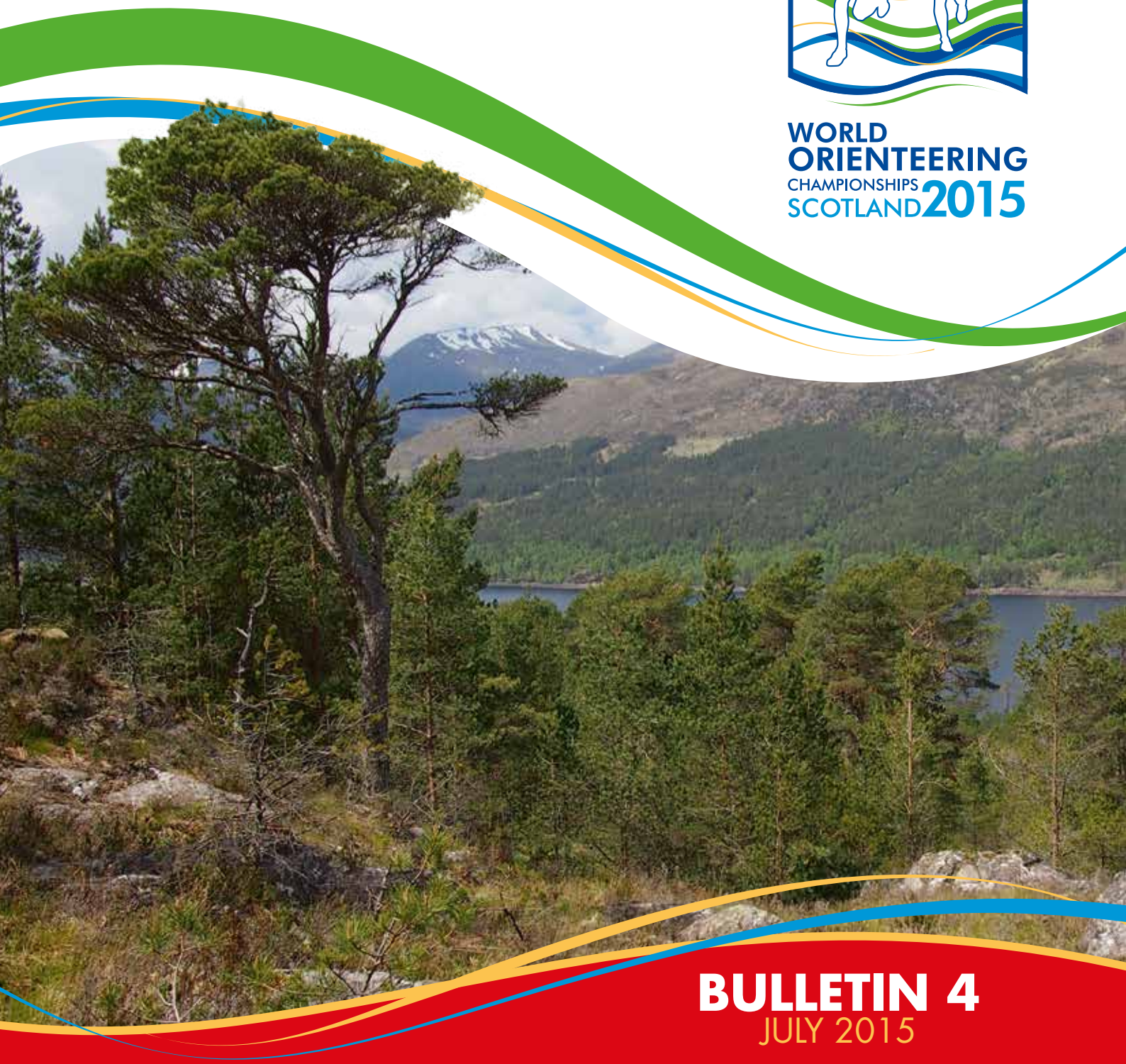




**WORLD
ORIENTEERING
CHAMPIONSHIPS
SCOTLAND 2015**



BULLETIN 4

JULY 2015

INVERNESS, SCOTLAND 31 JULY-8 AUGUST 2015
WWW.WOC2015.ORG

ORGANISERS:



PARTNERS:



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WELCOME TO WOC 2015!

