



### Driving Directions

Date	Race	Location	Postcode	Parking OS Grid Ref	Parking WGS84	Race Arena OS Grid Ref
Fri 31 Jul	WOC Sprint Qualification	Forres	IV36 1DE	NJ039589	57.610086,-3.609592	NJ040590
Sat 1 Aug	WOC Sprint Relay	Nairn See Sprint races panel	IV12 4RY	NH877562	57.582076,-3.878751	NH882569
Sun 2 Aug	S6D Day 1	Achagour	IV12 5JF	NH945454	57.487368,-3.761238	NH942458
Sun 2 Aug	WOC Sprint Final	Forres See Sprint races panel	IV36 1DE	NJ039589	57.610086,-3.609592	NJ040590
Mon 3 Aug	S6D Day 2	Glen Strathfarrar	IV4 7JT	NH402404	57.426276,-4.661881	NH385407
Tue 4 Aug	S6D Sprint	Forres	IV36 1DE	NJ039589	57.610086,-3.609592	NJ040590
Tue 4 Aug	WOC Middle	Darnaway	IV36 2SW	NH994569	57.591555,-3.684427	NH995551
Tue 4 Aug	Highland O-Fest					
Wed 5 Aug	WOC Relay					
Wed 5 Aug	S6D Day 3					
Thu 6 Aug	S6D Day 4					
Fri 7 Aug	WOC Long Final	Glen Affric	IV4 7LY	NH301269	57.301084,-4.820814	NH282250
Fri 7 Aug	S6D Day 5					
Sat 8 Aug	S6D Day 6					

Please follow the written directions for each Day (see overleaf)

**Event Centre (Eden Court, Bishop's Road, Inverness IV3 5SA):**  
**Saturday 1/8:** 12:00 to 20:00: Information, help, bibs, tickets, merchandise (including pre-ordered).  
**Sunday 2/8:** 18:30 to 20:00: Information, help, bibs.



**Information tent in Race Arena:**  
**Saturday 1/8:** 15:00 to 20:00: General information and help only, no bibs or tickets.  
**Sunday 2/8:** 9:30 to 16:00: Information, help, bibs, results display, tickets.  
**Monday 3/8:** 9:30 to 16:00: Information, help, bibs, results display, certificates, tickets.  
**Tuesday 4/8 (At Highland O-Fest):** 11:00 - 16:00: Information, help, bibs, results display, tickets.  
**Wednesday 5/8 - Saturday 8/8:** 10:00 to 16:00: Information, help, bibs, results display, certificates, tickets and badge sales.



### Collecting your bibs etc

The Information team would really appreciate you collecting your bib and Programme from Eden Court on Saturday 1 August if you possibly can - they're open from 12:00 until 20:00.

With around 5000 competitors there may be long queues to collect them on Day 1

### Emergency Medical Information

**NHS 24:** 08454 24 24 24 [www.nhs24.com](http://www.nhs24.com)  
 Raigmore Hospital, Inverness (A & E): Old Perth Rd, Inverness, Inverness-shire IV2 3UJ Tel: 01463 704000  
 Nairn Town and County, Cawdor Road, IV12 2EE Tel: 01667 452101 (Small local hospital with A&E and x-ray facilities)  
**Out of hours dentist:** NHS 24: 08454 24 24 24  
 A list of local dentists and physiotherapists is held at Information.  
**Doctors:** All local doctors' surgeries will take temporary residents.  
 A list, with telephone numbers, is available at Information.



