



# Still Talking

## Welcome to Loch of Boath

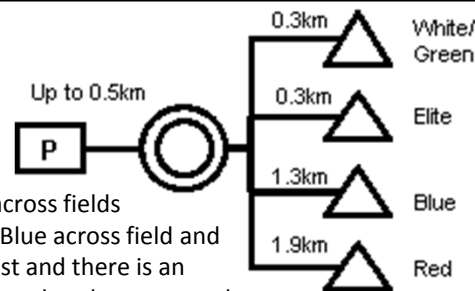
Day 4: Loch of Boath  
 Thursday 1st August 2013  
 Nearest town: Nairn  
 Lat/Long 57.49N /3.85W  
 OS Grid: NH892455  
 PostCode: IV12 5UT

### Information for Day 4 (Today!!)

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

**Assembly:** to the west of and next to the car park – maximum 400m walk to the finish. Please exit the car park field in the west corner (to right of toilets)

**Starts:** There are 4 starts: Elite which is adjacent to White & Green across fields 300m 0m climb. Red along road and forest tracks 1.9km 10m climb. Blue across field and along road & forest tracks 1.3km 10m climb. Blue start area is in forest and there is an area to the north that can be used for warm-up purposes. There is a modern house near the blue start, please respect the owners privacy and allow any vehicles to pass without delay. Red start area is open with little shelter.



**Map Scales:** 1:10000 for all courses. Contour interval 5m

#### Safety Information (new):

- Red/Blue start competitors have a walk along a road from the car park/assembly to the forest tracks leading to their starts. Those to the blue start will encounter heavier traffic coming to the event, so please take care and be considerate to prevent queues for the car park. The walk to the red start should encounter much less traffic. Blue start competitors will no longer be exiting the field through the same gate as the vehicle entry, but will cross the fence some distance from the gate
- Red/Blue/Elite men – Please take care crossing the road during the event.
- Marked crossing points – Where crossing points are shown across fences around the finish field, they are compulsory. South of the finish field there is a fence with no crossing point shown on it. This fence is ruined and can be crossed easily. Red start competitors also have an another area marked with compulsory crossing points.
- Bracken - In places the bracken is more extensive than indicated on the map. This is most significant in the NE part of the area used by Red/Blue start competitors.
- Control 144 – A small linear fenced area adjacent to the control is now in the form of rolls of fence wire on the ground.
- Flies may be a problem at the starts (especially for start officials)
- Cows were still using the assembly field a few days ago so please beware of cowpats! Wash hands thoroughly before consuming food and drink.

**Extra Toilets:** There are limited toilets at Red and Blue starts

**String courses :** To south of assembly (en-route to red start) approx 200m from finish. Today's theme is "Star Wars". Please borrow Mum or Dad's SI chip if you haven't hired one (to avoid queuing). Open 10am-3pm

#### Acknowledgements:

Thanks to tenant farmer Fraser Mackay (and son John) for parking and assembly, and to the Trustees of the Cawdor Maintenance Trust (through Bowlt's Chartered Surveyors, especially Ken Bowlt, Alison Aitken and Alistair Davidson). Access to the forest was facilitated by the Cawdor Estate and Cawdor Forestry, with thanks to Angus McNicol, Roddy Forbes and Hazel Cowan.

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

### Information for Day 5: Roseisle (Friday) – NEW and IMPORTANT - PLEASE READ!!

**Travel:** Assembly will be in Kinloss Barracks. All traffic please arrive from the roundabout at the east end of Forres bypass and go north to Kinloss passing through the village (and traffic lights). Pass main gate (Kinloss Barracks) and entry to the base will be signed at the end of the military houses on the left (Crash Gate 3). Cycling also recommended. Parking on level ground adjacent to assembly. Some parking on hard standing, including camper vans and minibuses. **Arrive by 12:15 please. no EXIT before 12:45.**

If overflow parking is required, Distance to Assembly could be up to 800m. **Please share transport where possible**

**Security: PLEASE Remember to have your bib ready as you approach the gate into assembly at Kinloss army base tomorrow (Day 5, Roseisle).** If you are arriving by car, display a competitor bib on the dashboard as you approach the entry gate – one is enough for the whole car – to avoid traffic building up behind you while you search for it. If you arriving on foot or by bike, have your bib handy to show to gain access to Kinloss.

**NOTE: Entry on Day (EOD) for Day 5** If you are an EOD competitor, or visitor today who might want to run tomorrow, we would appreciate if you would enter for Day 5 today, if you haven't already done so earlier in the week. This is especially important if you will be travelling independently tomorrow as a bib is necessary to gain easy access to assembly at Kinloss. If you know anyone else this applies to, please alert them as soon as possible.

**Traffic Lights on route to assembly tomorrow (Day 5)** – You will notice that there are traffic lights at ground level just before you arrive at the assembly area and just as you leave. We expect these to be at green throughout our event however we cannot guarantee this. If they are RED then you must STOP. These traffic lights are operated by military personnel and STOP probably means the air base is needed as a backup due to a problem somewhere else and a plane is taking off or landing on the nearby runway.

**Route to Start on Day 5** - A late change to the route to the start on Day 5 now means that it is 2.3km on the common route to the start. This is all within forest, on reasonable underfoot conditions, but not paths. There is no change from the branch off to White/Green Start and the remaining route to Red/Blue start.