The time has come! On the day this Bulletin is being published, the World Orienteering Championships (WOC) is about to get under way. Along with all the WOC competitors, team officials, IOF personnel, media representatives and event guests, some 800 volunteers are in Inverness to assist the main organising team in staging the event.

More than 5,000 entries have come in from nations on all continents for the Scottish 6-Days event taking place alongside WOC as part of the Orienteering Festival 'Highland 2015'. Yet more volunteers, from clubs covering the whole of the UK, are assisting the organisers here.

We are delighted to welcome to WOC the athletes and team officials from 51 countries as listed below.

ENTRY SUMMARY

Federation	Athlete	Team Official	Total
Australia	11	3	14
Austria	8	3	11
Azerbaijan	3	1	4
Belarus	4		4
Belgium	5	1	6
Bulgaria	6	1	7
Cameroon	2		2
Canada	10	2	12
China	6	3	9
Chinese Taipei	4	2	6
Colombia	2		2
Croatia	2		2
Cyprus	2		2
Czech Republic	12	3	15
Denmark	12	5	17
Ecuador	3	1	4
Egypt	2		2
Estonia	11	1	12
Finland	14	4	18
France	9	4	13
Germany	10	2	12
Great Britain	22	4	26
Hong Kong	10	2	12
Hungary	7	1	8
Ireland	12	2	14
Israel	2	1	3
Italy	7	1	8

Federation	Athlete	Team Official	Total
Japan	8	2	10
Korea, Democratic People's Republic	1		1
Korea, Republic	4		4
Latvia	8	2	10
Lithuania	8		8
Moldova, Republic of	2		2
Nepal	2		2
Netherlands	3		3
New Zealand	8	2	10
Norway	15	6	21
Poland	8	2	10
Portugal	7	1	8
Romania	4		4
Russia	14	2	16
Slovakia	4	1	5
Slovenia	4		4
South Africa	6		6
Spain	7	1	8
Sweden	14	5	19
Switzerland	12	6	18
Turkey	6	1	7
Uganda	4		4
Ukraine	8		8
United States	12	1	13
Totals	367	79	446

WELCOME TO WOC 2015 FROM IOF PRESIDENT BRIAN PORTEOUS



IT IS ALWAYS A VERY IMPORTANT PRIVILEGE AND HONOUR FOR ME TO BE ABLE TO WELCOME EVERYONE TAKING PART TO ANY WORLD CHAMPIONSHIP IN OUR GREAT SPORT OF ORIENTEERING. THIS YEAR IS ADDITIONALLY SPECIAL BECAUSE I AM ALSO ABLE TO WELCOME YOU TO MY HOME OF SCOTLAND.

This is the third time the British Orienteering Federation has hosted the World Championships and I want to thank everyone in the Federation, its clubs and in the Scottish Six Day Event for their commitment, enthusiasm and support. I want to thank all the public and private organisations that have made these championships possible, EventScotland, (a team within VisitScotland's Events Directorate), and the Forestry Commission Scotland. Thanks too to all the other landowners, sponsors and local authorities involved.

As we look forward to a week of great sport against the perfect stage of the Scottish Highlands, I wish every success to Paul McGreal and his big team of officials. I also want to wish an enjoyable and productive week to the media, coaches, team leaders and athletes. May the sun shine on all of us and the wind keep the midgies away! Above all, may we work together to ensure that this showcase for orienteering is an outstanding example of sport at its very best.

As we would say in Scots Gaelic, one of Scotland's three languages, "Ceud mile fàilte" - a hundred thousand welcomes!

Brian Porteous, IOF President

DEAR ORIENTEERING FRIENDS AROUND THE WORLD...



