



# Deeside Daily

## Welcome to Balfour Forest

Day 2: Balfour Forest  
Monday 31st July 2017

Nearest town: Aboyne  
PostCode: AB34 5DB

Royal Deeside  
2017  
6 Days of Scottish Orienteering



### Acknowledgements:

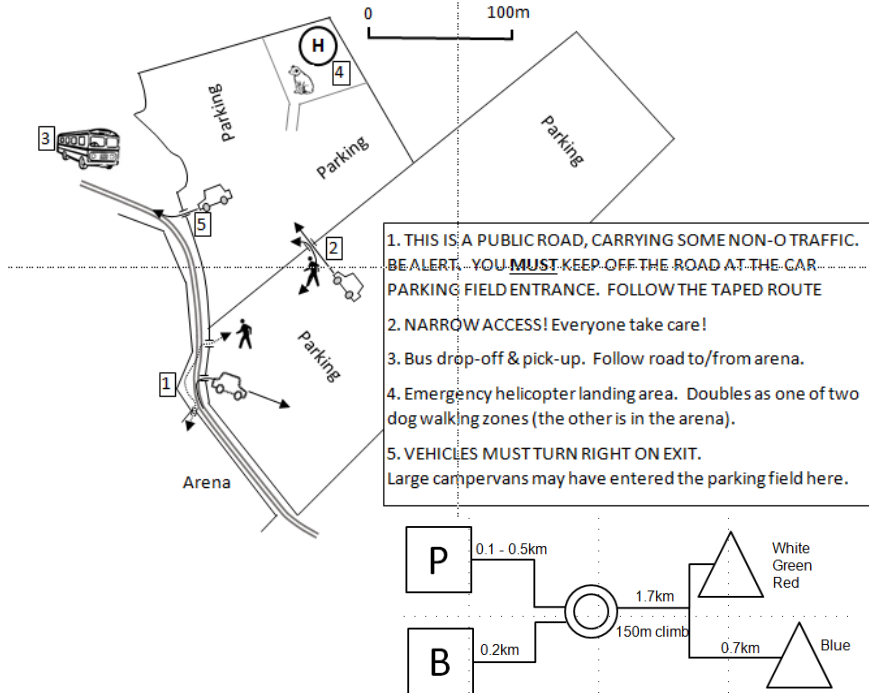
Thanks to the 3 landowners – Birse Community Trust, the Nicol Family (Ballogie Estate), and Hugh Cochran – as well as the farmer here at parking and arena, Philip McConnach. Members of INVOC, KFO and SOLWAY are very grateful to those members of Borderliners, Deeside, Glasgow Uni and Lakeland OCs who are helping today

### 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.

### Information for Day 2 (Today!!)

Please look at the map to find out how to reach the assembly field safely



**Starts:** A common route to all starts leaves the Arena at its west corner. Initially on a mix of paths and rough ground in the forest (unsuitable for buggies) and then along wide forest roads. **White, Green and Red Starts** are 1.7 km away, with a climb of 150m (portaloo located here). **Blue Start** is a further 0.7 km along a forest track. On the way to the start you will see signs indicating where the competition area is. Please keep out. Beyond the toilets at 1.7km (6 portaloo), which are immediately before the red and green/white starts, only blue start competitors are allowed to proceed further along the forest road to the blue start (another 0.7km but no climb). Red and white/green start competitors can warm up on the road downhill from the toilets and/or in the forest below this road.

**Map Scales:** 1:10000

**Safety Information:** The final two controls are common for all courses and the leg between them follows a short narrow ride. Please be considerate of slower/faster competitors in this area. Competitors on longer courses may encounter unmapped fences which can be a trip hazard. These are either adjacent to walls or ruined fences lying flat on the ground surrounding plantations (green on map)

**String courses :** Accessed to the finish field, partly rough underfoot. Today's theme is "Gruffalo".

Open **10am-3pm** **Lost Property:** This will be at Information/Enquiries

### Information for Day 3 : Birsemore Hill (Tuesday)

**Travel: Parking and Arena : Same as Day 2.** The one way system remains in operation, please observe this and follow the orienteering signage. The walk to the start heads north-westerly along this road, departing vehicles please exercise extreme caution and allow competitors to move towards the side of the road before you pass. **Elite runners need to collect a different bib from the pre-start area.**

To drivers of long campervans – on day 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.

