

Social Programme

Tickets for sale at Registration on Sat 29th July and on the door at each event (if any remain unsold)

Sun 30th July 19:30-20:30 Talk by Glyn Jones (ranger at Balmoral estate). Free, donations accepted for Braemar Mountain Rescue. Event Centre, Mike Sheridan Room

Mon 31st July 18:00-20:00 Glen Tanar guided walk with Eric Baird (Estate Ranger). Free, donations accepted for Glen Tanar Charitable Trust (runs visitor centre). Glen Tanar visitor centre: park at Braeloine car park (grid ref NO 479 966) and walk across old military bridge. Mon 31st July 19:30-21:30 Whisky Tasting. £8 per over 18, under 18s allowed to listen but not drink! Event Centre, Mike Sheridan Room

Tues 1st Aug 19:00-22:30 (hall open 18:00) Ceilidh - with top local band Clachan Yell. £10 adult, £5 junior/student, £25 family (max 3 children). Event Centre, Victoria Hall. Wed 2nd Aug 19:00-20:00 Talk from the Sprint Scotland team about Sprint Orienteering, and a Q&A session with (among others) Kris Jones - 4th place WOC Sprint, Sprint Relay and Relay 2016. £3 seniors, £2 juniors/students. Event Centre, Mike Sheridan Room. Wed 2nd Aug 17:00-19:00 National Trust for Scotland, Mar Lodge. Learn about the history and management of Mar Lodge Estate and have a look inside the decorated interior of the Lodge and the Stag Ballroom, not normally open to the public, £5 pp (inc. tea/coffee and biscuits). Under 16s free. Book with NTS - 01339 720164 (Rangers Office).

Thurs 3rd Aug 19:00-21:30 Scottish music band £8 adult, £4 junior/student. Event Centre, Victoria Hall

Thurs 3rd Aug 19:30-21:30 Whisky Tasting. £8 per over 18, under 18s allowed to listen but not drink! Event Centre, Mike Sheridan Room.

Fri 4th Aug 19:30-21:00 Pub Quiz with Grand Master Roberts MC-ing. £12 per team (up to 6 persons). Event Centre, Victoria Hall.

Event Centre

The Event Centre is at the Victoria Hall, Station Square, Ballater, AB35 5PQ.

Registration will be from 12:00-18:00 on Saturday 29th July. Bibs, hired SI cards, programmes, bus passes and preordered merchandise may be collected. General information will be available at the Event Centre on registration day and thereafter at each event Arena. Traders and food outlets will be present. There are toilets and a tourist information office on site. Parking will be on the wide streets within 500m of the halls, the streets will be signposted for parking and will be marshalled. There is no parking adjacent to the hall.

Sheridans is serving evening meals from 18:00 to 21:00 from Sat 29th July to Thurs 3rd Aug. There is a bar in the hall complex - Albert Hall for Sat, Sun, Mon and Wed; Victoria Hall for Tues, Thurs & Fri.

Emergency Medical Information

In Emergency: dial 999 NHS 24: dial 111

A&E: Aberdeen Royal Infirmary, AB25 2ZN, Telephone: 0345 456 6000

Minor Injuries Unit: Aboyne Hospital, AB34 5HQ, Telephone: 01339 886 433

General Health Matters

Ticks are common in the competition area. Check carefully after each run and remove any (the recommended method is using an O'Tom Tick Twister). Lyme disease does also occur in the area; if you develop a rash at the site of a tick bite, you are advised to seek medical advice.

E-Coli 0157 may be found where farm animals have been grazing the fields used for Parking and Arenas as well as the competition area. It is recommended that you wash your hands thoroughly before eating.

General Information & Technical Information for All Days

The Daily Newsletter: will be handed out every morning at Parking. It will provide last-minute information, news relating to the Social Programme and information on other items. Contributions may be submitted at Information and will be included if space & deadlines allow. Bio-security: There are currently no plans to use shoe baths but please come to Deeside with very clean shoes. Keep paws, shoes and wheels clean between areas to help control the spread of forest diseases.