ON BEHALF OF BRITISH ORIENTEERING I AM VERY PLEASED TO WELCOME COMPETITORS, TEAM LEADERS, OFFICIALS, SPECTATORS AND GUESTS TO THE 2015 IOF WORLD ORIENTEERING CHAMPIONSHIPS IN SCOTLAND. GREAT BRITAIN HAS HOSTED THE WORLD CHAMPIONSHIPS TWICE BEFORE AND ON BOTH THOSE OCCASIONS IT WAS HELD IN SCOTLAND.

The World Championships will be held in collaboration with the highly successful Scottish 6-Days competition, which was first held in 1977 as part of the legacy of the first World Championships in Scotland. Having been held every two years since then, it has grown into a well-established and high-quality multi-day event that has over 3,000 competitors each time. For Highland 2015 over 5,000 competitors will take part.

We are very pleased to have the support of EventScotland which has tremendous experience in hosting high-profile international sporting events. Their involvement in the hosting of WOC 2015 will help us to raise the profile of orienteering within the UK and the international sporting community. Thanks also to the Highland and Moray Councils, and all the other organisations and landowners that have supported preparations for the event.

Scotland is a fantastic mix of stunning landscapes, wildlife and wonderful local produce, combined with a thriving arts and culture scene, and topped off with a colourful history of epic battles and historic castles. Whether you are a competitor, official, spectator or guest at the World Orienteering Championships, we are sure you will find it a memorable and enjoyable experience. Thanks very much to the experienced and dedicated team of people that have worked hard to organise the competitions, and good luck to all of you that are competing in them!

Martin Ward, Chair, British Orienteering

ON BEHALF OF MORAY COUNCIL

Councillor John Cowe said the event is a great showcase for Moray:

"Not only does this event bring people to Moray who may not have not been here before, it also demonstrates the wide range of events that the area can host."

"As usual in such matters, a few people put in a huge amount of hard work and time, and I congratulate the organisers of these Championships. I'm delighted that the Council has been able to support them in a number of ways in addition to some funding."



A WARM WELCOME TO THE 2015 WORLD ORIENTEERING CHAMPIONSHIPS IN SCOTLAND



WE LOOK FORWARD TO PRESENTING OUR INCREDIBLE FOREST, MOORLAND AND MOUNTAIN TERRAIN, ALONG WITH SOME FANTASTIC HIGHLAND HOSPITALITY. THE AREAS AND ARENAS WE ARE USING FOR THE RACES ARE AMONGST THE FINEST THAT CAN BE FOUND ANYWHERE IN THE WORLD, AND WILL PROVIDE A CHALLENGING TEST FOR ATHLETES, AND AN EXCITING EXPERIENCE FOR SPECTATORS.

We have a great team of dedicated and talented volunteers and staff working very hard behind the scenes to produce an incredible WOC – our vision is that WOC 2015 will be a great athlete experience: registration, status, venues, arenas, maps, courses and all other ancillary functions. Athletes will leave Scotland saying “best WOC ever”.

WOC has great support from a wide range of organisations, both within the sport (British Orienteering, Scottish Orienteering, Scottish 6-Days, our clubs), and out, support from (EventScotland, Highland Council, Moray Council, and many others). We are working closely with the well-established Scottish 6-Days event which will be run alongside WOC.

This will be the third time that Scotland has hosted WOC – the previous occasions being 1976 and 1999. In fact, Darnaway Forest, one of the iconic 1976 venues, will be used again in 2015.

Scotland is the perfect stage for hosting major events such as WOC – we have great experience, support and resources – the examples of the Commonwealth Games and Ryder Cup in 2014 are a good illustration.

We look forward to seeing you soon in Bonnie Scotland!

Paul McGreal, WOC 2015 Event Director

WELCOME FROM HIGHLAND COUNCIL

The Highland Council is delighted to be hosting this year’s World Orienteering Championships and Scottish 6 day Orienteering. By welcoming the UCI Mountain Bike World Cup and the Scottish Open Golf Championships, the Highlands has established itself as a wonderful venue for international events with a reputation for high standards, good organisation and excellent courses and facilities. Having this prestigious event take place in the Highlands again continues this tradition while also providing an incredible opportunity to promote the whole area as a holiday and outdoor activity destination.