**String Course:** "Moshi Monsters"

**Bus Passengers :** Please note for all days there will only be one Bus pick up – at Ballater Primary School.



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).

**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.

**Thank you to the local businesses who have kindly donated spot & raffle prizes for our entrants:**

Cairngorm Brewery, Loch Lomond Brewery, Glen Garioch Distillery, Tor Na Coille, Out There Active Wear, Deeside Deli & Garden Shop, Deeside Activity Park, Continental Cream, Brown Sugar Café, Douglas Arms, Finzean Farm Shop, Spider on a Bicycle, Buchanan's Bistro, Riverside Cottage, Rock Salt & Sole, Potarch Restaurant & Café, Royal Lochanagar Distillery, Highgrove Ballater, Tease Coffee Bar, Platform 22, Footprint Aboyne, Nairn's Oatcakes, The MacNab, Roaring Stag Coffee, Cyclehighlands, Mamma Mia, Co-op Banchory, The Chatterbox, Duncan's of Banchory, WH Smith Banchory, Walkers Shortbread, Morrisons, Birdhouse Café, DeeTours, Aboyne Jewellers, Hilltrek, OMM, Aboyne Jewellers, Ordnance Survey and Scottish Orienteering Association.

**For more information about these businesses, see our Local Supporters page:**

<https://www.scottish6days.com/2017/local-supporters>. **Winners of spot prizes will be announced on our Facebook page. A list will be posted the following day on the results board and at the information tent, with prizes available for collection there.**

Aboyne is a delightful town in the heart of Royal Deeside, an area famed for its unspoilt beauty. Midway between the sea at Aberdeen and the mountains of the Cairngorms National Park, this is an area with something for everyone who wishes a break from the pressures of a busy world. The Aboyne area boasts excellent sports and other facilities. The River Dee is one of the great Scottish salmon rivers. The nearby gliding club offers some of the finest gliding conditions in Europe. The Muir of Dinnet and Glen Tanar, both National Nature Reserves just west of Aboyne, allow the opportunity for excursions among exceptional countryside with a wide variety of wildlife. Aboyne itself was founded in 1671 by the first Earl of Aboyne. The surrounding country has much of historical interest including the Balnagowan 'necropolis', a collection of nearly 1000 cairns. Just to the east of the burgh, both the villages of Lumphanan and Kincardine o' Neil have links to the battle in which King Malcolm Canmore defeated Macbeth in 1057. Today, the scene is much more peaceful but Aboyne and its surrounding villages retain their fascinating appeal.

Traders	Equipment	Food and Drink	
The following traders will be available in the Assembly today	CompassPoint	British & Continental	Really Awesome Coffee
	Ultrasport		Italian Coffee Bar
	Saddleworth Outdoor	Sheridans	Aboyne Ices
	Massage - £10/10 mins	Eat Van Drink	Deeside Ices
		Cav & Co Kincardine Street Kitchen	

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

Certificates will be printed for 1-6 place of ages 10-16. They'll be available at the information desk the following day, as they'll be printed by the IT folk each evening. Details on how to claim Gold/Silver /Bronze badges will be published in the Day 4 Daily News and on the website.

**Social Programme**

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

**Today's events in the Social Programme are**

**Mon 31<sup>st</sup> July evening:** 18:00 -20:00. Glen Tanar Guided walk with Eric Baird (Estate Ranger). Free. Donations accepted for Glen Tanar Charitable Trust. Glen Tanar Visitor Centre : park at Braeloine car park (grid ref NO 479 966 and walk across old military bridge.

**Mon 31<sup>st</sup> July evening:** 19:30-21:30. Whisky tasting £8 per over 18, under 18 allowed to listen but not drink! Ballater Village Hall, Mike Sheridan Room

**6 Day Shopping: Please collect any Pre-Ordered merchandise. Souvenir clothing and other items not included in the pre-order catalogue are available for purchase e.g. Thermal coffee mugs.**

**Zero Waste #0waste**

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

**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 will be no water at the finish. Competitors should hydrate before their run. There will be bags at each start for disposal of bottles.

**Compass Point 'the orienteering equipment shop' is for sale. 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)**

John's O-Joke of the day: What is the local Deeside name for a retired farmer?

Information for inclusion in the Daily News Sheet.  
 Answer: An Extractor fan.  
 If you think you are funnier than John Mason, please submit your O-joke of the day at