Merchandise: Pre-ordered Deeside 2017 souvenir clothing will be available for collection on Sat 29th July at the Event Centre and on Sun 30th July at the Arena. During this time exchanges can be made subject to stock availability. From Mon 31st July. Deeside 2017 souvenir merchandise including clothing (limited colours and sizes) and other items not included in the pre-order catalogue e.g. thermal coffee mugs and Eventclips®, will be available for purchase at the Arenas until all stock has been sold. Buy early in the week to avoid disappointment. Waste: Rubbish and Recycling bins will be provided in the Arenas. Please use them and leave no litter at all. The plastic tape used as Lace Tape is NOT biodegradable, please ensure you take away your pieces.

Day Parking: No caravans may be parked at Events (unless agreed beforehand for disabled attendees). Please adhere strictly to one-way systems that are in operation on several days. See individual Day Information for more details

Shops, Cafes, Local Attractions: Details available at Information. The Daily Newsletter & Event Website will also have relevant information. Campsite: Located adjacent to Monaltrie Park, Ballater, accessed from Provost Craig Road.

Dogs: Allowed in Parking and Arenas only, on a lead at all times. Dogs strictly not allowed on routes to Starts or in competition areas. A small dog area will be marked out in Parking each day, to provide an area for dogs to exercise & poo. Owners must clean up after their dogs. First Aid: The British Red Cross will be in attendance in the Arena on all race days.

Training: planned by the Scottish Elite Development Squad, is available from 24th July to 5th August on 4 great areas. Pre-ordered training maps can be collected and training maps purchased at £5/map from Event Centre on 29th July or Race Arenas.

Filming: Video coverage is planned for all days, with video shorts available daily via the Event Website. Other photographers will be in the Arena and competition area taking stills. On Days 5 and 6 there will be additional filming to include live arena production (on the big screen) and live streaming to YouTube. If you have any concerns regarding inappropriate or intrusive photography, particularly of children, please report them to an event official.

Entry at the Event: Entry to Age class courses will only be possible at the event if there are start slots and maps available. Entry to Colour Coded courses will be available for each day individually or for several days at a time.

Burness Paull String and Off-String Courses: There will be non-competitive (i.e. times not recorded) String and Off-String courses provided each day for young children. There will be no charge. Certificates will be given to all participants, and themed stickers awarded on completion of the courses. Electronic punching will be used. If you haven't already registered through Slentries, register at Information on Sat 29th July or at the String course on Event days. Courses available between 10:00 and 15:00.

Electronic Punching: The SPORTident electronic punching system will be used. All versions of SI card are accepted, including SI Air cards, but there will NOT be touch-free punching. It is essential that all competitors visit the download tent by course closing time (16:30) whether or not they have finished their course.

Maps: Maps are drawn to ISOM 2000 Specification (not ISOM 2017).

Start Times: Starts are from 10:00 to 14:00 with courses closing at 16:30. It is the competitor's responsibility to ensure they allow adequate time to walk to the start. 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 unless there is an organisational problem. Bibs will display PS for competitors with punching starts (helpers, parents with split starts and all those on colour-coded courses). Start lists will be displayed in Arena.

Start Procedure: Call-up will be at -4 min. Competitors should clear their SI card before they enter the start boxes. Shadowing Children: Juniors who require shadowing should be entered on the colour coded courses only. No shadowing will be allowed before your own run. The adult shadower must not pick up a map at the start.

Pre-Start Map Viewing: Blank maps will be displayed in the 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.

Control Description Sheets: All age class and colour coded courses will use pictorial description sheets. Control descriptions will be printed on the competition maps; loose copies will be available in the start lanes.

Bibs: Must be worn on all days. Please write relevant medical information on the back of bibs (e.g. allergies).

Clothing and Equipment: The torso and legs must be covered, and it is recommended that a whistle is carried. The Day Organiser may 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. Results: On display in the Arena and regularly updated on the Website. Wi-Fi available in Arenas courtesy of SPORTident. Scoring: For Elite classes, scoring is based on cumulative time 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, 2nd placed competitor 2 points, and so on. Competitor's overall score will be the sum of their best 4 scores of the week. In the event of a tie between 2 or more competitors, the competitor with the lowest individual day score will win. Competitors who fail to finish, do not start or are disqualified will be awarded a points score which is 5% higher than the maximum number (over all 6 days) of entrants for the class. Prizes: Prize giving will take place at 15:00 on the last day. There will be awards for the top 3 overall in each class with additional mementos for places 4-6 in 16- classes.