### General Information for All Days

**Arena services:** Information, merchandise, entries, traders, caterers, toilets, space for club tents, First Aid, results display.  
**Bio-security:** Please come to Highland 2015 with clean orienteering shoes and make every effort to clean them after each race.  
**Bus Service:** A bus service is available for competitors from the Campsite and Event Centre. Pre-booking is required – at Information - if seats are still available.  
**Club tents:** A club tent transport service to the next day's Race Arena will be provided from Day 1 onwards. Tents should be clearly labelled and left at the Equipment Tent by late afternoon. Note that tents will not be checked in or out and the service is at your own risk.  
**Daily Newsletter:** The Daily Newsletter will be handed out every morning on arrival in the parking field. Please read it as it will provide important last minute information as well as news of local events and any other items of interest. Content contributions are welcome, at Information (spare copies available here too).  
**Day parking:** Overnight camping not permitted in parking areas or Arenas and no caravans can be parked at events. See individual day information for more details on parking.  
**Dogs:** Dogs are allowed in parking fields only, not in Race Arenas or in competition areas, and must be on a lead at all times. Please clear up after your dog and take any dog mess away.  
**Litter:** Bins will not be provided in Race Arenas. Recycling facilities are available at the Event Centre, Campsite and in most towns and villages.  
**Merchandise:** A range of Highland 2015 logo-embellished clothing - Hoodies, Polo shirts, Buffs, cotton T shirts to Technical T shirts, including child and lady-fit are on sale. The stock, in particular colours and sizes, is very limited, so visit us early to avoid disappointment. Calendars, post cards, jigsaws and maps are on sale too. **Cheques or cash only.**  
**Shops, Cafes, Local Attractions:** Details available at Information. The Daily Newsletter and event website will also have relevant information.  
**Training:** Pre-ordered training maps can be collected from Eden Court from 19 July. Extra maps can also be purchased there from 30 July or at Information in Race Arenas.

