

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 IDE	NJ039589	57.610086,-3.609592	NJ040590		
Sat I Aug	WOC Sprint Relay	Nairn See Sprint races panel	IV12 4RY	NH877562	57.582076,-3.87875I	NH882569		
Sun 2 Aug	S6D Day I	Achagour	IV12 5JF	NH945454	57.487368,-3.761238	NH942458		
Sun 2 Aug	WOC Sprint Final	Forres See Sprint races panel	IV36 IDE	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 IDE	NJ039589	57.610086,-3.609592	NJ040590		
Tue 4 Aug Tue 4 Aug Wed 5 Aug Wed 5 Aug Thu 6 Aug	WOC Middle Highland O-Fest WOC Relay S6D Day 3 S6D Day 4	Darnaway	IV36 2SW	NH994569	57.591555,-3.684427	NH995551		
Fri 7 Aug Fri 7 Aug Sat 8 Aug	WOC Long Final S6D Day 5 S6D Day 6	Glen Affric	IV4 7LY	NH301269	57.301084,-4.820814	NH282250		
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.

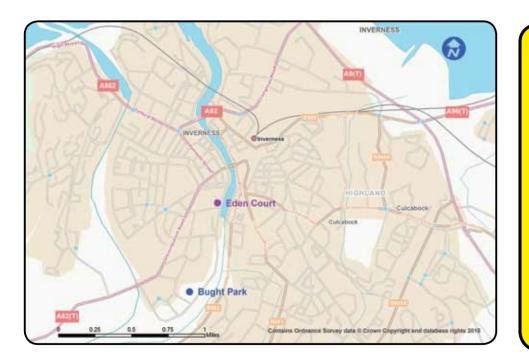
Information tent in Race Arena:

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.



Emergency Medical Information

NHS 24: 08454 24 24 24 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.

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



	Ge
Arena services:	Information, merchandise, entries, traders, caterers, to
Bio-security:	Please come to Highland 2015 with clean orienteering
Bus Service:	A bus service is available for competitors from the Car
Club tents:	A club tent transport service to the next day's Race An Note that tents will not be checked in or out and the s
Daily Newsletter:	The Daily Newsletter will be handed out every morning events and any other items of interest. Content contrib
Day parking:	Overnight camping not permitted in parking areas or A
Dogs:	Dogs are allowed in parking fields only, not in Race Are
Litter:	Bins will not be provided in Race Arenas. Recycling fac
Merchandise:	A range of Highland 2015 logo-embellished clothing - Ho colours and sizes, is very limited, so visit us early to avoi
Shops, Cafes, Local Attr	actions: Details available at Information. The Daily New
Training:	Pre-ordered training maps can be collected from Eden

	lee
Age Class entries:	A full range of age class courses are available with entr
Arena:	Unless otherwise stated in the Day information Parking
Bibs:	Must be worn on all days. No bib = no run. For your
Certificates:	Will be awarded to the first 3 in classes $M/W10$ to $M/$
Clothing and Equipment:	The torso and legs must be covered, and it is recommons bad - if so, notices will be displayed in the Arena and
Colour coded courses:	White, Yellow, Orange, Light Green and Green (entry
Complaints, Protests and Appeals:	Complaints should be made to the Day Organiser eith Organiser is the adjudicator of a complaint. A protest of the 2014 British Orienteering Rules.
Control Description Sheets:	All age class and colour coded courses will use pictoria in the start lanes.
Electronic Punching:	The SPORTident electronic punching system will be us (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 co after five days will start last at 13:00 (tbc), the second pl started at minute intervals before runners who have con
Map Scales:	With the exception of Day 3 (where all courses will us Contour interval on all days is 5m. The two sprint rac
Map Viewing:	Blank maps will be displayed in the Race Arena and in s
Prizes:	There will be awards at the prizegiving at 15:00 on the 16 A and B classes. Prizes will also be awarded to the 1 to all those who qualify. Badge standards will be availa
Results:	On display in the Race Arena and regularly updated on
Scoring:	For elite classes, scoring is based on cumulative times or result, with points allocated based on finishing position. sum of their best four scores of the week. In the event to finish, who do not start, or who are disqualified, will
Shadowing children:	We must ensure that the competition is fair to everyo run. The adult shadower must not pick up a map at the
Start Times:	Starts are from 9:45 to 14:15 but may be extended if e long waits for a free slot. Start times will not be change competitors with punching starts (helpers and parents
Start Procedure:	Competitors are reminded that it is your own respons start time. Information about your Start and start time entrance to the start boxes and your name will be che forward at the correct time. Competitors are response
String and Off String:	There will be non-competitive (i.e. times are not record Scottish Six Days String Courses. Grab your passport will be used. Register via SiEntries prior to the event, of (except Day 3 which is 9:30-13:30).
Taping:	Colours will be as follows. yellow/black – danger; red/ Start colour.
Water:	There are no drink stations on the courses with the ex there will be bags at each Start for the disposal of bott

Highland O-Fest – Darnaway

Tuesday 4 August: 11:00 - 17:00

An orienteering fun day running alongside the WOC Middle Distance race. See D and parking instructions.

