



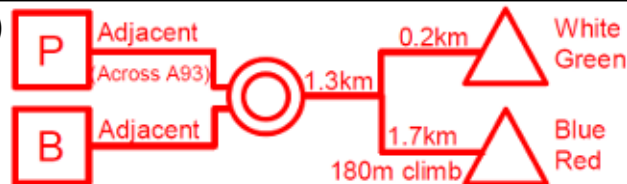
Deeside Daily

Welcome to Creag Choinnich

Day 4: Creag Choinnich
Thursday 3rd August 2017

Nearest town: Braemar

Information for Day 4 (Today!!)



Club Tents: If the weather is good Club tents can be on the hill around the finish area to allow you to enjoy the view. However, if it is too windy, they will be safer in the in the flat field with the traders. For those who would prefer it, tents can be in this field whatever the weather.

Starts: Shared route to all Starts leaving from the pedestrian gate at the south west corner of the assembly field. The pavement is narrow and is initially shared with competitors coming from the car park and bus stop so please take care. The route is on pavement through Braemar. You are walking beside the A93 which can be busy so please keep on the pavement. The routes split just before the **White/Green** Start. From there the route to **Red/Blue** Start is mostly uphill and fairly physical but if the weather is good the view is spectacular. Allow approx. 30 min for this part of the route. The start is exposed – competitors may leave clothing at the Start but should note it will not be returned to the Arena until after the Start closes.

Map Scales: 1:10,000

Terrain: The map covers Creag Choinnich and the slopes of Carn na Sgliath, highest point 690m. The area is very varied with the wooded areas generally being good running but often very steep. Open areas tend to be much rougher. Shorter courses do not visit the rougher, higher or steepest parts.

Safety Information: Courses avoid the very steep northern slope with its huge crags. Longer courses will encounter other areas of large crags. These will be taped if route choice might take competitors across them. They will not be taped if they run parallel to route choice. High fences separate the area from the A93. Competitors should not attempt to cross these but could follow them back to the Arena if lost. All Competitors should be familiar with how uncrossable marshes are mapped and should not attempt to cross one.

String courses : Within the fenced-off area to the north of the Assembly field. Not suitable for buggies as it is hilly. Today's theme is "Celtic Beasties" and there may be a few surprises in the woods today!. Open 10am-3pm.

Special Info: Watch out for smiley faces towards the end of junior courses indicating correct routes.

Beware Lyme disease!! Remember to check for ticks after every run. For more information on how to remove ticks go to www.nhs.uk.

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 5 : Glen Fearder (Friday)

Travel Directions: 3.5 km west of Crathie, turn north off A98. Temporary 30 mph speed limit signs. Then 2 km along narrow road and unpaved track to Arena. Bus Drop-off at A93 junction. **Parking:** Flattish well-drained large field next to Arena. **Bus drop-off 1.5 km walk to Arena.** Walk or flag down orienteering cars with space; if driving, please offer lifts.

For Day 5, Please don't feel the need to arrive before 0830, unless you are a helper/official. Parking and Arena are close together and Starts are only 10 mins walk away. It will take about 5 mins to drive from the main road (A93) to Car Parking assuming weather remains clement (70 % of the route is tarmac) **BUS PASSENGERS;** The walking route for Bus Passengers on Day 5 & 6 is now much shorter (and easier). It is now 1.5km and should take no more than 20 mins, generally on Forestry Tracks For those **with Dogs**, if it is hot, there is no sheltered parking. The dog-walking area will be close to a stream.

CLUB TENTS ideally should be left in the same place for Day 5 & 6. The run-in for Day 6 will be indicated so that tents are not pitched on it. **String Course:** "Bear Hunt" Day 5 String Course will have a teddy bear's picnic. All bears are welcome but please advise of food allergies. Weather permitting there will also be story telling – see the board at the string course for times.