### Technical Information for All Days

**Age Class entries:** A full range of age class courses are available with entry on the day (at Entries) only if there are unused start times and maps.  
**Arena:** Unless otherwise stated in the Day information Parking will be adjacent to the Race Arena, and Finishes will be in the Race Arena.  
**Bibs:** Must be worn on all days. No bib = no run. For your own safety please write relevant medical information on the back of bibs (e.g. allergies/medication)  
**Certificates:** Will be awarded to the first 3 in classes M/W10 to M/W16 (A and B classes) on Days 1-5. Collect from Information the following day.  
**Clothing and Equipment:** The torso and legs must be covered, and it is recommended that a whistle is carried. The Day Organiser may also require a waterproof jacket to be worn / carried if the weather is bad – if so, notices will be displayed in the Arena and on the route to the Starts.  
**Colour coded courses:** White, Yellow, Orange, Light Green and Green (entry on the day available at Entries subject to map availability) with White being easy, progressing to Green (difficult).  
**Complaints, Protests and Appeals:** Complaints should be made to the Day Organiser either orally or in writing at Information up to 16.30 on the day of the competition. There is no fee for a complaint. The Day Organiser is the adjudicator of a complaint. A protest can be made against the Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 16 of the 2014 British Orienteering Rules.  
**Control Description Sheets:** All age class and colour coded courses will use pictorial description sheets. Control descriptions will be printed on the front of competition maps; loose copies will be available in the start lanes.  
**Electronic Punching:** The SPORTident electronic punching system will be used, and all versions of SI card are accepted. It is essential that all competitors visit the Download tent by course closing time (16:30) whether or not they have finished their course.  
**M/W21 Elite:** On Day 6 there will be a reverse order start for elite competitors with start order based on their aggregate times over days 1 to 5. The elite runners on M21E and W21E in first place after five days will start last at 13:00 (tbc), the second placed runners at 12:59, third placed at 12:58 etc. Runners who have not completed successfully all the first five days will be started at minute intervals before runners who have completed all five days. Day 6 start times will be available online on the evening of Day 5 and in the Arena early on Day 6.  
**Map Scales:** With the exception of Day 3 (where all courses will use 1:7,500 scale) and the Elite Classic races on Day 6 (which will use 1:15,000 scale), all maps will be at a scale of 1:10,000. Contour interval on all days is 5m. The two sprint race maps will be at 1:4000 with 2.5m contours. All maps on waterproof paper.  
**Map Viewing:** Blank maps will be displayed in the Race Arena and in start lanes. Maps for courses 1, 2, 8 and 9 will be displayed in the Arena for competitors to view before their run.  
**Prizes:** There will be awards at the prizegiving at 15:00 on the last day. Prizes will be awarded to the first 3 in each of the Elite and Long classes and to the first 3 in each of the M/W10 - 16 A and B classes. Prizes will also be awarded to the first placed in each of the Short classes. Gold/Silver/Bronze cloth badges will be available for sale from Information at £3 each to all those who qualify. Badge standards will be available at Information from Day 4 onwards and badges can be upgraded later in the week free of charge.  
**Results:** On display in the Race Arena and regularly updated on the web. Wi-Fi available in the Arena courtesy of SPORTident. Results books will not be printed.  
**Scoring:** For elite classes, scoring is based on cumulative times over the week – i.e. competitors will need to complete every day. For all other classes, points will be awarded for each day's result, with points allocated based on finishing position. Thus, the class winner will receive 1 point, second placed competitor 2 points, and so on. Competitor's overall score will be the sum of their best four scores of the week. In the event of a tie between two or more competitors the competitor with the lowest individual day placing will win. Competitors who fail to finish, who do not start, or who are disqualified, will be awarded a points score which is 5% higher than the maximum number (over all six days) of pre-entrants for the class.  
**Shadowing children:** We must ensure that the competition is fair to everyone. If juniors require shadowing, they must enter the colour coded courses. No shadowing will be allowed before your own run. The adult shadower must not pick up a map at the Start.  
**Start Times:** Starts are from 9:45 to 14:15 but may be extended if entry numbers warrant it. Courses close at 16:30. Runners not on time will be started as soon as possible, but there may be long waits for a free slot. Start times will not be changed at the Start. Persistent deviation from allocated start times may be investigated by the organisers. Bibs will display "PS" for competitors with punching starts (helpers and parents with split starts). Start lists will be displayed in the Arena.  
**Start Procedure:** Competitors are reminded that it is your own responsibility to get to the correct Start in time to clear your SI card and be ready to enter the start boxes 4 minutes before your start time. Information about your Start and start time is on your competitor bib. There will be a clock in the pre-Start area. When the clock shows your start time, go to the entrance to the start boxes and your name will be checked off as you enter the -4 minute box. Note: names will be checked off, not called out loudly, so be ready to move forward at the correct time. Competitors are responsible for picking up the correct map.  
**String and Off String:** There will be non-competitive (i.e. times are not recorded) String and Off-String courses provided each day for young children. Get ready to travel "Round the World" with the Scottish Six Days String Courses. Grab your passport on Day 1, and get it stamped as you complete another adventure each day. There will be no charge. Electronic punching will be used. Register via SiEntries prior to the event, or at Information on Saturday 1 August or at the String Course on Event Days. Courses available between 10:00 and 15:00 (except Day 3 which is 9:30-13:30).  
**Taping:** Colours will be as follows. yellow/black – danger; red/white – out of bounds/ crossing points; white only – taped routes in terrain. Routes to Starts will be taped according to the Start colour.  
**Water:** There are no drink stations on the courses with the exception of the Day 6 Elite Classic race. There will be no water at the Finish. Competitors should hydrate before their run; there will be bags at each Start for the disposal of bottles.

### Highland O-Fest – Darnaway

**Tuesday 4 August: 11:00 – 17:00**

An orienteering fun day running alongside the WOC Middle Distance race. See Day 3 for travel and parking instructions.  
 Car park opens at 10:00. Wristbands available from Information during the week and on the day – adults £10, juniors/students £3, under-8's free. Show your wristband for free entry to climbing wall, water balls, field archery, maze, disc golf, mountain bike skills and more. Naughty numbers, quizzes, competitions for children.

**Food Fair and Craft Fair**



Other activities (free to ticket holders). All entry on the day, there are no allocated start times for these activities:

**Try TrailO** – 0.9km walk along private road from the Arena. Starts 11.00 – 13.30. One course 2.4km, 11 controls plus 1 timed control.

