



# Still Talking

## Welcome to Culbin

Day 3: Culbin  
Tuesday 30th July 2013

**Nearest town:** Forres  
**Lat/Long** 57.60N /3.73W  
**OS Grid:** NH967585  
**PostCode:** IV36 2TE



### Acknowledgements:

Thanks to Forestry Commission for the use of the forest, and to Mr Sutherland for the use of the parking and assembly fields. They have both been very helpful with preparation work for the event.

**Mrs Sutherland will have a stall in assembly selling home baking in aid of the local church at Dyke, so please show your appreciation.**

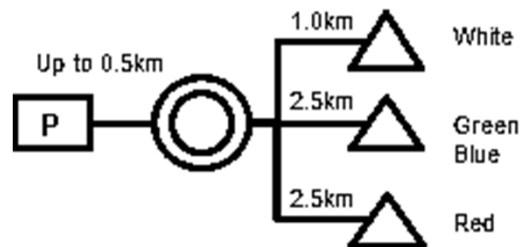
### Remember- no bib, no go (including colour coded courses).

Pre-entered colour coded competitors who have not yet collected their bibs should do so before their run at the information point. These courses do not have pre-allocated start times and competitors can start at a time convenient to themselves.

### Information for Day 3 (Today!!)

**As on other days please clean shoes, buggies etc**

**Starts:** Leave assembly from the west end. Routes head north and split after 200m and mainly follow flat forestry tracks. All routes to starts and from the remote finish cross some (mostly White start) courses and the routes pass some technically easy controls; please give way to competitors and obey instructions from marshals.



Routes to the Red start follow a vehicle track that will be used by competitors on technically easy courses – please keep to the left hand side and do not obstruct runners coming in the opposite direction. The White start is 2km from the Red start and 2.7km from the Green/Blue start. A map in assembly will show route options for parents wishing to accompany juniors to the white start before continuing to their own. (Short section of rough field en route to the white and red which is unsuitable for buggies).

**Courses (new):** Course 1,2,8 & 9: there is a lot of heather on the rides used in the early part of these courses. In the worst parts this has been cut back to make the rides clear. Short pieces of red/white tape have been used to identify mapped line features in the few places where they are unclear.

Courses 3, 4 and 10: these cross the routes to the Red & White starts and the route back from the remote finish, and visit a control (twice) which is close to these crossing points. Please be careful at this junction as this could be confusing. Please note that the field alongside the courses is Out of Bounds and the new gate in the corner of this field is not on the map.

Green/Blue/Red start courses: please note that very recent thinning has affected the north west part of the forest, creating a lot of extraction lanes and obscuring some of the mapped narrow rides.

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

**Remote finish:** Only White start courses (1 to 11) and elites (40, 41) will finish at assembly. All others will have a remote finish with a 1.4km walk back to download at assembly. This has been necessary so that courses can access the more interesting parts of the forest. Please download on return

**Safety Information:** Culbin is popular with many other users - please treat them all courteously. A small marshy pool west of the assembly area will be taped off. Please ensure children are kept clear. There are stacks of cut logs adjacent to the Green/Blue start. Please keep well clear of these and do not be tempted to use them as seats.

**ANTHILLS** These are mounds of pine needles which have been built by wood ants as a habitat. There are some particularly impressive ones in Culbin at the moment up to 1.5m high! The ants are harmless to humans but very useful to the ecosystem, so please try and avoid damaging them.

**Extra Toilets:** There will be a limited number of toilets near to the Red and Green/Blue starts.

**String courses :** Just north of Assembly on the way to the starts (courses are not buggy friendly). Today's theme is "Rainbows – lots of fun for everyone". If possible please borrow Mum or Dad's SI chip if you haven't hired one or you may have to wait. Open 10am-3pm

**Special Info:** UK Orienteering League event

**HELP:** The Day 3 team would very much like some help collecting controls today. Please come to Information at 16:00.

### Information for Day 4: Loch of Boath (Thursday)

**Travel:** Follow A96 west from Forres by-pass for 11 km then left through Auldearn. At end of village turn left onto B9101. Cross A939 then drive 9km to Cawdor. Turn left on to unclassified road (7km to event). There are several side-roads which look shorter, but are single track with local drivers. From further west follow B9101 and join the route as above from the east edge of Cawdor. From Nairn at junction of A96/A939 follow route south to join traffic where B9101 crosses. Remember the large loads transiting from Inverness to Forres **every day** and add extra time for your journey.

