

# Scottish 6 Day, Rest Day Sprint

## Ballater, Royal Deeside 2<sup>nd</sup> August 2017 Final Details

### Program

10:00	Registration opens	Victoria Hall, Ballater Village Hall
11:00 – 14:00	Starts	
15:00	Prize giving	Victoria Hall, Ballater Village Hall
19:00 – 20:00	Evening talk	Mike Sheridan Room, Ballater Village Hall

### Rules - All participants are expected to abide by the following:

- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all times.
- Respect other participants and the general public.
- Respect out of bounds areas and impassable features - it is your responsibility to know the map symbols!
- Cross roads and deal with traffic safely - take the time to be safe and aware.
- Please do not enter competition terrain between 8:00 and 15:00 (exception if you are staying there!).
- Maps will not be collected after your run – please do not show to later competitors.
- Scottish 6 Day race number bibs **MUST** be worn. Bibs are available for those without.

**Venue** - Victoria and Albert Halls, Station Square, Ballater, AB35 5QB (NO370959). Open from 10:00 until 16:00. Toilets and hall for changing and leaving bags/valuables.

**Parking** – In the 6 Day camp-site field, sign posted from the junction of the A93 in Ballater (Braemar Road) and Provost Craig Road. Follow signs and tapes from the camp-site entrance to the event centre / start.

**Toilets** - At event centre and event camp-site. **Please respect local residents and use the toilets provided!**

**Terrain** – A mixture of fairly steep but runnable woodland (with some stony ground and areas of bracken), open parkland and areas of more and less complex housing and town centre.

**Clothing and footwear** – As all courses encounter forest terrain, we recommend leg cover and shoes with decent grip.

**Map** – ISSOM 1:5,000. 2.5m contours. Drawn Spring 2017 by G Gristwood. BML printed on waterproof paper.

**Timing system** - SPORTident. Touch free punching enabled for SIAC cards - also available for hire (£3).

**Entry on the day** – Available subject to map availability. Adults £12, juniors/students £6.

**Warm up area** – Participants may warm up respecting the competition area as indicated on the map.

**Start** – Approx 500m partly alongside a busy road. There may be marshals but take care. **Call up** - 3 minutes

**Road Crossing** – All courses cross several roads. Courses 6 and 7 will have marshalled crossings. Courses also cross the entrance to the camp-site where there may be a flow of cars and people in and out.

**Finish**- Close to event centre. **All competitors must go to download whether completing course or not.**

**Control descriptions** - Available loose at the start and printed on the maps.

**Hazards** - Traffic (mostly slow moving), rough ground in woods, other runners, dogs, public and residents.

**Courses close** – 15:00

**Under 16s (born 2001 or later)** - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 6 and 7.

**Prizes** - Prizes for top 3 in each class.

**T-shirts** – Blue Sprint Scotland technical t-shirts will be available at registration for £12 each (cash only).

**Evening talk** – Tickets available at 6 Day registration on Saturday, and also on the door (£3/£2). Find out how international sprinters prepare/analyse their races, followed by a Q&A session.

**Going green** – Please walk / cycle / use public transport / lift-share to the event if you can. We support the Zero Waste campaign #0waste – please bring your own drinks bottle and re-usable mugs/bowls.

**First Aid** - A&E Aberdeen Royal Infirmary, ABERDEEN, AB25 2ZN; Aboyne Minor Injuries Hospital, AB34 5HQ

**Participants take part at their own risk** – any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Course	Class	Optimal distance (km)	Climb	Controls
1	Open Men	3.8	70	18
2	Open Women, Men 40+	3.1	35	17
3	Men 55+, Women 40+	2.8	30	15
4	Men 65+, Women 55+	2.4	35	14
5	Men/Women 75+, Women 65+	2.1	15	14
6	Men/Women 16-	2.7	50	13
7	Men/Women 12-	1.7	15	10



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**Co-ordinator** Graham Gristwood (07821 788885), **Assistant co-ordinator** Fanni Gyurko, **Organiser** Kris Jones, **Planner** Chris Smithard, **Controller** Richard Oxlade, **Web page** <http://sprintscotland.co.uk>

Sprint Scotland will return in 2018