**MTBO** – 3km from the Arena. There will be a crossing point along the route to/from the Start/Finish and marshals' instructions must be followed. Part of the route to the Start is along a public road; under-16s must be accompanied. No exit from the Arena until 12.00. Starts 12:15 - 14:15. 50-minute score event.

**TrialRun** – 1.6km walk along private road from the Arena. Starts 11:00 – 13:00. 2 courses: 1.8km, 6.8km.

### Social Programme

**Locations:** Bught Park Marquee beside official campsite and Eden Court, Bishop's Road, Inverness.

Tickets will be for sale at Information in EC on Saturday 1 August, and then at Information each day. Residual tickets will be sold on the door. Lower price, where shown, applies to 18 and under.

**Sunday 2 August 19:00:** Playhouse, EC  
 'Culloden Battle'. Illustrated talk by National Trust for Scotland. £3

**Monday 3 August Bught:** Time to be confirmed. £5 (no under 18's)

'Spirit of the North'. Learn about and taste some local whisky and gins. Hosted by Benromach.

**Tuesday 4 August 7 19:30 Bught:**  
 Team Quiz with favourite 6 Day Quizmaster Terry Penny. Maximum 6 per team. £2 per person

**Wednesday 5 August 20:00 Bught:**  
 Ceilidh the night away with great local band 'The Broch Inspectors'. £10 / 5

**Thursday 6 August La Scala, EC:** Film Evening.  
 17.30 'Brave' (PG), Disney's fabulous animation about a feisty Scottish Princess.

19.30 'What We Did on our Holiday' (12). Quirky comedy from David Tennant, Rosamund Pike, Billy Connolly and some great kids – gorgeous Highland setting. £5 / 2

**Friday 7 August 20:00 Bught.**  
 Get those tired feet tapping to award winning local young musician Craig Irving and his upbeat Scottish folk band (guitar, fiddle, small pipes) £4 / 2

### Planner

Day	6-Day Participate	WOC Spectate
Fri 31/7	Forres	Sprint Qualification (18:00-19:55)
Sat 1/8	Nairn Open Sprint Race (19:30-21:30)	Opening Ceremony, Nairn (16:45-17:30) Nairn: Sprint Relay (18:00-19:15) Flower Ceremony Sprint Relay (19:05-19:15)
Sun 2/8	Achagour Day 1	Forres: Sprint Final (17:00-19:00) Flower Ceremony Sprint (18:50-19:00)
Mon 3/8	Glen Strathfarrar Day 2	Medal Ceremony Sprints - Eden Court (18:00-18:30)
Tue 4/8	Forres Open Sprint Race (10:00-13:00) Darnaway Highland O-Fest (11:00-17:00)	Darnaway: Middle Distance (12:00-17:00) Flower Ceremonies Middle (14:20-14:30 women) (16:50-17:00 men)
Wed 5/8	Darnaway Day 3 Middle Distance	Darnaway: Relay (14:00-18:00) Flower Ceremonies Relay (15:40-15:50 women) (17:40-17:50 men)
Thu 6/8	Darnaway Day 4	Medal Ceremony Middle and Relay – Eden Court (18:00-18:30)
Fri 7/8	Glen Affric Day 5	Glen Affric: Long Distance (12:30-16:00) Flower Ceremony Long (15:50-16:00) Medal Ceremony Long and WOC Closing Ceremony – Eden Court (19:00-19:45)
Sat 8/8	Glen Affric Day 6	

\* all information correct at time of printing

The Scottish 6 Days  
Orienteering Event



EVENT  
PROGRAMME  
HIGHLAND 2015

SCOTTISH 6 DAYS  
ORIENTEERING  
HIGHLAND 2015



[www.scottish6days.com/2015](http://www.scottish6days.com/2015)