Details on website or at Information. **Elite runners ( top 10 Euromeeting starters) should collect**

**Trackers and Vests from the Pre Start area**

**String Course:** "Star Wars"



## About Culbin

Culbin Forest sits on the Moray Firth between Nairn and Findhorn. It was once the site of a prosperous farming estate. Coastal sand dunes were gradually destabilised as local people removed plant cover, including marram grass, which they used to thatch their homes. The once fertile area was gradually covered with sand. In 1694, a great sandstorm finally buried the estate, turning the area to desert. The sand was stabilised by the Forestry Commission in the mid-20th century. From the 1930s onwards, they planted Culbin Forest which covers an area of over 9000 acres. Between the forest and sea is an area of saltmarsh, winter home to thousands of birds. The landscape here is constantly changing and being shaped by coastal processes.

Forres was confirmed as a Royal Burgh around the year 1496; it has been recorded that Forres had its own Royal Castle originally built in 900AD, possibly from the time of Kenneth McAlpine the first king of united Scotland. After William I became King of Scotland in 1165, the castle at Forres served as a hunting lodge for royalty. Today the mound, which is known as castlehill is still there, but unfortunately over the years the remains of the castle have all been removed.

The local area is steeped in history from the Pictish era. At the east end of the town stands a Picto-Scottish 21 foot tall obelisk called 'Sueno's Stone' and probably dates to around 980 AD and is the largest sculptured stone in Europe.

Standing high on Cluny Hill, Nelson's Tower looks down, with some presence, over Forres. Erected by public subscription, the tower was built as a memorial to Admiral Lord Nelson, the foundation stone being laid by James Brodie of Brodie on the 26<sup>th</sup> August 1806. The tower is open from 2-4pm seven days a week during the summer months.

A recommended short walk is the 'Hill 99 Viewpoint Trail', which is waymarked from the Wellhill car park at the east end of Culbin. There are excellent views from a tower which rises above the forest. (But note that this area is embargoed for WOC 2015 competitors)

## Rest Day (tomorrow Wednesday) Activities update

**Sprint O** : Lossiemouth *Euromeeting races 13.25 – 14.37, Open races 15.00 - 19.00.* Entries now closed. EOD available for Course 2 -Women (limited), Course 3 -Juniors and Men overflow (limited) and Course 4 - Score. Spectators welcome - lots of top athletes , spectator control, big screen and PA. See website for Start Times & Final Details (including travel /parking details) [www.scottish6days.com/2013/sprint-race](http://www.scottish6days.com/2013/sprint-race) Euromeeting competitors will wear special bibs; other runners should wear their 6 Day bib. **Elite runners ( top 10 Euromeeting starters) should collect Trackers and Vests from the Pre Start area**

**MTBO:** At Milntonduff Community Sports Hub Updates on <http://www.facebook.com/pages/Active-Schools-Moray/257883140983830>

**TrailO:** At Welhill car park (parking charged apply), follow brown signs to Culbin from A96 west of Forres. EOD still available Register by 12:00

**Radio O:** Same parking as Trail O. Starts from 10:00-13:00

**Soccer 7s** : First matches of the tournament (Juniors 14:30-17:00, Seniors 18:30-21:30. Spectators welcome at Grant Park in Forres

**Forres Harriers:** "View Point Challenge" 6:45pm Run from Grant Park to the Viewpoint at Caliper Hill

**Special Entertainment** Johnstone & Harry (stars of the Moray 2013 promo You Tube video and producers/directors of "Forest Jump", the hit movie) will be doing some short demos of "what they do" at various times today, alongside the run-in.

A Headcam Video from Day 1 Lossie, (full course 28 ,despite the rain!) is on You Tube. A further video with route map will be made soon <http://youtu.be/eKDM01sUoF8>. Tony Udris

The keenest competitor? One of our Russian competitors flew to London from Moscow and then cycled here!. He turned up at registration with no tent & no accommodation. Helpful members of local clubs found him a tent, so all ends well.

The Royal British Legion have produced special souvenir badges to commemorate our event and are on sale at Information and theEvent Centre for £2 (proceeds to local charities)

**Certificates: Juniors** – don't forget to collect yours from Information if you were one of the **first 3 competitors in classes (M/W 10 to M/W16, A and B classes) on Day 2**

On Day 4: Come and join some Special Guest O Superstars to help launch the countdown to Highland 2015 (WOC and the next Scottish 6 Days) Gather by the big screen in the assembly field at 14:00.