Cloth Points Award Badges: Gold. Silver & Bronze badges will be awarded to competitors who obtain an overall score less than a given benchmark which will depend on the class size: Gold N x 0.8, Silver N x 1.6, Bronze N x 2.4, where N is total number of active competitors. Badges will be available from Day 5 at a price of £4/badge at the event or by post after the event on receipt of a stamp-addressed envelope. 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 and Appendix A of the 2016 British Orienteering Rules.

Taping: The following colours will be used: 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 and 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.

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







www.scottish6days.com/2017 Glen Tanar • Balfour Forest • Birsemore Hill • Creag Choinnich • Glen Feardar

Scotland



Personal Daily Planner

RAMBOLL

Day 1 30th July Glen Tanar		
Day 2 31st July Balfour		
Day 3 1st August Birsemore		
Day 4 3rd August Creag Choinnich		
Day 5 4th August Glen Feardar		
Day 6 5th August Glen Feardar		

Shuttle Bus Service

For pre-booked passengers only

	To Event	From Event			
Days	Days	Day 4	Days	Days	
1, 5 & 6	2 & 3		1-4	5 & 6	
08:30	08:15	08:30	09:15	09:15	
09:15	09:00	09:00	Every	45 min	
10:00	09:45	09:45	ur	ntil	
10:45	10:30	10:30	13:45	13:45	
11:30	11:15	11:15	14:00	14:30	
12:15	12:00	12:00	14:30	15:15	
13:00	12:45	12:45	15:00	16:00	
13:45	13:30	13:30	15:30	16:45	
			16:00 16:30		

Bus to Event will depart from Primary School in Ballater. 2nd pick up in village will be shortly after. Times are indicative, please be at stop 10 mins before. It is the competitor's responsibility to ensure they allow enough time to make their start time. Note on Days 5 & 6 there is a 2 km walk from Bus Drop-off to Arena

Wearing of seatbelts is mandatory.



Planners: Roos Eisma & Alastair Duguid (TAY), Mark Wood (ESOC)

Organisers: Davie Frame & Elaine Gillies (TAY) Controllers: Ian Turner (SOLWAY), Ewart Scott (ESOC)

Directions: Follow signposted route from the A93 in Aboyne. At Aboyne Bridge turn right and follow the B976 2km to Bridge o'Ess. Do not approach along the B976 from the west, e.g. Dinnet, as the entrance is on a sharp bend. Temporary speed limit signs. Vehicles should exit left/west when leaving the event at the Bridge o'Ess (back onto the B976). Last arrival at 12:30. No exit before 13:00.

Parking: In a large flat field, 2.6 km along a rough estate track. Bus passengers take care crossing a minor public road and follow signs to the Arena.

Arena: In the same field as Parking. Starts: White: exit south. Unsuitable for buggies. Green/Blue/Red: exit northwest passing the string course. Mostly on good paths/ tracks, with a short rougher section. There is a marshalled track crossing. Follow instructions and cross quickly to minimise traffic queues. There will be limited toilets near this start. Maps: Deeside Orienteering and Leisure Maps (DOLM) resurveyed 2015, revised 2017. M/W21E 1:15.000, all others 1:10.000. Terrain: Varies from steep hills with intricate contour detail on rocky moraine to sections of open forest. Distinct hills combined with variety in vegetation provide complex route choices on most courses. An open area, crossed by courses from the far start, is bordered by a barbed wire fence. This is crossable for many competitors but crossing points with lowered wire will be marked on the map.

String Course: Northwest of Arena. The start is accessible for buggies, but courses are not. The courses are beside a stream; please don't allow unsupervised children to play in or near this. Safety Information: 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 Elite Courses: Long distance; 80 min Estimated Leading Time (ELT). Special Information: Day 1 queues to collect bibs and to Enter On the Day may be long: please allow time for this.