Achagour Glen Strathfarrar  
Darnaway Glen Affric

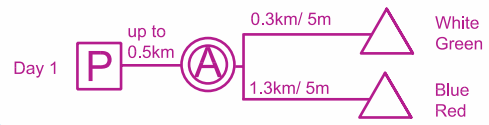




### Day One

Sunday 2<sup>nd</sup> August  
Achagour

**Travel:** From Inverness follow A96 for 16 miles to Nairn and continue along A96 through town to railway bridge then turn R onto A939 Grantown-on-Spey road. Follow 5.5 miles to Littlemill. Turn R and follow O signs approx 7 miles on a minor road to parking field. Leave by the same route.  
Last arrival by 12:30. No Exit before 12:30.



**Organising Clubs:** GRAMP, INVOC, with help from WCH

**Planners:** Ali Robertson GRAMP, Fraser Purves FVO  
**Organisers:** Adrian Will GRAMP, Helen Anderson GRAMP  
**Controllers:** Neil McLean GRAMP, Roger Coombes MAROC

**Parking:** You must follow the above route to the event as there is a closed road through the competition area to enable unmanned crossings. Please share transport if at all possible as parking space is likely to be extremely tight.

**Race Arena:** Is in the Northern end of the main parking field. The field drops down to the Finish providing a good view of the final controls and run in. See important Safety Information below regarding electric power lines.

**Starts:** Blue/Red exits Race Arena to the east through the overflow car parking field so care needs to be taken in this field. Exit the field onto the closed section of minor road heading east before entering the forest.  
White/Green exits the north of the field close to the Finish.

Competitors starting from Green, Blue and Red Starts use a mandatory crossing point over a public road whilst on their course. Competitors starting from Blue/Red Start also cross a second road. Care should be taken when crossing roads, and competitors MUST follow marshalls' instructions. Failure to do so may result in disqualification.

**Map:** Deeside Orienteering and Leisure Maps (DOLM) 2013. Revised 2015.

**String course:** Route to String course is buggy friendly approximately 50m from Arena along the way to the Blue/Red Start. The courses themselves are not buggy friendly due to some steep slopes.

**Terrain:** Very varied area. Patchwork of open moorland, marshes, complex birch and runnable scots pine forest with subtle contour detail throughout.

**Safety Information:** High voltage transmission lines run through the length of the parking field and Race Arena. As a result some areas will be marked as Out of Bounds. Danger of Death. Be extra careful erecting club tents/banners, and under no circumstances must these or similar activities take place under or adjacent to the electricity lines. No kite flying anywhere in Car Park or Arena. Some courses pass close to the Achagour Fisheries. Please be aware of other users in this area as it will be active during the event. Do not allow children to play in or near the water.

**Special Information:** As this is Day 1 the queues to collect race bibs from the Information tent are likely to be considerable. Please factor this in to your calculations for planning your day.

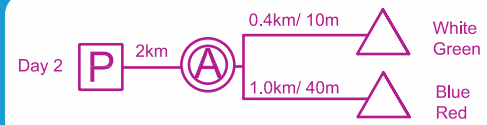
Start Colours					
Course	Start	Classes	Course	Start	Classes
1	White	M10B W10B	23	Blue	M55S W60L
2	White	M10A M12B W10A W12B	24	Blue	M70L W55L
3	White	W12A W14B	25	Blue	M18S W16A W21S
4	White	M12A M14B	26	Blue	M50S
5*	White	W75S W85	27	Blue	M45S W50L
6*	White	M85 W70S W80	28	Blue	M65L
7*	White	M75S M80 W65S W75L	29	Blue	M20S M35S M40S W45L
8	White	White	30	Blue	W40L
9	White	Yellow	31	Blue	M21S W18L W20L W35L
10	White	Orange	32	Blue	M60L
14*	Green	Light Green	33	Red	M16A W21L
15	Green	Green	34	Red	M55L
16*	Green	W14A W16B	35	Red	M18L
17*	Green	M14A M16B	36	Red	M50L
18	Green	M70S W55S W60S W70L	37	Red	M45L
19	Green	M65S M75L W50S	38	Red	M40L
20	Green	W45S W65L	39	Red	M20L M21L M35L
21	Green	M60S W40S	40	Red	W21E
22	Green	W18S W20S W35S	41	Red	M21E