As well as giving a welcome boost to local businesses, work with our schools, young people and clubs will also ensure that these events provide an Orienteering legacy in the area, by raising public awareness and encouraging more participants and more new entrants to the sport. As the Council’s leader **Margaret Davidson** said, “Everyone has been working very hard to ensure that the Highlands are ready to welcome people to what will be a very memorable experience, and I would like to wish all the participants every success”.



WOC AND THE LOCAL COMMUNITY

Orienteering is not generally well understood within the local community, and in the run-up to WOC there has been a concerted media campaign to ensure that local communities fully understand what is about to happen, in some cases quite literally on their doorsteps.

Within all the competition areas, especially the urban settings of Nairn and Forres, there has been extensive consultation with groups including Community Councils, Community Trusts, Business Associations and so on. Multi-agency meetings have been held with Highland and Moray Councils, and there has been great support from Councillors and other key officials. The economic benefits of WOC and the associated Scottish 6 Days event are considerable, within the local area and Scotland as a whole.



Credit: Colin Matheson

ORGANISATION

ORGANISING COMMITTEE

Paul McGreal	Event Director
Colin Matheson	Assistant Event Director
Jenny Downs	EventScotland Event Manager
Emma Wilson	EventScotland Event Manager
Jon Marsden	ICT Director
Linda Cairns	Volunteer Manager
Rob Hickling	Commercial Director
Hilary Quick	Development Manager
Richard Oxlade	Highland 2015 Coordinator
Stephen Round	Finance Director
Graham McIntyre	Technical Director
Paddy Cuthbert	Communications Manager
Elizabeth Furness	Athlete Services
Lorna Eades	TV Lead Coordinator
Phil Conway	IOF/NOF Services
Richard Pearson	Arenas Manager



**WORLD
ORIENTEERING
CHAMPIONSHIPS
SCOTLAND 2015**

COURSE PLANNERS, MAPPERS

Race

Sprint Relay
Sprint Qualification & Final
Middle Distance & Relay
Long Distance

Course Planner

Dave Robertson
Tim Sands
Graeme Ackland
Steve Nicholson, Brian Bullen

Mapper

Steve Smirthwaite
Steve Smirthwaite
Jon Musgrave, Stirling Surveys

IOF ADVISERS, CONTROLLERS, JURY

Event Advisers:

Jørn Sundby
Åke Jönsson
Tony Thornley
Colin Eades
Steve McKinley
Steve Smirthwaite
Rob Hickling
Marquita Gelderman (NZL)
David Aleš (CZE)
Aron Less (HUN)
Markus Puusepp (EST)
Ivar Maalen-Johansen (NOR)
Jari Kymalainen (FIN)
Unni Strand Karlsen (NOR)

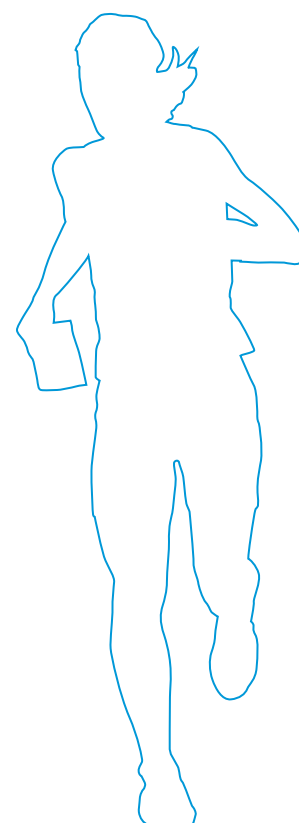
Controllers:

Senior Event Adviser
Assistant Event Adviser
National Controller
Assistant Controller
Assistant Controller
Assistant Controller
Assistant Controller
All events
All events
All events
Sprint events + Middle Distance
All sprint events
Long Distance, Relay
Middle and Long Distances, Relay