Day 2 Mon 31st July **Balfour Forest**



Organising Clubs: INVOC, KFO & SOLWAY Planners: Iain Shepherd & Marsela McLeod (INVOC)

Organisers: John Emeleus (KFO) & Rhona Fraser (INVOC)

Controllers: Rob Hickling (GRAMP) & Tim O'Donoghue (SOLWAY)

Directions: Follow signposted route from the A93 in Aboyne. At Aboyne Bridge turn left along the B976 and follow for 4 km before turning sharp right onto one-way system on minor road through Oldyleiper. Follow for 2.4 km to Parking. Do not approach through Birsemore (exit only) or attempt short-cut signposted Birse Church. Exit northwest on one-way system.

Parking: In a large flat field immediately off the minor road

Arena: 100-500 m from Parking and 200 m from Bus Drop-off. Take care when crossing and walking alongside the public road. On approach to the Arena is a 40 m section which might be difficult for buggies. Please use access points provided for the event and do not cross the boundary fences anywhere else. 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. Portable toilets located at White/Green/Red start.

Maps: DOLM surveyed 2016, 1:10,000 Terrain: A new area to orienteering, includes a good mix of different terrain types, ranging from very fast open forest to slower rough open areas. Some boundary walls can be high and very difficult to cross in places and courses generally use crossing points or ruined parts of the higher walls.

String Course: Adjacent to the finish field, partly rough underfoot.

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)

Elite Courses: Long distance; 60 min ELT.



TINTO Planners: David Esson, Gareth Yardley &

Murray Anderson (GRAMP) Organisers: Helen Anderson (GRAMP), Sheila

Strain (ELO) Controllers: Trevor Hoey (FVO), Terry O'Brien

(STAG) Directions: As Day 2. Take care if leaving

Parking early - some competitors may still be walking along the minor road on their way to the starts.

Parking: As Day 2.

Arena: As Day 2

Starts: The initial walk to Starts is along a minor road, mostly level. Then the White Start is located 50 m along a small path. Green, Red, Blue and Elite Starts continue on the road for a further 150 m, then along a narrow path and forest track. The access is not suitable for buggies, one short section is very steep. There will be portable toilets sited 250 m before the access to White Start.

Maps: DOLM surveyed 2007, revised 2017, 1:10.000.

Terrain: Birsemore is a great combination of physical and technical difficulty. While it is situated on steep slopes, it is largely bracken free so is fast running. There are a few crossing points throughout the area which affect some courses. The maps and control descriptions will state whether the crossing points are compulsory for your course.

String Course: Located close to the Arena, the approach crosses a quiet track and a small bridge. Please use only the designated exit points to leave the Arena. The terrain involves a climb and is rough underfoot in places with 2 wall crossings. NOT suitable for buggies. Safety Information: There are large crags/ cliffs on the north face of Birsemore. The courses have been planned to avoid them. Elite Courses: Middle distance and World Ranking Event. 35 min ELT. Seeded start list. New bibs will be available at pre-start. Separate Elite Start close to the G/B/R Starts, Finish is shared with 6-Days competitors. Elite courses bar the last control will have control codes of 2 digits, (i.e. 67, 82...) whereas all other courses will use 3 digit codes (123,158...) Special Information: Courses 1, 2, 3, 8, 9, 10 will have some taped legs on their courses.



В



Organising Clubs: BASOC, ECKO, EUOC, RR Planners: Ross Lilley & Alan Partridge (ECKO) Organisers: Pauline McAdam & Sarah McAdam (RR)

Controllers: Eddie Harwood (MOR), Andy Oliver (MAROC)

Directions: Access directly from the A93 north of Braemar. Temporary speed limit signs. Parking: Very large flat field west side of the A93.

