



Still Talking

Welcome to Lossie Forest

Day 1: Lossie

Sunday 28th July 2013

Nearest town: Elgin

Lat/Long 57.69N /3.26W

OS Grid: NJ254670

PostCode: IV31 6RU

Information for Day 1 (Today!!)

Before you get out of your vehicle please think "Have I cleaned all shoes, buggy wheels, dog's paws?" and if not please make every effort to do so before walking to assembly (more stringent bio-security measures may be put in place on subsequent days)

Starts: Leave the assembly field by the north east corner, along flat sandy forest rides, unsuitable for pushchairs.

Map Scales: 1:10000 except for M/W45+, TD1-4 & courses 21,28,29 (1:7500). Contour interval 2.5m

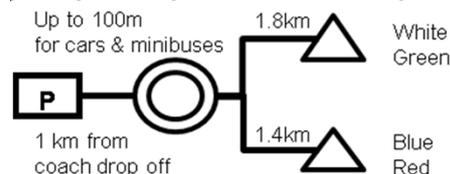
Safety Information: The quarry in the forest is Out of Bounds. The swamp and pond area north of the quarry is also Out of Bounds. Both clearly marked as such on the maps.

String courses : Accessed from the north east corner of Assembly. Today's theme is "Scottish Wild Animals". If possible please borrow Mum or Dad's SI chip if you haven't hired one. Open 10am-3pm

Special Info: UK Orienteering League event. The area is popular with off-road motorbikers who can create sandy tracks through the terrain and competitors should be aware that some smaller tracks may not be marked and that new tracks can appear at any time.

No exit before 12:45

Please Note: Map Contour Interval is 2.5m except on Days 4&6 (5m)



Acknowledgements:

Thanks to Duncan Gillisland and the Innes Estate for parking and assembly (and to Faye Gonzalez of SmithsGore). Special thanks to Calum Murray, Neil Theodoreson and Lesley Hutcheson of the Forestry Commission Scotland for their assistance for access and use of Lossie, Culbin and Roseisle.

Water - The recent deaths of two soldiers in the Brecon Beacons is a timely reminder of the dangers of dehydration. As stated in Technical Information no water is being provided by the Event. Competitors are responsible for their own hydration before during and after their runs and should be sure they drink ample water. Bags for plastic water bottles will be provided at the starts.

Remember- 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.

Ticks and other Beasties: As well as the nice Scottish Wildlife to see (eg dolphins) you may come into contact with some not so nice ie midges and ticks. Most local shops will sell natural remedies to deter midges and Information have copies of a fact sheet (also on 6 day website) about ticks and the safest way to remove them. The best way is to get them before they start biting so **please check yourself every day** and remove them as soon as possible. If in doubt please visit the Red Cross tent in Assembly.

Information for Day 2 : Carse of Ardersier (Monday)

Travel: From Forres take A96 west through Nairn. 1km after delimit sign take B9092 to Ardersier. After 3km (Springhillock) turn right and follow minor road 1 km to parking. From Inverness 2 km after crossing railway bridge beyond Inverness Airport carry on 2 km and turn left to follow minor road 1 km to just east of Sunnyhillock. Please follow signs not sat-nav!

One way system in operation, please arrive by 12:15 and no departure before 12:45.

String Course: "Wind in the Willows"

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 will be no drinks stations or water at the finish, except where noted

Please keep dogs on leads at all times and clear up after them and please take your rubbish away for recycling



Personal Ads If you'd like to print congratulations, commiserations, thanks etc, in a future edition of "Still Talking" fill in a sheet available at information or send an email to news@scottish6days.com by 15:00 for inclusion the next day (space permitting). Eg

- Helen Ashton, PFO, will be celebrating her 34th birthday on 28th July. Many happy returns! Best wishes from mum, dad and Mark xxx
- Congratulations to John and Barbara Warren of WIM (who have been to every 6-day since 1979!) who celebrated their golden wedding anniversary on Saturday 27th July. Alison Yeates
- Congratulations and a big happy 15th birthday to TONY CONDY (Ayroc) today (28th July) from Mum, Dad and all family & friends
- Happy birthday to Lucile MacLeod (FVO) from all the family
- Donald & Amelia Petrie (Clyde) are celebrating their 32nd Wedding Anniversary today!

Club Tents – New for 2013, the equipment team are offering to transport large club tents between Assemblies each evening on Days 1,2,4 & 5. 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.

Bus people – some of the pick up times have changed later in the week. Check the website for details, if you didn't get the Information at registration, or check with Lindsay, your conductress!

About Lossiemouth

Lossiemouth owes its existence to Elgin's need for a seaport through which its trade could pass. The first harbour at Lossiemouth was started in 1699 by a German engineer, Peter Brauss, at the mouth of the river Lossie near to where the East and West piers stand today. On 25th December 1806 the village lost its entire fleet of three fishing boats in a violent storm. Each Skaffie boat had a crew of seven. The boats were overcome by the violence of the storm and the village lost all of its able bodied men and youths in one afternoon. The boats and men which had the shoreline in their view were never seen again.