Jury:

STEERING GROUP

Mike Hamilton	CEO, British Orienteering
Anne Hickling	Chairman, Scottish Orienteering 6 Day Event Co Ltd
Martin Ward	Chairman, British Orienteering
Stuart Turner	EventScotland
Roger Scrutton	President, Scottish Orienteering Association
Colin Simpson	Highland Council
Reni Milburn	Moray Council



PROGRAMME

WOC				S6D		
Date	Time	Event	Place	Time	Event	Place
Thu 30 Jul	1000	WOC Office Opens	Eden Court			
	1100-1630	Model Sprint Events	Nairn			
	1700-1830	Technical Model Event (All Sprints)	Eden Court			
	1900-2000	Team Officials Meeting: All Sprints	Council Chamber			
Fri 31 Jul	1100-1430	Model Sprint Events	Nairn			
	1530-1745	Teams into Quarantine	Forres Academy			
	1801-1955	Sprint Qualification	Forres			
Sat 1 Aug	1000-1530	Model Middle Distance & Relay	Darnaway			
	1500-1715	Teams into Quarantine	Nairn			
	1645-1730	Opening Ceremony	Nairn			
	1805-1915	Sprint Relay	Nairn			
	1905-1915	Flower Ceremony	Nairn	1930-2130	Open Sprint	Nairn
Sun 2 Aug	1000-1200	Model Sprint Events	Nairn	0945-1630	Day 1	Achagour
	1500-1600	Teams into Quarantine	Forres Academy			
	1651-1900	Sprint Final	Forres			
	1850-1900	Flower Ceremony	Forres			
Mon 3 Aug	1000-1400	Model Middle Distance & Relay	Darnaway	0945-1630	Day 2	Glen Strathfarrar
	1600-1730	Technical Model Event (Middle, Relay & Long)	Eden Court			
	1000-1600	Model Long Distance	Achilty/Littlemill			
	1800-1830	Medal Ceremony - Sprints	Eden Court			
	1900-2000	Team Officials Meeting: Middle & Relay	Council Chamber			
Tue 4 Aug	0900-1130	Teams into Quarantine	Forres Academy	1000-1300	Urban Sprint	Forres
	1154-1700	Middle Distance	Darnaway	1100-1700	Highland O-Fest	Darnaway
	1420-1430	Flower Ceremony, Women	Darnaway			
	1650-1700	Flower Ceremony, Men	Darnaway			
Wed 5 Aug	1240-1340	Teams into Quarantine	Darnaway	0945-1630	Day 3	Darnaway
	1355-1750	Relay	Darnaway			
	1430-1800	Invited VIPs Open Day	Darnaway			
	1750-1800	Flower Ceremony	Darnaway			
Thu 6 Aug	1000-1300	Model Long Distance	Achilty/Littlemill	0945-1630	Day 4	Darnaway
	0830-1230	IOF EGM & Presidents' Conference	Thistle Hotel			
	1400-1700	IOF/VIP/Media race & castle reception	Darnaway			
	1800-1830	Medal Ceremony - Middle & Relay	Eden Court			
	1900-2000	Team Officials Meeting: Long	Council Chamber			
	2000-0000	WOC Banquet	Inverness			
Fri 7 Aug	0800-1100	Teams into Quarantine	Cannich	0945-1630	Day 5	Glen Affric
	1000-1551	Long Distance	Glen Affric			
	1550-1600	Flower Ceremony	Glen Affric			
	1845-1930	Medal Ceremony - Long & Closing Ceremony	Eden Court			
	1930-2030	Elite Junior Clinic	Eden Court			
	2030-0000	Athletes' Party	Eden Court			
Sat 8 Aug				0945-1630	Day 6	Glen Affric

Timings are British Summer Time (BST), one hour ahead of Greenwich Mean Time (GMT).