Car park opens at 10:00. Wristbands available from Information during the week a - adults £10, juniors/students £3, under-8's free. Show your wristband for free ent wall, water balls, field archery, maze, disc golf, mountain bike skills and more. Naug quizzes, competitions for children.

> Food Fair and Craft Fair



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

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

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

TrailRun – 1.6km walk along private road from the Arena. Starts 11:00 – 13:00.2 1.8km, 6.8km.

neral Information for All Days

- pilets, space for club tents, First Aid, results display.
- shoes and make every effort to clean them after each race.
- mpsite and Event Centre. Pre-booking is required at Information if seats are still available
- rena will be provided from Day I onwards. Tents should be clearly labelled and left at the Equipment Tent by late afternoon. service is at your own risk.
- ng on arrival in the parking field. Please read it as it will provide important last minute information as well as news of local butions are welcome, at Information (spare copies available here too).
- Arenas and no caravans can be parked at events. See individual day information for more details on parking.
- enas 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. ilities are available at the Event Centre, Campsite and in most towns and villages.
- oodies, Polo shirts, Buffs, cotton T shirts to Technical T shirts, including child and lady-fit are on sale. The stock, in particular bid disappointment. Calendars, post cards, jigsaws and maps are on sale too. Cheques or cash only.
- vsletter and event website will also have relevant information.
- Court from 19 July. Extra maps can also be purchased there from 30 July or at Information in Race Arenas.

chnical Information for All Days

- y on the day (at Entries) only if there are unused start times and maps.
- g will be adjacent to the Race Arena, and Finishes will be in the Race Arena.
- own safety please write relevant medical information on the back of bibs (e.g. allergies/medication)
- W16 (A and B classes) on Days 1-5. Collect from Information the following day.
- ended that a whistle is carried. The Day Organiser may also require a waterproof jacket to be worn / carried if the weather d on the route to the Starts.
- on the day available at Entries subject to map availability) with White being easy, progressing to Green (difficult). ner 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 can be made against the Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 16
- al description sheets. Control descriptions will be printed on the front of competition maps; loose copies will be available
- used, and all versions of SI card are accepted. It is essential that all competitors visit the Download tent by course closing time
- ompetitors with start order based on their aggregate times over days I to 5. The elite runners on M21E and W21E in first place aced runners at 12:59, third placed at 12:58 etc. Runners who have not completed successfully all the first five days will be mpleted 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.
- se 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. ce maps will be at 1:4000 with 2.5m contours. All maps on waterproof paper.
- start lanes. Maps for courses 1, 2, 8 and 9 will be displayed in the Arena for competitors to view before their run.
- e 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/WIO first placed in each of the Short classes. Gold/Silver/Bronze cloth badges will be available for sale from Information at £3 each able at Information from Day 4 onwards and badges can be upgraded later in the week free of charge.
- n the web. Wi-Fi available in the Arena courtesy of SPORTident. Results books will not be printed.
- ver the week i.e. competitors will need to complete every day. For all other classes, points will be awarded for each day's Thus, the class winner will receive I point, second placed competitor 2 points, and so on. Competitor's overall score will be the of a tie between two or more competitors the competitor with the lowest individual day placing will win. Competitors who fail
- be awarded a points score which is 5% higher than the maximum number (over all six days) of pre-entrants for the class. one. If juniors require shadowing, they must enter the colour coded courses. No shadowing will be allowed before your own e Start.
- entry numbers warrant it. Courses close at 16:30. Runners not on time will be started as soon as possible, but there may be ed at the Start. Persistent deviation from allocated start times may be investigated by the organisers. Bibs will display "PS" for with split starts). Start lists will be displayed in the Arena.
- sibility 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 ne 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 cked off as you enter the -4 minute box. Note: names will be checked off, not called out loudly, so be ready to move ible for picking up the correct map.
- rded) String and Off-String courses provided each day for young children. Get ready to travel "Round the World" with the on Day I, and get it stamped as you complete another adventure each day. There will be no charge. Electronic punching or at Information on Saturday I August or at the String Course on Event Days. Courses available between 10:00 and 15:00
- /white out of bounds/ crossing points; white only taped routes in terrain. Routes to Starts will be taped according to the
- xception of the Day 6 Elite Classic race. There will be no water at the Finish. Competitors should hydrate before their run;