\* Different on Day 6, see day details

### Day Two

Monday 3<sup>rd</sup> August  
Strathfarrar

**Travel:** From Inverness follow A862 10 miles to junction with A831 SW of Beauly. Turn L and follow A831 9 miles to Struy Bridge. Turn L into parking field.  
Last arrival by 12:30. No Exit before 12:30.



**Organising Clubs:** MAROC, RR, with help from SN

**Planners:** Martin Wilson BKO, Roger Scrutton ESOC  
**Organisers:** Jon Musgrave MAROC, John Tullie RR  
**Controllers:** Blair Young TINTO, John Biggar RR

**Parking:** Fields 2km from Race Arena.

**Race Arena:** 2km from car parking along a flat tarmac private road. Race Arena is in a large flat field north of the river Farrar, with room for club tents. A minibus service between the parking field and the Arena may be available for older competitors and those with very young children. Please check the Event website for full details of this service.

**Starts:** White/Green: South of the river, across a floating pontoon bridge. There is a marshalled crossing of the competition run-in after 300m.  
Blue/Red: West of Arena along road and track. The latter stages pass through the competition area, competitors must stay on the marked route. Limited toilets on route to R/B Start. Neither Start is accessible for buggies.

**Finish:** South of the river, 100m from Arena, with download and all other event infrastructure north of the river across the bridge.

**Map:** Stirling Surveys 2014, updated 2015.

**Terrain:** A new area to orienteering, largely birch woodland and semi-open moorland, with small areas of intricate rock and contour detail. Very few paths. Varying runnability, toughest is high on the steeper N side. The S side is also well contoured, with some plantation. Red and Blue courses cross the Farrar river via a temporary bridge.

**String course:** within 100m of the entrance to the Arena, across the private road. This road crossing will be marshalled, and the route is accessible for buggies.

**Safety Information:** The road to the Arena and Blue/Red Start is a single-lane private road with passing places. Little traffic is expected, but take care and allow cars to pass through. The river level can change very quickly if the hydro-dam is opened for power creation or due to high water levels. Check final details for any impact.

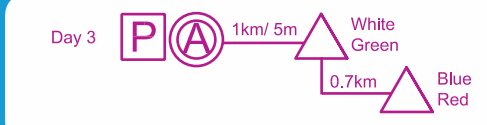
**Special Information:** The competition area is part of a large shooting estate, with an extensive wild deer population. Competitors should check very carefully for ticks after their run.

**EOD Courses:** Green is significantly longer and more technical than Light Green. If in doubt which of these to enter, perhaps choose the latter.

### Day Three

Wednesday 5<sup>th</sup> August  
Damaway

**Travel:** From Inverness follow A96 for 23 miles through Nairn and just beyond Brodie. Turn R onto minor road signed Whitemire/Conicavel. Follow O signs onto Estate tracks to parking field.



**Organising Clubs:** ELO, KFO, MOR, with help from OD

**Planners:** Roos Eisma TAY, Lynne Walker BASOC  
**Organisers:** Elizabeth Barr MOR, Jane Halliday MOR  
**Controllers:** Donald Grassie MOR, Bill Stevenson ESOC

**Parking:** In fields adjacent to Race Arena. A one-way system is in place ensuring different entry and exit routes. Buses and campervans are in the same area.

**Race Arena:** A large open field directly north of Darnaway Castle. The Arena is shared with WOC but there is ample space for club tents.

**Starts:** 1km to White/Green Starts along private closed road and forest track, suitable for children's buggies. Further 700m to Blue/Red Starts involving some taped sections off-track. Negligible climb to either start. A small number of toilets will be available on the route to the Starts.