Lossiemouth's most famous resident was Ramsay MacDonald the first Labour Prime Minister. James Ramsay Macdonald was born 12th October 1866, son of a ploughman and a serving girl. While his future fellow parliamentarians were at Eton or Oxford, James lived with his mother, and attended a local free school run by the Church of Scotland. He worked as a teacher locally and then moved to London where he became a clerk and then a journalist. He joined the Independent Labour Party in 1893.

Possible Traffic Disruption

We've been made aware that there will be a number of Abnormal Loads (sections of wind turbines) transiting the A96 from Inverness to Forres and then south on the A940 every day this week. These loads will be moving slowly but it is our understanding that it is unlikely to delay competitors by more than 15-20 minutes. A full schedule for the loads is on the website, and copies at Information. Please read this and if necessary plan your journey to take account of any possible delays.

Fire Risk: To reduce the likelihood of starting a fire in the previously very dry conditions, please take the following precautions

- No smoking in any forest
- Do not leave BBQs unattended and make sure they are completely cold before disposal
- Keep glass bottles, jars etc out of direct sunlight

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

Event Photography www.activnorth.com

Chris Spencer (freelance photographer and orienteer) will be at all the events this week taking photos in the assembly area, run in to finish, starts and more importantly in the competition areas in and around the controls. A small selection of his photos will be uploaded to the 6 days website every day, but there will be many more to purchase from his website. Pick up a flyer to find out more or visit his website to see his photos from OBAN2011

Things to Do

Today's events in the Social Programme are

- Dyke Hall:** 20:00 Whisky Tasting – tickets from Information (£5)
- Brodie Castle:** 19:00 Romeo & Juliet Outdoor Theatre - call 0844 4932156 for ticket information
- Forres British Legion:** 19:30 Quiz Night with Live Music – free entry but donations welcome
- Soccer 7s** – sign up at Information, games on Weds, Thurs, Fri 18:30-21:30
- Benromach Distillery Tour, Forres** - Information have a limited number of reduced price tickets for a tour on Mon, Weds, Thurs, or Fri day

Why not visit Lossiemouth?. After leaving turn right to Lossiemouth; it has 2 great beaches and an outstanding Golf Course. There are 2 excellent ice cream shops (Mieles and Rizzas), 1629/la Caverna or Harbour Lights for snacks and meals, and recommended pubs are The Beach Bar and The Skerry Brae which serve food and the locally brewed Windswept beers. The balcony at the Skerry offers amazing views.

Traders

The following traders will be available in Assembly each day unless otherwise specified.

Equipment	Compass Point
	Ultrasport
Food	Tom's Burgers
	O Nosh
	Tomintoul Venison
	Kone Cabin (not day 6)
	Jack in the Box (not day 6)
Other	Swedish massage

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.

SPOT PRIZES Ace Adventures located south of Forres provide exciting outdoor activities along the River Findhorn. Today they have donated 10 vouchers, each to the value of £50, to go towards one of their activities. The vouchers will be presented to adult finishers who come in closest to predetermined finishing times. If you are one of the lucky recipients you have plenty of time during the week to book on one of their courses!

6 Day Shopping

Are you a jigsaw fiend? The Scottish Elite Squad (SEDS) are selling a Moray 2013 map-based cracker. Find us in Assembly and get one while stocks last – thanks for your support! Moray 2013 Souvenir Rock available@ merchandise stall in Assembly. Come and treat yourself!

Also nearby today are ..
Scottish Dolphin Centre (nr Buckie)
www.wdcs.org/connect/wildlife_centre/spey_bay.php
Pictish Fort at Burghead
www.burghead.com/burgheadfort.html) Visitor Centre, Dark Age Well, Great Views
Duffus Castle (www.historic-scotland.gov.uk) - One of the finest examples of a motte and bailey castle in Scotland (ruined)
Spynie Palace (www.historic-scotland.gov.uk) - also known as Spynie Castle, was the fortified seat of the Bishops of Moray for about 500 years until 1686. The founding of the palace dates back to the late 12th Century.
Elgin – shops, cathedral, motor museum, heritage centre, Internationally renowned museum (with dinosaur footprints)
Baxters Visitor Centre Fochabers - www.baxters.com/about-baxters/our-stores/fochabers/
Play Barn - Greenfields near Lhanbryde – includes Go-Karts www.theplaybarnatgreenfields.co.uk/
Elgin Kart Raceway - karting and laser shooting www.elginkarttrack.co.uk

Have you picked up your copy of the Info sheet (available on the website or at Information) with lots of other ideas for things to do, including attractions, businesses etc that are offering discounts to orienteers (with more being added daily to the website eg The Play Barn, The Pancake Place in Elgin and Iolaire Gift shop in Nairn)?