



# Deeside Daily

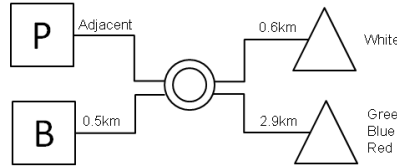
Welcome to Glen Tanar

Day 1: Glen Tanar  
 Sunday 30th July 2017  
 Nearest town: Aboyne  
 PostCode: AB34 5DB

## Information for Day 1 (Today!!)

**Toilets:** the main bank of toilets are in the concrete silo near the vehicle entrance. There are a further 4 toilets at the NW arena exit adjacent to the string course, and a further 4 near to the far start.

**Starts:** There are 2 starts. **White:** exit south near the toilets. Unsuitable for buggies. **Green/blue/red:** exit northwest passing the string course. Mostly on good paths/tracks with a shorter rougher section. There is a marshalled track crossing. Please follow instructions and cross quickly to minimise traffic queues. **Allow at least 50 minutes steady walk from the Arena to the Far Start.** All courses will finish in the Arena



There will be >2500 competitors at the Green, Blue & Red Start. Those on Colour coded courses, Late, & Punching starts should go round to the Left of the main Start Queues.

**First Aid:** Behind the Information tent **Shelter tent for bus passengers:** near to the Run In.

**Dog Walking Area :** near vehicle entrance, behind concrete silo. Please clean up & remove ALL waste.

**Map Scales: 1:10,000 except for M/W21E 1:15,000.** Contour interval 2.5m

**Safety Information: E.coli 0157 is a bacteria that may be present where animals have been grazing, such as in the arena field and competition area. It can cause vomiting and diarrhoea. It is strongly recommended that you wash your hands thoroughly before touching any food.**

Vehicles pass a marshalled pedestrian crossing on entry and exit. Please slow down and stop if requested. The estate is open to the public, including tracks used by competitors. Please be polite.

**No exit before 13:00**

**String courses :** 300m northwest of the Arena. Today's theme is "Glen Tanar Aliens". Open 10am-3pm. The route to the start is suitable for buggies but the courses are not. The area is next to a small river, so although the string is never close to the bank, parents are asked to remind children not to play in or near the river. *News of the Six Days has spread through the galaxy and a gang of intrepid aliens has made the journey to Glen Tanar to find out what this orienteering business is all about. Come and visit these friendly cuddly aliens on the string course today, they would love to meet you.*

*Technical difficulties with the alien's spaceship mean that they cannot return to their home planets and they are each looking for a new home here on Earth.* Please enter the raffle for your chance to take one of the woolly aliens home with you. All funds raised will be used to support training for ScotJOS (Scottish Junior Orienteering Squad). Tickets (£1 each) will be on sale at the string course today and at Enquiries on other days.

**Special Info:** Day 1 queues to collect maps and EoD may be long. Please allow time for this.

Two mapped Out of Bounds (OOB) areas are to protect local wildlife. **Fence Crossings:** One section of fence is marked on the map as uncrossable except at the mandatory crossing points. Other fences may be crossed with care at any point, although crossing points have been provided and are shown on the map. Competitors should also be aware that there are remnants of old fence posts and **barbed wire** hidden in the undergrowth near to fences.

**Remember your bib! – NO BIB NO GO (including colour coded courses).** Pre-entered colour coded competitors who have not yet collected their bibs should do so before their run at the information point. Colour coded courses do not have pre-allocated start times and competitors can start at a time convenient to themselves.

**Please write any existing medical information on the reverse of your bib.**

### Traders

The following traders will be available in the Assembly today

### Equipment

CompassPoint  
 Ultrasport  
 Saddleworth Outdoor  
 Sports Massage

### Food and Drink

British & Continental  
 O Nosh  
 Sheridans  
 Eat Van Drink  
 Really Awesome Coffee  
 Italian Coffee Bar  
 Aboyne Ices  
 Deeside Ices



MORRISONS

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**Personal Ads** If you'd like to print congratulations, commiserations, thanks etc, in a future edition of "Deeside Daily" fill in a sheet available at information by 15:00 for inclusion later in the week (space permitting).

Liz Heaton (LEI) is 36 today! Happy birthday, love Chris

### Compass Point 'the orienteering equipment shop' is for sale.

**A rare opportunity to purchase a successful business established since 1991. Anyone interested can speak to Rick or Angela at the shop in the assembly area each day or phone 07899 907600 or email [rick@compasspoint-online.co.uk](mailto:rick@compasspoint-online.co.uk)**

**DNS?** If you missed your run today (or any day), the spare maps will be brought back from the Starts to Information

### Glen Tanar

Since it was built as a traditional highland estate in 1869, Glen Tanar has been inviting people to relax and enjoy the great outdoors amidst a beautiful 25,000-acre landscape encompassing farmland, river, pine forests and heather clad moors.