	Social Programme
y 3 for travel	Locations: Bught Park Marquee beside official campsite and Eden Court, Bishop's Road, Inverness.
nd on the day ry to climbing thy numbers,	Tickets will be for sale at Information in EC on Saturday I 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
K	Monday 3 August Bught: Time to be confirmed. £5 (no under 18's)
N	'Spirit of the North'. Learn about and taste some local whisky and gins. Hosted by Benromach.
15	Tuesday 4 August 7 19:30 Bught: Team Quiz with favourite 6 Day Quizmaster Terry Penny. Maximum 6 per team. £2 per person
ed start times	Wednesday 5 August 20:00 Bught: Ceilidh the night away with great local band 'The Broch Inspectors'. £10 / 5
. One course	Thursday 6 August La Scala, EC.: Film Evening. 17.30 'Brave' (PG) , Disney's fabulous animation about a feisty Scottish Princess.
along a public 12:15 - 14:15.	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
courses:	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) $f4/2$

Planner							
Day	6-Day Participate	WOC Spectate					
Fri 31/7	Forres	Sprint Qualification (18:00-19:55)					
Sat I/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 I	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: Middle Distance (12:00-17:00)					
	Darnaway Highland O-Fest (11:00-17:00)	Flower Ceremonies Middle (14:20-14:30 women) (16:50-17:00 men)					
Wed 5/8	Darnaway	Darnaway: Relay (14:00-18:00)					
	Day 3 Middle Distance	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 Scottish6Days Orienteering Event



EVENT PROGRAMME HIGHLAND 2015





www.scottish6days.com/2015

Achagour Glen Strathfarrar Darnaway Glen Affric



Day One

Sunday 2nd 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.



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

Organising Clubs: GRAMP, INVOC, with help from WCH

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 I 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.

Monday 3rd 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.

Day Two

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 5th August Darnaway

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: Ikm 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

Courses: All courses except those of TD1-3 (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 I 2 August Day 2 3 August Day 3 5 August Day 4 6 August Day 5 7 August Day 6 8 August

Start Colours									
Course	Start	Classes	Course	Start	Classes				
I	White	MI0B WI0B	23	Blue	M55S W60L				
2	White	MI0A MI2B WI0A WI2B	24	Blue	M70L W55L				
3	White	WI2A WI4B	25	Blue	M185 W16A W21S				
4	White	MI2A MI4B	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	MI6A W2IL				
15	Green	Green	34	Red	M55L				
16 *	Green	WI4A WI6B	35	Red	M18L				
17 *	Green	MI4A MI6B	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	W2IE				
22	Green	W18S W20S W35S	41	Red	M21E				