Reminder: Any 2015 team members who have ordered jackets or polo shirts should collect them from the Information tent

## Personal Ads

- Happy Birthday to Thomas Howell (M12)
- Chris James (NGOC) is 7.... tomorrow. He goes up an age class next year!
- Charity Quiz, only 50p, available until Thursday in aid of WorldVision which supports children in developing countries
- Phil & Adele Newall celebrate their 29th wedding anniversary today. Good luck to Adele, but Phil has a torn knee ligament so will be going slow!
- Happy birthday to Helen Errington (HH) on 29th July from Peter, James and Simon. (*Editor apologises for being a day late*)
- Anne and Richard Wilson LOC celebrate their 30th anniversary today
- Pia Schaffner (W40S) from OLG Cordoba (Switzerland) is celebrating her birthday on the rest day (31st July). Good choice ! Happy birthday and big kisses from all the family, Dieter (M45S), Yanis (M10B), Silas (String Course), Eric (M70L) and Alice.
- Colin Jackson - celebrate your 54th in style on the rest day - theakston old peculiars on you???? All the best - from the HAVOC hardcore!
- Happy 21<sup>st</sup> to Alana Wright (CLOK). Love Mum, Das, Ellie & Livia!
- Happy birthday to Alison Yeates (WCH) who has had many birthdays at Scottish 6 days since her first visit as an 11 year old WIM junior
- Happy 14<sup>th</sup> birthday Yasmin Field (SYO). Lots of love Mum, Pappa, Zac, Jake & Joe
- Happy birthday Matt White. Have a good day. Love Holly and all at the AAOC
- Thanks to the Black Watch from Fort George for helping pull an orienteer's car out of a ditch ½ mile from the parking yesterday.
- Wishing Graham and Rebecca Lloyd a happy 25th wedding anniversary today, and congratulations on actually remembering it this year! 'Siarlot'
- Carol Smithard will be walking the full length of the UK (Lands End to John O'Groats), including Orkney & Shetland, visiting 43 RNLI stations and climbing the three highest peaks of Wales, England and Scotland (Snowdon, Scafell Pike & Ben Nevis). A sponsorship sheet is in the KFO tent or [www.virginmoneygiving.com/carolsweewalk](http://www.virginmoneygiving.com/carolsweewalk)

Some pre-ordered training maps are still awaiting collection at Information.

Dyke Church Open Church Tuesday 30<sup>th</sup> July 5pm – 9pm All are welcome to view

The present Church was built in 1781 is listed and stands on the site of an earlier building. Our congregation is a healthy mixture of ages and drawn from over a wide area. We have one of only two triple deck pulpits in Scotland

## Things to Do

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

**Dyke Hall:19:30** Ceilidh is SOLD OUT but the British Legion have one on the same night.

See websieteor Things to Do infor sheet.

**Brodie Castle:** Earthtime activities for kids - 2pm- 3pm 2-4 year olds

(accompanied) £4.50 3.15pm – 4.45 pm 5 – 10 year olds (unaccompanied) £9

**Forres British Legion:** Scottish Ceilidh dancing with the Colin Ross Dance Band Doors open at 7.30pm.Tickets only £5.00 each

**Benromach Distillery Tour, Forres** - Pick up one of a limited number of reduced price tickets for a tour on Weds, Thurs, or Fri day afternoon

The 1629 Restaurant (20 Clifton Road, Lossiemouth) will give a 20% discount on their La Caverna Restaurant (that's the pizzeria downstairs, rather than the posh restaurant upstairs). You must show your 6 Day bib to get the discount. <http://www.1629lossiemouth.co.uk>

Also nearby today are ..

**The Loft** – between Elgin & Forres – multi-activity centre, coffee shop & bistro [www.easterange.co.uk](http://www.easterange.co.uk)

**Nelson Tower on Cluny Hill**

**Giants in The Forest** –an arts project that's a "must see" for orienteering families. [www.findhornbayarts.com](http://www.findhornbayarts.com)

**Bowling** – at the bowling club at Grant Park in Forres

**Speysidecraft Brewery,** Forres [www.speysidecraftbrewery.com](http://www.speysidecraftbrewery.com)

**Chimes Café, High St and The Red Lion Inn (Forres)**

**Nairn**– shops, beaches, golf, cafes

**Cawdor** - Darcey's Tearoom

**Ace Adventures** – activity centre 13 mins S of Forres offering 20% discount to orienteers [www.aceadventures.co.uk](http://www.aceadventures.co.uk)

**Logie Steading** -SW of Forres – art, antiques, heritage centre, gardens, café [www.logie.co.uk](http://www.logie.co.uk)