Arena: Field opposite parking, east of A93. Use manned crossing points to cross A93. Starts: Shared route to all Starts through Braemar until 200 m before White/Green Start. Portable toilets will be located close to where routes to Starts diverge. From there the route to Red/Blue Start is mostly uphill and fairly physical. Allow plenty of time for this part of the route. The start is exposed - competitors may leave clothing at the Start but should note that it will not be returned to the Arena until after the Start closes

Maps: DOLM surveyed and resurveyed 2016, 1:10.000

Terrain: The map covers Creag Choinnich and the slopes of Carn na Sgliath, highest point 690 m. The area is very varied with the wooded areas generally being good running but often very steep. Open areas tend to be much rougher. There is considerable contour and rock detail in areas, contrasted with slopes containing only subtle changes giving an even harder technical challenge made fair by the LIDAR based mapping. Shorter courses do not visit the rougher, higher or steepest parts. String Course: Within the fenced-off area to the north of the Arena. Not suitable for buggies Safety Information: Creag Choinnich is bounded by the A93. The northern slope is very steep with huge crags. Courses avoid this area Longer courses will encounter other areas of large crags. Competitors should not cross the high fences onto the A93 as this is an arterial route with fast-moving traffic. If lost, heading downhill east or west, should bring competitors to this fence or to Braemar. There are several uncrossable marshes. Competitors should be familiar with how these are mapped and should not attempt to cross one

Elite courses: Long distance; 60 min ELT. Special Information: There will be smiley faces used towards the end of junior courses to indicate correct routes

Fri 4th August **Glen Feardar East** to 0.3kr Ρ

Day 5

В

from OD

(MOR/EUOC) Campbell (MOR) Griffin (GRAMP) walk along vehicle route Toilets and traders in Parking easy for buggies.

1:10.000

courses do cross at bridges. Only Vodafone mobile works in Arena. Terrain as for other courses. accommodation

Course Lengths (km) and Climb (m) Day 1 Dav 2 Day 3 Day 4 Dav 6 Day 5 2.3 50 2.5 10 2.0 50 1.8 65 14 50 2.2 30 1 2 2.6 60 28 20 2.6 70 20 75 16 55 29 40 2.7 2.3 80 3 70 3.2 30 2.7 80 2.5 65 3.3 50 3.4 100 35 2.9 110 2.7 80 80 3.5 85 4 3.6 2.6 5 15 40 19 10 24 85 16 80 19 80 18 80 2.0 2.3 2.5 65 90 6 55 25 85 1.7 2.3 2.4 95 1.8 65 2.7 30 3.0 95 65 75 2.5 7 1.9 2.8 95 8 2.3 50 2.5 10 2.0 50 1.8 65 1.4 50 2.2 30 2.6 2.8 2.6 2.0 9 60 20 70 75 1.6 60 2.9 40 10 2.7 3.2 30 2.7 2.3 80 2.4 55 3.3 50 70 80 14 3.2 100 3.4 50 33 130 26 130 34 130 37 90 15 3.7 150 3.2 110 145 140 4.1 130 4.4 3.9 3.9 175 3.2 3.4 16 100 50 3.3 130 2.6 130 3.4 140 3.7 90 17 3.8 90 40 90 4.5 160 3.3 125 37 145 43 110 18 3.0 75 3.1 50 2.9 100 2.5 80 2.9 105 3.1 110 19 3.4 95 55 3.7 125 2.5 105 3.3 130 3.4 130 3.6 20 3.6 80 3.9 60 3.6 130 2.7 105 3.4 145 3.8 150 **21** 3.7 105 3.8 90 3.9 140 3.1 110 3.8 130 3.6 155