			Cou	rse lengths (kr	n), Cl	limb (m) a	and Nur	nber of	Controls (A	all subjec	T TO FINAL CONTROLLING	5)		
Course	Day I	Day 2	Day 3	Day 4 D	ay 5	Day 6	Course	Course	Day I	Day 2	Day 3 Day 4	Day 5	Day 6	Course
I	2.2 35 16	1.2 35 12	2.0 40 14	2.2 40 14 2.4	55 12	2.1 45 13	I	23	4.9 100 14 3.	8.8 120 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 20 17	3.1 65 14 4.6 160 1	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 1	05 10	2.4 70 11	3	25	4.9 100 13 3.	6.6 130 15	3.3 80 14 4.8 120 1	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 1	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 1	20 5	1.7 60 11	5	27	5.2 105 17 4.	4 140 17	3.3 100 14 5.1 135 1	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 1.71	50 9	1.7 60 10	6	28	5.4 110 18 4.	.4 150 17	3.5 100 15 5.2 150 1	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	70 10	1.9 55 10	7	29	5.6 115 18 4.	.6 140 17	3.4 110 16 5.4 135 10	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 1	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 1	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	05 10	2.4 70 11	10	32	6.0 120 22 4.	4 160 16	3.7 95 15 5.8 155 1	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	35 8	3.1 45 12	14	33	6.5 130 18 4.	.9 160 18	4.4 110 19 6.3 190 1	6.2 245 14	5.9 255 18	33
15	4.5 70 15	3.8 145 14	2.9 60 14	4.1 1 10 15 4.1 1	45 11	3.8 140 13	15	34	6.9 140 23 5.	.0 180 18	4.4 1 15 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 3.21	35 8	3.1 45 12	16	35	7.7 150 27 5.	.4 210 19	4.8 120 20 7.2 230 2	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 1	25 12	3.9 50 15	17	36	7.5 150 27 5.	.9 220 20	4.5 110 19 7.3 225 2	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 3.61	00 9	2.9 80 11	19	38	8.2 175 25 6.	.2 240 19	5.0 130 22 7.8 225 2	7.8 310 19	7.6 330 21	38
20	4.0 60 11	3.4 130 14	2.3 90 13	3.6 1 10 13 3.8 1	15 12	3.4 115 12	20	39	8.5 180 22 6.	5 270 21	5.2 125 22 7.9 275 2	8.2 310 21	8.1 370 21	39
21	4.4 65 11	3.6 130 16	2.6 75 15	3.8 1 15 14 3.8 1	40 11 3	3.5 130 12	21	40	8.1 165 28 6.	.8 280 21	5.3 1 15 21 7.9 250 2	7.7 300 25	9.2 445 23	40
22	4.5 70 14	3.8 145 14	2.9 60 14	4.0 100 12 4.1 1	60 11 3	3.8 140 13	22	41	10.6 225 33 8.	.2 390 24	6.1 145 24 10.1 315 2	10.1 360 30	14.0 765 29	41
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Car parking permits are required and checks will be made. If you haven't bought your permit please buy it at the Event Centre on Saturday I August or at Information on Day I. £15 for a weekly permit or £3 for a single day.



A Few Surplus Maps The history of the 6 Day Event from its beginnings in 1977 up to 2013. 216 glossy pages full of maps and photos. Available from

Special WOC offer - only £5

Day Four Thursday 6th August Darnaway **Travel:** Exactly the same as Day 3



from CLOK Planners: Pete Lawrence GRAMP, lan 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.

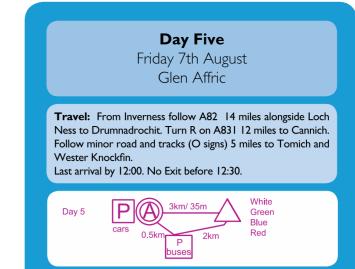
String course: Access to the String course will be buggy friendly, but some of the course itself is not and a shortcut will be available. No point on the String course will be more than 20m from a path. A large grassy area at the String registration provides good views of the final control and run in.

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 XXX 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 Planr	ner
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Organising Clubs: BASOC, FVO and STAG, with help from PFO and HAVOC

Planners: Hilary Quick BASOC, Jenny Clarke BASOC Organisers: Gareth Bryan-Jones FVO, David Nicol FVO Controllers: Terry O'Brien STAG, Graham McFadyen STAG

Parking: Final 3km along narrow gravel track. Main car park is adjacent to Arena. Bus parking is a 500m walk from the Arena, though only 2km from Starts. Overflow car parking, if required, is a 2km walk from Arena, though only 500m from Starts.

Race Arena: Shared with WOC. The WOC long distance traders will be adjacent to the WOC Arena.

Starts: 3km to Starts, mostly easy walking across fields and on tracks but not suitable for buggies. There are two Starts adjacent to each other. There is a White start and a combined Red, Blue and Green Start. There will be limited toilet facilities close to the Starts.

Finish: The 6-Day finishes are on the south side of the river, after finishing all competitors must follow directions to download in the Race Arena. There are 3 Finishes. One for the short, technically easy, courses from the White Start (1 km from Download), one for the shorter technically difficult courses (1.5 km from Download) and one for all the other courses (400m from Download).

Map: 2014 extension and revision by DOLM of 1999 map used for Day 4 of Highland '99.

Terrain: Mostly commercial forest with pockets of delightful native species, and with several deep-sided ravines. Crags at stream edges are well mapped and can be avoided with ease. Runnability has been reduced by recent windblow, most of which is shown on the map by a vertical green screen. Courses for youngest juniors are not affected.

String course: The String and Off-string courses are 200m from the main car park, and adjacent to the routes to the Starts. The route to the String courses crosses a rough field, not suitable for buggies, and crosses the track being used by event traffic. The crossing will be marshalled. Children should be accompanied by an adult when walking to or from the String course.