RACE VENUE LOCATION MAP



WOC AND THE ENVIRONMENT

Some of the best orienteering terrain in Scotland coincides with environmentally sensitive areas which may have multiple designations – Special Areas of Conservation, Sites of Special Scientific Interest, Specially Protected Areas and so on. The need to protect vulnerable habitats and species is covered by the Nature Conservation (Scotland) Act 2004, with special consideration in relation to capercaillie. Capercaillie are listed in Annex 1 of the EU Birds Directive (1979) and consequently protected under European law. Because of capercaillie, orienteering is not permitted in many areas from the period 1st March to 31st August and this has severely restricted training opportunities in e.g. Speyside.

Early August is one of the least sensitive times of year for other species (flora and fauna) and land management operations, and we have taken advice from Scottish Natural Heritage and other bodies such as the Royal Society for the Protection of Birds and Forestry Commission Scotland to minimise possible disturbance to habitats and species. In some instances, courses have been planned to deliberately avoid certain areas – for example in Glen Affric blanket bogs and wet heaths have been avoided where practicable. Please avoid running through marshes where possible. A number of specially protected bird species have also chosen to nest in competition areas; expert guidance and agreement has been sought from relevant experts and statutory bodies to determine what is acceptable in terms of buffer zones or direction of approach.

If areas are marked as out of bounds, please respect these restrictions and keep to permissible areas.

Repeated studies across Scotland and elsewhere in the UK have shown that the environmental impact of well-planned and organised orienteering events is minimal and areas will soon recover. WOC 2015 is in some superb terrain and we hope you will appreciate the natural beauty of this special area of Scotland.



WOC EVENT CENTRE AND OFFICE

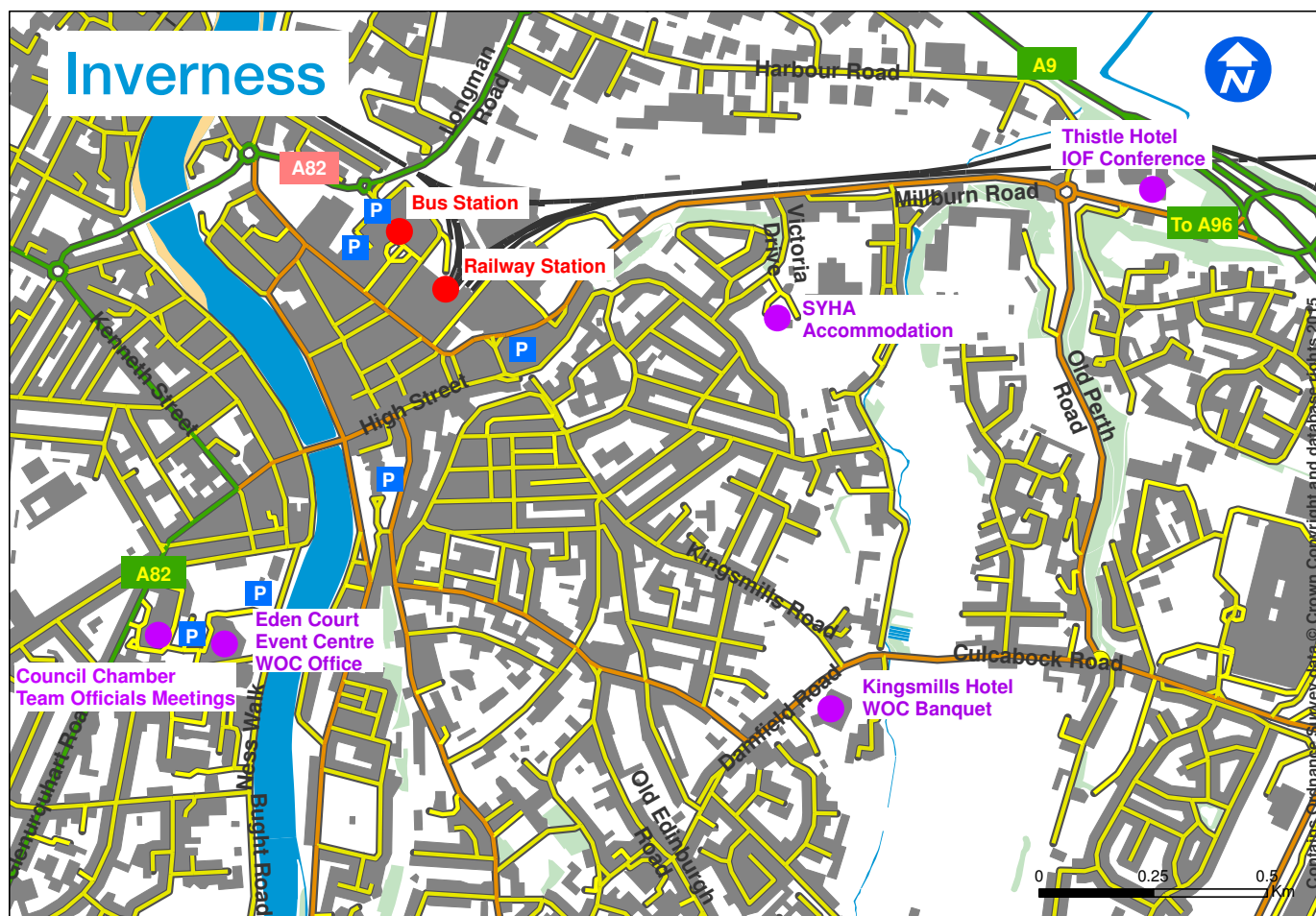
The Event Centre is the Eden Court Theatre, Bishops Road, Inverness IV3 5SA. The location is shown on the Inverness street map below. The theatre complex will house the WOC Office, the Media Centre and the Scottish 6-Days Office. Team Officials' Meetings will be held in the Council Chamber next door.