**String Course:** "Come Fly With Me"

## About Cawdor (Loch of Boath)

The village is the location of Cawdor Castle, the seat of the Earl of Cawdor. The Castle is well known from Shakespeare's Macbeth. Macbeth becomes Thane of Cawdor early in the narrative. However, the castle was not actually built until more than 300 years after Macbeth died! Cawdor Castle dates from the late 14<sup>th</sup> century and was built as a private fortress by the Thanes of Cawdor. It remains the home of the Cawdor family but is open to the public who can view the house and extensive gardens and woodland. The castle also has a giftshop, a bookshop and a wool shop. There is also a restaurant and a snack bar.

The village of Cawdor grew largely as an estate village serving the castle with the architecture creating an obvious link. The Cawdor Tavern is a traditional country pub which is housed in a building that began life as the joiner's workshop for the Castle.

To the east of the village is a small settlement originally built for employees of the Royal Brackla Distillery, which was founded in 1812. After some years of decline it was taken over by the Dewars who have restored it to full production. There is no visitor centre and most of the output goes into blended whisky.

**Badges** with the Moray 2013 event logo and edged in the award colour **Gold, Silver or Bronze** will be available from today and are awarded to competitors in each class who achieve the relevant award standard. Points are based on your four best finishing positions over the 6 race days. Badge positions will be displayed, (and badges can be purchased at a cost of £3.00 each, at the Information Point), and traded up, if for example you buy one of the silver standard on Day 4 but reach Gold Standard on Day 6. More details about the 'scoring system' is on the 6 days website (under Competition).

Badges may also be purchased after the event subject to availability. Details of how to do this are available from information, or after the event until 31st August by e-mailing [2013@scottish6days.com](mailto:2013@scottish6days.com)

**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 3

## Day 2 Limerick Competition

### • **Winners - Mike & Toria Wimpenny**

*Dot put on her gaiters & gear*

*All green & yellow & dear*

*Then she got herself losted*

*(Despite all it costed)*

*And that made it Arder-t-sier!*

### • **Runner up – Sarah Haines**

*Plenty of old men on Day Two*

*Changed out of their pants in full view*

*Of young families eating*

*And teenagers tweeting*

*Those bare-cheeked old men of Day Two*

### • **Judges effort**

*Those orienteers at Carse*

*Whilst lolling around on the grass*

*Wrote limericks cunning*

*With scansion quite stunning*

*Though rhymes were remarkably sparse*

Look out for more 'highly commended' entries in future editions of Daily News and all entries will be published on the website in due course (assuming content is suitable!)

## Personal Ads

- Happy 12<sup>th</sup> birthday to Kerry Wood (bib no 1) from Dad, big sis Nicola, Rachel & everyone in ESOC
- Happy 44<sup>th</sup> wedding anniversary to Ray & Pat Snaith (CLOK) - many of them spent at the 6 days.
- Happy 48<sup>th</sup> birthday to Paul Van Dam (HALO). Love from Maria, George and Emma xxx
- Happy 69<sup>th</sup> birthday to Jannike Bremar Johannessen from IL GNEIST, Norway, and still one of the fast light greens ...
- Thank you to Victoria Anglen for handing in a "forgotten" wallet and phone by Tom's Burger van. Colin Slade
- Thanks to MDOC for helping the day organisation today, and to friends in SWOC, SO, HAVOC, SROC, & PFO on Day 3.
- If anyone found a Blacks bag (with a Gap blue check shirt) on Day 2 please hand it into Information or NGOC tent for Gill Stott (sentimental value).
- Lift required to Newcastle after Day 6 – call Kati on 004915788181067
- Alistair Thornton (M18 MDOC) has uploaded some "fun" video clips from Days 1-3 to YouTube. Search for Scottish 6 Days Orienteering, and look for the MORAY 2013 logo.
- Merchandising are having a SALE today of MORAY 2013 branded clothing (everything must go) – come to the stall and see the new prices and BOGOF offers
- CYPRUS O WEEK? Dick Carmichael (controller day 1 and a part founder of the S6D) wants to start a holiday tourism O project in Cyprus. He has maps, equipment, planning and controlling skills, contacts and knows the whole island well, but needs volunteer help. If you know Dick or know the island of Cyprus or just want to help deliver a new project email him on [cyprus@carmichael.co.uk](mailto:cyprus@carmichael.co.uk)
- Reminder: Event Photographer Chris Spencer will continue to take photos for the final 3 days of competition (access all areas). You can view and buy copies for Days 1-3 at [www.activnorth.com](http://www.activnorth.com)

**Elite News:** Elite (and Eurometing) competitors are competing in a middle distance IOF World Ranking Event. Their start is adjacent to the assembly field and there will be a spectator control near the finish of their courses. There will be GPS tracking (top 10 men and women) on the big screen (along with interviews etc) so to preserve band width can we ask that people restrict their use of mobile networks whilst the Elite races are on (between 12:00 and 14:00). Elite runners (top 10 starters) should collect Trackers and Vests from the Pre Start area. A small warm up area for Elites is available adjacent to the Pre Start.

Come and join some Special Guest O Superstars today 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 and bring your club banners too.

Today is also VIP day, an opportunity to thank all those people who have generously supported the event – landowners, farmers, funders, sponsors and local business and community groups. THANK YOU!

Things to Do - Today's events in the Social Programme are

**Dyke Hall: 19:30** Pub quiz night **SOLD OUT.**

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:** Paul Kelly Disco and Bingo. Doors open at 7.30pm. Tickets only £5.00 each.

**Soccer 7s** – More matches 18:30-21:30 Spectators welcome at Grant Park in Forres

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

