

Torr Wood Northern Night Cup

Weds 11th December 2024

Level D



Entries: Enter at [SIEntries](#) by 23:59 on Sunday 8 December. Sorry, no entry on day.

Entry fees:

Seniors (Members/Non –Members): £7/£8

Juniors/Students (Members/Non –Members): £4/£5

SI Card hire £1

Safety: The area is very heavily used by dog walkers so please beware of dog poo. There is one lochan in the long and short course area which could be covered in ice and snow – make sure you don't run onto it!

Kit: Spare torch & whistle are required. Random kit checks may take place. Mobile phones are strongly recommended. An extra top layer and high-vis reflective clothing may also be sensible choices.

Poor weather: the Organiser will monitor the weather forecast and post any updates on the INVOC website & social media.

Planner's Comments: The forest has a network of well-established paths, with some less clear ones between them. Some areas of dark green on the map represent rhododendrons which have now been cleared. Elsewhere, whins (gorse) have grown but are not marked. Areas of forest marked white on the map may have heather, blaeberrys or bracken on the ground. Some updating of the map has been carried out, and courses have been planned to avoid difficult vegetation, but indistinct vegetation boundaries should not be used for navigation.

Map: Scale 1:10.000 with 5m contour intervals. No loose control descriptions. NB: The symbol for "small erosion gulley" has been used in places on the map; these are in fact shallow artificial trenches. In places there is a ruined earth bank next to the trench, but this is not consistent.

Directions: Make your way to Dores Road roundabout (as if going to Dores Road Tesco). Follow B862 for 6 miles to Dores village.

Parking Option 1: signed village Car Park immediately on your left as you enter the village. 5-minute walk along the main road into the village, to the event centre.

Parking Option 2: roadside parking on the B852 (South Loch Ness Road), along the road from the Dores Inn. Very short walk to the event centre.

Registration location: Dores Inn IV2 6TR – find us in the car park. NB no chance of a pint after your run I'm afraid - the inn is closed for renovation.

Start and Finish location: From the event centre, it's an 830m flat walk along a good path to the start. After 600m you'll walk past the finish so you can dump clothing there if desired. After your run, from the finish it's then 600m back to the event centre.

	Length	Climb	Technical Difficulty (remember it'll be harder at night!)
Long	4.7km	80m	TD4
Short	3.0km	50m	TD4
Night Novice	2.0km	25m	TD2

Shadowing and Juniors: Note that anyone under the age of 14 MUST be accompanied on the course by an adult unless the parent/guardian can convince the organizer of the young orienteer's proven competence at night orienteering. Adults shadowing juniors on the Night Novice course can run competitively on the Short/Long afterwards. If you shadow a junior on the Short/Long you should declare yourself non-competitive to the organiser if later running one of those courses.

Registration: open from 1745 – to collect hired dibbers.

Starts: punching starts from 1800 - 1900

Courses close: 2000

Timing system: SI / SI Air

Toilets: The nearest public toilets are at Dores Road Tesco

First Aid: There will be a manned first aid station. Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ

Planner: Dougal Lamont

Safety Sign-Off: David Summers

Organiser: Johannes Petersen (jp inverness@gmail.com / Tel. 07896 823537)

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.