**Courses:** All courses except those of TDI-3 (courses 1-4) are middle distance with expected winning times of 30-35 minutes.

**Map:** Map updated by DOLM and Stirling Surveys 2015. The map will be at 1:7500 scale for all courses.

**Terrain:** Darnaway is a large, well-managed forest owned by Moray Estates. There are areas of mature runnable beech forest and other areas containing denser mixed-variety trees. The terrain is rolling with some complex contour detail and intricate path networks.

**String course:** In the castle garden area adjacent to the Arena, on route to the Starts. The area contains some steep banks and the course is therefore not suitable for buggies. Due to conflicts between the String course and WOC athlete holding areas the String course will be open reduced times today, from 09:30-13:30.

**Safety Information:** The area is bounded at the eastern end by the River Findhorn which lies within a steep gorge. The courses are planned to avoid the river. Darnaway Forest is sometimes used by other walkers, runners and horse-riders – please treat them all courteously.

**Special Information:** Exclusion area round family cemetery. There is an Out of Bounds area, taped on the ground and shown on the start lane maps, but not on the competition maps.

The day is shared with the WOC relay event ensuring plenty of interest and excitement including a big screen within the Arena.

### Day Four

Thursday 6<sup>th</sup> August  
Damaway

**Travel:** Exactly the same as Day 3



**Organising Clubs:** CLYDE, EUOC, INT, SOLVAY with help from CLOK

**Planners:** Pete Lawrence GRAMP, Ian Searle GRAMP  
**Organisers:** Andrew Macpherson CLYDE, Robin Orr CLYDE  
**Controllers:** Graeme Ackland INT, Eddie Harwood MOR

**Parking and Race Arena:** Same as Day 3 but no exit before 12:30

**Starts:** Blue/Green starts approx 500m from Race Arena, Red/White approx 750m. Common route for initial 400m. Generally across fields, although last section to Red/White is in forest so likely to be ok for all-terrain buggies only.

**Map:** DOLM and Stirling Surveys 2015.

**Terrain:** Complex glacial moraine with a mix of deciduous and coniferous tree cover, plus some rough open areas. Predominantly clean open forest, but with some slower and low visibility areas.

**String course:** Access to the String course will be buggy friendly, but some of the course itself is not and a shortcut will be available. No point on the String course will be more than 20m from a path. A large grassy area at the String registration provides good views of the final control and run in.

**Safety Information:** The public road through the middle of the area will be closed to traffic during the event and should be crossed with care. Other roads at the southern edge of the area are overprinted with red X's and are strictly OOB. Junior competitors may pass by a lochan on their courses.

**Special Information:** In some parts of the forest there are a number of archery targets which are not mapped and should be ignored. There are also a variety of plastic tapes hanging in trees which should also be ignored.

### Personal Daily Planner

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Course
Day 1	2 August						
Day 2	3 August						
Day 3	5 August						
Day 4	6 August						
Day 5	7 August						
Day 6	8 August						