A WOC Office will also be located at all race arenas. It is the place for official communication between teams and Organisers during the competition. If a complaint or protest is to be made, the necessary forms are to be collected and handed in here.

Very urgent matters at other times can be dealt with by telephone: +44 7522 317613 or by email to office@woc2015.org.

WOC OFFICE OPENING HOURS AND LOCATIONS

Date	Location	Opening Hours
Thursday 30th July	Eden Court, Inverness	1000 - 2100
Friday 31st July	Eden Court, Inverness Sprint Qualification Arena, Forres	0830 - 1300 1430 - 2100
Saturday 1st August	Eden Court, Inverness Sprint Relay Arena, Nairn	0830 - 1230 1400 - 2000
Sunday 2nd August	Eden Court, Inverness Sprint Final Arena, Forres	0830 - 1230 1400 - 1900
Monday 3rd August	Eden Court, Inverness	1000 - 2100
Tuesday 4th August	Middle Arena, Darnaway	1000 - 1830
Wednesday 5th August	Eden Court, Inverness Relay Arena, Darnaway	0800 - 1100 1200 - 2100
Thursday 6th August	Eden Court, Inverness	1000 - 2100
Friday 7th August	Long Arena, Glen Affric	0800 - 1700
Saturday 8th August	Eden Court, Inverness	0830 - 1200



NATIONAL TEAMS' ADMINISTRATION

ACCREDITATION

One Team Official should collect the accreditation for the whole team. As part of this process, the team members' passports must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2). **NOTE: Accreditation passes will not have been produced for anyone who has not uploaded a photograph to IOF Eventor by 20th July.** In such cases, the team member must attend at the WOC Office in Eden Court in person for a photograph; this may involve a lengthy wait.

Teams will be asked to supply the accommodation address for all team members and a telephone number so that the Organisers can quickly contact key Team Officials if necessary.