Course Lengths (km) and Climb (m)												
	Day 1			y 2		5 (KIII y 3	Da			y 5	Da	у 6
22	3.7	140	4.2	115	4.3	150	3.2	110	3.9	140	3.9	175
23	3.9	130	4.6	130	4.2	145	4.0	100	4.2	155	4.0	140
24	4.3	110	4.8	150	4.5	160	4.2	85	4.5	160	4.5	140
25	4.4	140	5.0	135	4.4	175	4.3	105	4.5	175	4.5	150
26	4.3	150	5.2	145	4.8	160	4.5	95	5.1	170	4.7	155
27	4.5	155	5.3	165	5.1	185	4.7	90	4.7	190	4.8	165
28	4.9	130	5.5	175	4.8	195	4.5	100	4.8	225	4.9	165
29	4.7	140	5.5	175	5.1	180	4.5	155	5.4	195	4.9	205
30	4.8	150	5.9	195	5.4	220	4.5	185	5.4	230	5.3	225
31	5.1	225	6.2	200	5.5	255	4.8	185	6.0	240	5.6	225
34	5.3	275	6.4	210	5.8	235	4.9	205	6.4	230	5.8	225
35	5.7	255	6.7	195	6.5	240	5.4	170	6.6	235	6.0	225
36	6.2	230	7.6	240	6.8	275	5.4	230	7.0	300	6.7	250
37	6.4	260	7.9	240	7.3	325	5.6	290	7.4	315	6.9	300
38	6.6	310	8.1	270	7.5	325	5.8	290	7.5	305	7.2	285
39	7.1	310	8.4	255	7.7	340	5.8	305	7.7	315	7.4	310
40	9.1	350	7.7	285	4.7	170	5.5	230	4.5	155	8.6	345
41	10.5	445	10.0	360	5.7	235	8.1	375	5.7	225	10.9	460

Sprint Race

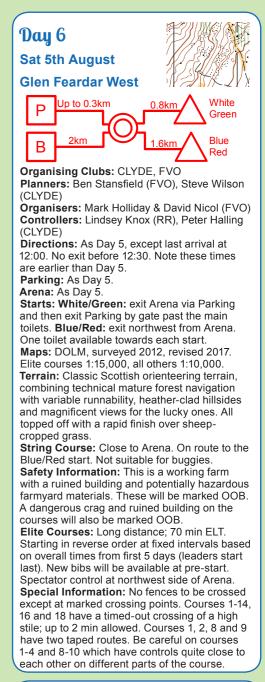
Venue: Event Centre, Ballater. Parking: In Ballater. and ScotJos. Controller: Richard Oxlade. Urban Leagues 2017 walk to start. Gristwood Terrain: Mixture of forest and urban.



Safety Information: This is a working farm with a ruined building and potentially hazardous farmyard materials. These will be marked OOB. If river and streams are in spate competitors are strongly advised to use marked crossing points. The Arena is exposed if weather is extreme.

Elite Courses: Middle distance; 35 min ELT.

Special Information: Bus passengers, please read Daily Newsletter for updates on 2 km pedestrian route to Arena. If you might have difficulty managing a 2 km walk to Arena you are encouraged to arrange shared lifts from your



Driving in Royal Deeside

Please obey all road safety notices and signs. Remember to drive on the left hand side! All the days have more than one possible route of approach. Please use the routes designated and signed from the A93 Braemar/Aberdeen. Routes have been agreed with the local authority and police. Please be patient if queues build up entering or leaving the parking fields. This will almost certainly be for road safety reasons.

Wed 2nd August Rest Day Activities **Trail-O Event**

Organisers: The Sprint Scotland Team (Graham Gristwood, Kris Jones, Chris Smithard and Fanni Gyurko), with assistance from SEDS

Part of the UK Urban League and Scottish

Start Times: 11:00-14:00. SI timing. 10-15 min

Map: 1:5,000, new map 2017 by Graham

Courses: Standard Urban League courses. Winning Times: Approx.15 min for all classes. Entry on the Day: There will be limited availability. Senior £12. Junior/Student £6

Venue: Cambus O'May - approx. 4 km east of Ballater along the A93. Possible by bus. Planner & Organiser: Anne Hickling (GRAMP). Controller: Rob Hickling (GRAMP). Start times: 12:00-14:30.

Map: 1:4,000, updated for Trail-O May 2017. Courses: Elite & Novice Pre-O (Classic Trail-O). Elite: 2.3 km, 22 controls. One timed control station at the start with 2 problems. Novice: 1.7 km. 15 controls. No timed control.

Courses will be along mostly good forest tracks. There is one short section which is a little steeper and where assistance may be needed by wheelchair users. Wheelchair users should bring their own assistant

Entry on the Day: Subject to map availability. Elite: Senior £12, Junior/Student £3. Novice: Senior £8 Junior/Student £3