Burness Paull



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.**

Braemar is surrounded by the fine Grampian Mountains and woodland scenery. The peaceful countryside, nearby castles and whisky distilleries make it an ideal place for a break. Situated in the spectacular mountain scenery at the eastern gateway to the highest mountains of the Cairngorms National Park, it is a heaven for walkers, climbers or wanderers. There are no less than 24 Munros (mountains over 3000 ft high) as well as over 65 miles of high level walks and cycle routes of varying length and difficulty. Just east of the town stands Braemar Castle, a 17th Century castle with a colourful past. Built by the Earl of Mar in 1628, it has been a hunting lodge, fortress, garrison and family home. Join a local volunteer on a guided tour and discover its fascinating history. Just eight miles away to the south is Glenshee, home to the largest ski centre in Scotland, while the River Dee flowing past Balmoral Castle offers the finest salmon fishing. Braemar is also home to the world famous annual Braemar Gathering and Highland Games. Held on the first Saturday in September, the event is regularly attended by the Royal Family and features the best pipe bands, pipers, Highland dancers and athletes.

Personal Ads

- "Happy Birthday Juliet Bentley of SROC" – can't say how old a lady is. Hope you're enjoying W50.
- "Happy 1st Birthday Aneurin Stott" from Em and Tim. Wish we were there.
- Jack Beaver turns 9 today and is enjoying his first event orienteering on his own!
- AROS AGM on Friday – bring a dish! We'll have something to eat together during discussions.
- Remember to hand in your quiz sheets for the Athlete Support fund by 13:00 on Day 5 to the box at Information.
- "Happy Birthday " to Malcolm Humphrey (ESOC) – ex HALO) 70 on Day 3 (Tues 1st)
- Congratulations to Gillian and Barry Pilgrim (NOR) – Celebrating their Golden Wedding Anniversary –Day 3.
- Derek McNeil of Moravian Orienteers – "Happy 75th Birthday on 3rd Aug" Kary & all at the club.
- Esther Gooch (MAROC) would like to talk to any NZ orienteers about O'ing in NZ (07585 743739).
- *Compass Point Orienteering Equipment Shop is for sale. Speak to Rick or Angela at the shop in the Arena or phone 07899 907600 or email rick@compasspoint-online.co.uk*

Club Tents – The equipment team will transport large club tents between Assemblies each evening on Days 4 & 5. Leave your tent next to Information by 16:00 (Only one tent per club please)

Traders	Equipment	Food and Drink	
The following traders will be available in the Assembly today	CompassPoint	British & Continental	Really Awesome Coffee
	Ultrasport	Nosh	Italian Coffee Bar
	Sports Massage £10/10 mins	Sheridans	Aboyne Ices
		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 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.
Gold/Silver/Bronze badges instructions on how to collect Once day 4 results are finalised they will be printed out and a line drawn for each course to determine who has achieved each standard. People can come to the information tent on Day 5 to purchase a badge (£4/badge). These can be traded up on Day 6 if a higher grade achieved based on Day 5 or 6.

Things to Do
<https://www.scottish6days.com/2017/social-programme>
Today's events in the Social Programme are
Thurs 3rd Aug: evening 19:00-21:30: Scottish music band £8 adult, £4 junior/student. Victoria Hall, Ballater.
Thurs 3rd Aug: evening: 19:30-21:30. Whisky tasting. £8 per over 18, under 18s allowed to listen but not drink!. Event Centre, Mike Sheridan Room.

- General Event Information**
- 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.
 - Blank maps and Courses 1, 2, 8 & 9 will be on display at Assembly each day. **White and Yellow Courses – collect your maps at the start**
 - "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. **Lost property at Info tent**– Car key found on Day 2 – Are you missing spare set?

Zero Waste #0waste Please support the Campaign to use reusable mugs, plates, cutlery etc

O-Joke of the day:
 1. What did the Deeside donkey cry when it lost it's mither?
 2. Why do M75 Orienteers run softly?

1. Answer: Brae-Mari
 2. Answer: Because we can't run hardly!