



Still Talking

Welcome to Coulmony & Belivat

Day 6: Coulmony & Belivat
Saturday 3rd August 2013

Nearest town: Nairn
Lat/Long 57.50N /3.73W
OS Grid: NH964463
PostCode: IV12 5PT

Information for Day 6 (Today!!)

As on other days please clean shoes, buggies etc

Starts: Routes to the starts leave from the SE corner of the car parking & assembly field. Toilets will be located near this exit.

Routes to both starts follow the same route as far as the White start. The route crosses the minor road, a flat field, follows a woodland path and re-crosses the minor road (road crossings marshalled). The White start is 50m after this second minor road crossing. The route to all other starts then goes through woodland to cross the A939, more wood-land good paths for the remainder of the distance.

Map Scales: 1:10000 for all courses except Courses 40 (W21E) and 41 (M21E) which are 1:15000. Contour interval 5m

Safety Information:

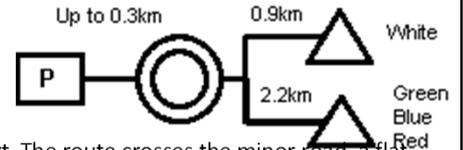
- The A939 is strictly out of bounds for all competitors.
- The route to the red, blue and green start crosses the A939 at a traffic light controlled crossing. Courses from these starts only, have a "timed out" A939 crossing, at the same traffic light controlled crossing. There are controls either side of the road, and the section between them will be excluded from the final results. Competitors must punch as normal at both controls. Competitors have 5 minutes to complete this leg (90m). Unfortunately the real time 'live' results may not have this adjustment.
- A temporary tower with TV camera will be sited in the terrain near the finish and another at the side of the assembly area by the elite spectator control. Competitors on most courses may pass this tower (please smile). The position of the tower will not be on competitors' maps.

Extra Toilets: There will be a few toilets by the Green/Blue/Red start

String course: The string course is adjacent to the route to the starts, 50m before the White Start. This can be reached with push chairs capable of crossing rough bumpy ground. Small children must be accompanied by an adult when going between assembly & the string course. Today's theme is "Room on a Broom". If possible please borrow Mum or Dad's SI chip if you haven't hired one (to avoid waiting for one). Open 10am-3pm

NO EXIT BEFORE 12:45

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



Acknowledgements:

Thanks to Anthony Laing of Coulmony for parking and assembly and grazing tenant Davy Nicolson. Also thanks to the Lethen Estate through Robert Hoskin and Achagour Fisheries (Stewart Mackintosh and daughter Cindy). Thanks again to Cawdor Estate (Angus McNicol) for Keppernach Woods being used for the Men's Elite course.

Elite News: M/W21E have a long distance race with a reverse order start at fixed intervals (leaders start last). There will be GPS tracking (for the top 10 women in W21E and top 10 men in M21E) on the big screen (along with interviews, runners eye view of the terrain etc) so to preserve band width can we ask that people restrict their use of mobile networks whilst the Elite races are on (12:00-14:00). **M21E and W21E competitors should collect their race bib in the pre-start area.**

The Elite courses also have

- 2 additional road crossings which are not supervised (look both ways and give way to traffic)
- one road crossing point at the end of a mandatory taped route (take great care crossing this road)
- one mandatory crossing between out of bounds areas
- a first aid point on the men's elite course only. It will have a mobile phone (with instructions) plus some water.
- water stations at controls (indicated on descriptions only)

In addition, elite competitors should note that crossing points are shown going over

a ditch where temporary bridges have been built. It is strongly recommended these bridges are used since the ditch could be very difficult to climb out of.

More details about the GPS tracking (and water stations) for the Elite competitor can be found in the latest Eurometing bulletin available at Information or on t website

We look forward to welcoming you back to Highland 2015 – the World Orienteering Championships & Scottish 6 Days. Come and race in the footsteps of the worlds elite!



About Nairn

The town of Nairn lies on the coast to the north of Coulmony and Belivat. Once called Invernairn - Gaelic for the mouth of the River of the Alders – the community saw the establishment of a Christian cell as early as the 4th century. The vision of one man was responsible for turning the impoverished little market town and fishing community of Nairn into a thriving health resort in the 19th century.

Dr John Grigor arrived in the town as a young ship's surgeon in the early 1800s. He was responsible for many institutions that still exist today. John Grigor was born in 1814, the son of an Elgin solicitor. At the age of 15, it was decided he would follow the family tradition – and his brother Robert – into a legal career. But a year into his legal studies Grigor changed direction and moved to Edinburgh University in 1831 to study medicine. Four years later he secured a position as an assistant surgeon on a ship chartered by the firm of Jardine and Matheson, who were trading in the Far East. He failed to make his fortune on his travels and returned to Elgin in 1837. To help him find gainful employment, an uncle in the legal profession directed him to Nairn where there was no hospital and few surgeons. Grigor built many large homes and hotels in the town, capitalised on Nairn's qualities of climate, sea and air, and turned the town into a prosperous watering place which attracted visitors from all over and Europe.