### Course lengths (km), Climb (m) and Number of Controls (ALL SUBJECT TO FINAL CONTROLLING)

Course	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Course	Course	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Course																								
1	2.2	35	16	1.2	35	12	2.0	40	14	2.2	40	14	2.4	55	12	2.1	45	13	1	23	4.9	100	14	3.8	120	15	2.9	80	14	4.4	130	14	4.4	140	13	4.0	140	14	23
2	2.3	35	11	1.8	45	13	2.5	60	13	2.7	50	14	2.4	95	10	2.2	55	12	2	24	5.2	100	17	4.2	120	17	3.1	65	14	4.6	160	17	4.8	150	13	4.1	145	14	24
3	2.8	45	14	2.4	90	15	2.8	70	11	3.0	60	12	2.5	105	10	2.4	70	11	3	25	4.9	100	13	3.6	130	15	3.3	80	14	4.8	120	15	5.1	160	13	4.5	160	15	25
4	3.2	50	14	2.6	120	14	3.0	70	13	3.5	80	14	3.3	75	11	2.9	90	13	4	26	5.3	105	15	4.3	120	17	3.1	75	13	5.0	140	16	5.5	200	12	4.8	165	15	26
5	1.6	30	8	1.8	50	11	1.3	40	8	1.9	50	10	1.3	120	5	1.7	60	11	5	27	5.2	105	17	4.4	140	17	3.3	100	14	5.1	135	17	5.5	170	12	5.0	170	18	27
6	2.2	35	8	2.1	70	12	1.5	55	10	2.2	65	11	1.7	150	9	1.7	60	10	6	28	5.4	110	18	4.4	150	17	3.5	100	15	5.2	150	16	5.8	210	11	5.1	190	14	28
7	2.4	40	10	2.3	60	13	1.8	60	11	2.5	75	12	1.9	170	10	1.9	55	10	7	29	5.6	115	18	4.6	140	17	3.4	110	16	5.4	135	16	5.3	200	16	5.2	195	15	29
8	2.2	35	16	1.2	35	12	2.0	40	14	2.2	40	14	2.4	55	12	2.1	45	13	8	30	6.0	120	22	4.4	160	16	3.7	95	15	5.8	155	17	5.7	235	12	5.3	210	17	30
9	2.3	35	11	1.8	45	13	2.5	60	13	2.7	50	14	2.4	95	10	2.2	55	12	9	31	6.2	125	22	4.7	170	16	4.4	110	17	6.0	165	17	6.0	235	12	5.9	260	18	31
10	2.8	45	14	2.4	90	15	2.8	70	11	3.0	60	12	2.5	105	10	2.4	70	11	10	32	6.0	120	22	4.4	160	16	3.7	95	15	5.8	155	17	5.7	235	12	5.3	210	17	32
14	3.8	55	10	2.9	110	15	2.3	65	12	3.3	70	13	3.2	135	8	3.1	45	12	14	33	6.5	130	18	4.9	160	18	4.4	110	19	6.3	190	17	6.2	245	14	5.9	255	18	33
15	4.5	70	15	3.8	145	14	2.9	60	14	4.1	110	15	4.1	145	11	3.8	140	13	15	34	6.9	140	23	5.0	180	18	4.4	115	19	6.4	185	18	6.4	230	15	6.2	280	17	34
16	3.8	55	10	2.9	110	15	2.3	65	12	3.3	80	13	3.2	135	8	3.1	45	12	16	35	7.7	150	27	5.4	210	19	4.8	120	20	7.2	230	21	7.4	280	19	7.0	310	18	35
17	4.4	65	13	3.7	160	18	2.2	70	12	4.2	90	16	4.5	125	12	3.9	50	15	17	36	7.5	150	27	5.9	220	20	4.5	110	19	7.3	225	21	7.0	280	20	7.0	275	20	36
18	3.0	45	7	2.8	105	14	2.0	80	12	3.2	60	12	3.5	75	9	2.9	100	11	18	37	8.0	160	27	6.2	230	19	4.5	135	19	7.7	240	20	7.9	250	17	7.4	340	21	37
19	3.6	55	10	3.2	135	14	2.3	80	13	3.4	80	14	3.6	100	9	2.9	80	11	19	38	8.2	175	25	6.2	240	19	5.0	130	22	7.8	225	20	7.8	310	19	7.6	330	21	38
20	4.0	60	11	3.4	130	14	2.3	90	13	3.6	110	13	3.8	115	12	3.4	115	12	20	39	8.5	180	22	6.5	270	21	5.2	125	22	7.9	275	25	8.2	310	21	8.1	370	21	39
21	4.4	65	11	3.6	130	16	2.6	75	15	3.8	115	14	3.8	140	11	3.5	130	12	21	40	8.1	165	28	6.8	280	21	5.3	115	21	7.9	250	22	7.7	300	25	9.2	445	23	40