Wander through purple-clad hills and towering ancient pines, breathe in the scent of pinecones and sap, hear the soft crunch of footstep on trail, and the gurgle of the Tanar, as you make for Mount Keen.

With its mile upon mile of untouched, open wilderness, there is room to roam free, by foot, by bike, or on horseback. The Highland estate offers fully accessible guided Estate Safaris for those wishing to enjoy Glen Tanar from the comfort of a Land Rover. For a closer look at the rich flora and fauna, Wildlife Photography sessions make the most of a quality of light unique to this part of the world.

Garden Workshops focus on a range of native and foreign species in the historic, walled garden, and Salmon Fishing Courses can teach the art of fly fishing on the magnificent River Dee. Wildlife Watch activities are available to see badgers, black grouse, or the spectacular sight of the red deer rutting season in October. You might even capture a golden eagle on film.

**St Lesmo's Chapel** The small Chapel adjacent to the run in is dedicated to St Lesmo, the holy hermit who lived in Glen Tanar around 790 AD, and has a cast iron arched gateway known as a 'yett'. It was built with a thatched roof and stained glass windows. The outside was finished in a mixture of large stones and small pebbles, a technique known as 'cherry-cocking'.

Inside, the passage floor and altar steps are Glen Tanar granite. The ceiling rafters are fashioned from whole trees and twisted branches of locally grown Scotch Fir. A specially made bell hangs outside the Chapel and bears the inscription of 'St Lesmo'. The chapel has been improved over the years, with slates replacing the thatched roof of the Chapel, and a new organ installed.

The Chapel is registered as an independent Episcopal Chapel and is popular as a wedding venue.

**Club Tents** – The equipment team will transport large club tents between Assemblies each evening on Days 1,2 and 4. Simply pack your tent and leave it next to Information by 16:00 (suggest you add some identification first!). Not Day 3 due to Rest day! Tents only and only one tent per club please.

### Information for Day 2 : Balfour Forest (Monday)

**Travel: One way traffic plan in operation on approach and exit roads. Approach signed from B976 near Birse, about 2 miles east of Aboyne.**

To drivers of long campervans – on days 2 and 3 please arrive before 1200 if possible, so that we can accommodate you at a nearby location if the turn into the parking field is too sharp (sorry for the late notice).

**String Course:** "Gruffalo"

### Social Programme

<https://www.scottish6days.com/2017/social-programme>

Today's events in the Social Programme are Sun 30<sup>th</sup> July – evening 19:30 – 20:30 : Talk by Glyn Jones (ranger at Balmoral estate). Free, donations accepted for Braemar Mountain Rescue. Ballater Village Hall, Mike Sheridan Room.

See event Programme for other activities through the week.

Tickets for sale at Registration and on the door at each event (if any remain unsold)

**Control Collectors!** - We are still a bit short of people to collect controls after the event. If you can help please contact one of the organisers in the arena - (blue waistcoats), or ask at the Information tent. Thanks.

**Certificates** will be awarded to the first 3 competitors in all the Junior classes, (M/W 10 to M/W16, A and B classes) on Days 1-5. Collect from Information the following day. Details on how to claim Gold/Silver/Bronze badges will be published in the Day 4 Daily News and on the website.

### General Event Information

- Blank maps and Courses 1, 2, 8 & 9 will be on display at Assembly each day
- No shadowing of juniors on age class courses
- Remember to clear your SI chip at the clear station at the pre-start area
- The torso and legs **must** be covered, and it is recommended that a whistle is carried.
- "No BIB - No Go" (including colour coded courses). Bib has start time (PS=punching start), start colour and course number
- Tapes colours used this week will be (green, blue, white, red for routes to start, yellow/black = danger, red/white = Out of Bounds/crossing points, white = taped routes in terrain)
- It is the competitors responsibility to pick up the right map (and only one map) and to arrive at the start at the right time (start times will not be changed at the start)
- Courses close at 16:30 each day (please be back by this time). **You must report to download even if you do not finish or retire.**
- Car keys can be left in an envelope at Information (marked with the bib numbers of anyone who is eligible to collect them). Lone competitors should also leave their details at Information
- There are no drink stations on the course and there will be no water at the finish. Competitors should hydrate before their run. There will be bags at each start for disposal of bottles.

**Zero Waste**  
**#0waste**

Please support the Campaign to use reusable mugs, plates, cutlery etc

John's O-Joke of the day: What is the local name for a Glen Tanar hen looking intently at a bowl filled with lettuce, croutons and grated cheese?

Answer: Chicken Caesar salad.  
If you think you are funnier than John Mason, please submit your O-Joke of the day at Information for inclusion in the Daily News Sheet.