Nairn is known as a world class golfing destination, with two 18-hole Championship golf courses. One of these, The Nairn Golf Club is one of the greatest traditional links courses in the world and was established in 1887. It is currently ranked number 24th in the definitive list of the Top 100 courses in Britain & Ireland 2010/2011. The second course is Nairn Dunbar.

The town also hosts the Nairn International Jazz Festival each August, usually attracting some well-known and world class musicians. This year's festival runs from 4th August to 11th August 2013.

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.

Badges may also be purchased after the event subject to availability. Details information, or after the event until 31st August by e-mailing 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 5

Personal Ads:

- Happy 50th birthday to Gill Lock (the number 1 mum!) Love Siobhan and Carys xxx
- Happy birthday Juliet Bentley (SROC)
- Congratulations to David & Mary Nixon (SOC) on their 39th wedding anniversary. They have attended every 6 day event!
- Congratulations to Linda & Phil Smithard (KFO) on their 40th wedding anniversary. From Carol.
- Jack Beavers turns 5 today and has completed the string course every day. Well done Jack (and his sister!)
- Congratulations to Amy Loudon (USA) for successfully navigating around some tough courses in her first international orienteering experience.
- Happy birthday to Julia Watson, 50 years young today! Love from Debs, Barney & Sas xx + NN friends
- If Kati still needs a lift to Newcastle, try to contact a large red Citroen car (NJ61 XXB) before departure at 14:45 or call 07791044992
- Congratulations to Rob & Clare Lines (SO) on their 21st wedding anniversary. From Ed & Alex
- David Snow would like to get in touch with Judith (maiden name Warner) who used to live in New Eltham, now in the Lake District. Please text him on 07986215525
- Any remaining items of lost property will be retained until 31st August. Claims can be made through 2013@scottish6days.com
- Jigsaws and postcards still available. – last chance so get in quick! Proceeds to Scottish Elite Development Squad funds – all help greatly appreciated!
- Thank you to all who bought the charity quiz. A close result, the winner being Steve Jarvis (SO). Prizes will be presented today. Answers on the TVOC flag.

Day 2 Limerick Competition – Highly Commended Entries

Sue & Pauline Sinclair (JOK)

There was a young orienteer
Who flew into Ardersier
His run on Carse
Descended to Farce
When he found he'd forgotten to clear

Graeme Ackland (INT)

The deertick schoolmistress at Carse
Was out educating her class
"Look! Orienteers!
Get munching my dears,
With your choppers deep inside their arms

GB Squad

From throughout our nation runners unite
For a chance to compete, and a chance to fight
For a place in the team
At WOC 2015
The countdown begins tonight!
(or rather Thursday night Ed)

MORAY 2013 Prize Giving

The ceremony will begin as close to 3pm (with the Elite ceremony first) as possible today in the assembly field. Please make an attempt to stay for the prize giving to celebrate with the winners.

Moray 2013 have received very generous donations towards the prizes. Special thanks should be given to the following companies:

**** Gordon and McPhail ** Ultrasport ** Walkers Shortbread of Aberlour ** Ace Adventures ****

Claire Smith of Urquhart Pottery also deserves a thank you for her dedication and hard work in making 220 prizes throughout the winter months in her garden shed!

Reminder to prize winners – If you are not going to be able to collect your prize personally, please remember to nominate someone to collect your prize on your behalf. They will be able to do this at the END of the prize giving ceremony. PRIZES WILL NOT BE POSTED OUT AS THEY ARE FRAGILE AND HEAVY!

Last word from Mike Rogers (Regional Development Officer, Moray)

6 days might have noticed local journalists covering Day 3 and Euromeet. The Northern Scot weekly newspaper has planned some very substantial coverage for this week's edition due out last Wednesday. Expect interviews with local runners, international elites, and some key people behind the 6 days as well as lots of pictures. We're sure this will make a terrific souvenir to take home, so pick up a copy at any newsagent in the area. Editor Mike Collins and reported Joe Millican have developed an excellent understanding of our sport and we thank them for their enthusiastic support to promote Moray 2013, and orienteering in general, throughout the area.

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

Dyke Hall:19:30 Music with a Scottish flavour (Robin van Zelst then Nae Reel). £2 per person.

Brodie Castle: 19:00-21:00 Piano recital 'Vienna to Broadway' by Robin Colvill (International Concert Pianist) Adults£15, Child £8

Earthtime activities for kids - 2pm- 3pm 2-4 year olds (accompanied) £4.50 3.15pm – 4.45 pm 5 – 10 year olds (unaccompanied) £9

Pearl's Petcare (Tolbooth St, Forres are offering 10% discount on all your petcare needs,