event Centre. The nearest A&E hospital is Raigmore Hospital in Inverness (25 mins drive). A map to the hospital can be obtained in the event centre at the enquiries desk.

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

Protests & Complaints

These should be submitted to the Organiser in the first instance within a timely manner e.g. 15 minutes after download. If a complaint is upheld, then the Organiser reserves the right to void legs on any affected courses.

Event Officials

Organiser

Colin Salisbury, INVOC 07450 094035 email: colinsalisbury65@icloud.com

Planner

Steve Scott, INVOC

Controller

Ewart Scott, ESOC