Safety Information: All routes to the Starts have a section along the track being used by event traffic. Please take care, both when driving in to the event, and when walking to the Start. Some very high crags near one ravine will be marked with yellow/black tape. All courses cross a minor, unmetalled, public road, however there is little traffic and it moves slowly.



Planners: Andrew Armstrong RR, Ross Lilley ECKO **Organisers:** Carol Burnapp ECKO, Elaine Gillies TAY **Controllers:** Trevor Hoey FVO, Ian Pyrah ESOC

Parking and Race Arena: Final 3km along narrow gravel track. Main car park is adjacent to Arena. Bus parking is a 500m walk from the Arena. Overflow car parking, if required, is a 2km walk from the Arena. All Day 6 Starts can only be accessed from the Arena/Main car parking field.

Starts: There are 3 Starts today. The White Start is across rough grassland. The route to Green and Red/Blue goes through the forest and is steep in places. For the Red/Blue Start, continue past the Green Start along a forestry track. None of the Starts are accessible by buggies. Routes to the Starts are approx. 300m shorter if leaving directly from Parking.

Elite: Today is a Classic race for M/W21E. Estimated Leading Times are 90 min (M21E) and 75 min (W21E). See Technical Information regarding elite start order.

Map: Stirling Surveys, April 2015, as used for WOC Long Distance final.

Terrain: A classic landscape of small lochs and a wonderful mix of pine, birch and oak trees. The woodland is one of the best examples of the Caledonian Forest that once covered much of Scotland. The terrain is hilly but generally there is good runnability throughout the area. There is localised deep heather, very little bracken and few paths or tracks in the area. There are areas of dense bracken marked by vertical green stripes, but courses have been planned to avoid these. TDI-3 courses are entirely within an open area, containing isolated groups of trees, which has one

String course: Adjacent to the parking field and accessed from the route to the Starts. Not suitable for buggies. Parents should be aware that there is a stream in the String course area.

Safety Information: All routes to the Starts cross the track used by event vehicles. This will be marshalled.

Special Information: Some courses are not using their usual start. Courses 14, 16 and 17 will leave from the RED/BLUE start.

> Haste ye back to Scotland for Deeside 2017 30/7/17-5/8/17

Sprint Races

Saturday | August: Nairn Open Sprint

This will take place following the WOC Sprint Relay, based in the Race Arena in Nairn.

Travel directions: From Inverness follow A96 east for 15 miles to Nairn. 0.7 miles into Nairn turn R into Farmers Showfield. **Start times:** 19:30 – 21:00. There will be no entry on the day.

Important: All competitors will be required to wear a wristband to indicate which course they are running. These will be available from the Information tent and must be collected before going to the pre-start. Hired SI cards must also be collected at Information. Note that wristbands and hired SI cards will NOT be available for collection at 6 day Registration at the Event Centre. Bibs are not required. There will be a punching start but competitors should expect to start at their allocated start time. Maps: 1:4000 with contour interval 2.5m.

Courses close strictly at 21:30 when road closures will be lifted.

Organiser: Anne Hickling (GRAMP). Planner: Dave Robertson (CLYDE). Controller: Steve McKinley (SN)

Tuesday 4 August 2015: Forres Open Sprint

Travel directions: From Inverness follow A96 east for 26 miles to Forres. At the 2nd roundabout follow o-signs on B9011 and Orchard Road to parking at Grant Park Football playing field. All traffic to this event must enter/exit Forres from the West via this route. Forres town centre and B9011 from the East are Out of Bounds until after your run.

Event Centre: Forres Football/Bowling Clubhouse, Grant Park (Grid NJ 040 590). Maximum distance from parking 500m. Enquiries: Open from 09:00. There will be no entry on the day for this event.

Start times: 10:00 - 12:00. Maps: 1:4000 scale maps for all courses. 2.5m contours.

Junior Courses: M/W12- course will be park based. M/W16- will be urban complying with BOF guidelines regarding traffic. Starts: From Event Centre - maximum of 500m to Main Start, 150m to the M/W12- Park Start.

Manned Crossing Points: Course 6 (M/W16-) will have one mandatory timed-out road crossing. Great care must be taken by all competitors when crossing any road within the competition area.

Dogs: Must be kept on a lead in the car park. Dogs are not allowed on courses with competitors. Dog walkers may be encountered in the competition area.

First Aid: Will be provided by First Aid station located in the EC.

Organiser: Jim Martin (ESOC) Planner: Andy Paterson (CLYDE) Controller: Katy Lessells (ESOC)

Final details will be posted on the 6-Day event website. Using public transport (bus or train) is encouraged and possible.