Each team will get a WOC 2015 information/material pack from the WOC Office after accreditation, to include:

- Bulletin 4 for all team members. Bulletin 4 is the most important source of competition information for teams. This information will be complemented by Team Officials' Meetings
- Accreditation badges for all team members
- GPS vests, which can be used by any athlete
- SI cards for all competitions. Each SI card is assigned by name to each competitor and shall not be used by another athlete. Transponders will be issued at Pre Start for each race
- Model event maps for all team members
- One red card per team to access the Finish zone in race arenas
- Transport passes and schedule (if this service has been pre-booked)
- WOC 2015 Parking Permit(s)
- Forms for amendments to race entries, where Rules allow for this

Competition maps and results lists, when approved, will be available at the Event Centre WOC Office after each race for collection by one representative from each national team.

GPS vests, SI cards and transponders must be returned to the Event Centre WOC Office at the latest after the Long Distance race. A charge will be made for any missing SI card, transponder or GPS vest.

PLEASE NOTE that no accreditation will be issued if there are outstanding payments to be made. National Federations were sent an invoice in June for all accreditation, competition and transport fees due.

INDIVIDUAL AND TEAM RELAY ENTRY DEADLINES

Individual and Team Relay entries must be made on IOF Eventor; internet access will be available in the Arena and Event Centre WOC Office when open to support entry deadlines for Relays. Late changes as allowed in IOF WOC Rules must be made on the forms issued at accreditation, or available from WOC Office, and handed in at WOC Office or to WOC Office personnel at Quarantine. The following deadlines will strictly apply:

Race	Deadline
Sprint Qualification	12 noon, Thursday 30 July
Sprint Relay	2030, Friday 31 July
Middle Distance	12 noon, Monday 3 August
Relay	1800, Tuesday 4 August
Long Distance	12 noon, Thursday 6 August

TEAM OFFICIALS' MEETINGS

The Team Officials' Meetings will be held in the Council Chamber of the Highland Council Offices next to the Event Centre. Only accredited team officials (maximum 2 per team), IOF officials and WOC organisers will be admitted. Representatives of future WOC organisers may also attend.

The schedule of meetings is given in the WOC Programme on page 7. Everyone will be required to sign in on entering the building; please be prepared for this and allow sufficient time. In order to enable Team Officials' Meetings to be productive, contact should be made to WOC Office by e-mail or in person, in advance of the meeting, if necessary information appears not to be given in Bulletin 4 or found from taking part in model events.

TRANSPORT, USE OF OWN VEHICLES AND PARKING AT RACE ARENAS

Transport will be provided for those teams that have requested and have paid for a transport package. Detailed schedules and the location of the bus stops will be available at the time of accreditation. Departure times at the different bus stops must be strictly adhered to. No alternative public transport is available to those who miss the bus.

There are no restrictions for teams using their own vehicles. Please share transport wherever possible. To access WOC parking areas, the parking permit must be clearly displayed in the windscreen.

FACILITIES AT ARENAS

Food will not be provided in Team Zones by the organisers. A voucher system has been arranged with one of the main food suppliers, and vouchers can be purchased at WOC Office. There are a number of food suppliers in the race arena on all competition days, with the exception of Nairn and Forres where traders are only within the competition area.

There will be sports massage available from local registered physiotherapists. Booking times and payments will be direct with them at the Arena. One physiotherapist also has a practice in Inverness and will arrange treatment there if required.

MEDICAL CARE

The Event Organiser will provide First Aid, including an ambulance, at each competition arena. The nearest hospital providing Accident and Emergency services is included in the details for each race.

Each National Federation is responsible for the health and medical insurance of all their athletes and team officials.

DOPING CONTROL

Doping is strictly forbidden, and the organisers of WOC 2015 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping control facility may be a few minutes' drive away, we invite athletes to be prepared at all events and to take along some dry clothes to change into after their race. Selected athletes will be given instruction to report to the doping control after finishing their race, and will be escorted by a chaperone.

Doping tests will always be carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Rules valid from 1st January 2015 apply; the Rules document can be downloaded from the IOF website.

Athletes selected for the doping tests must bring an official photo identification document to the doping test area. WOC 2015 Accreditation cards with photo should be used for this purpose; these should be carried by athletes in the race arenas. The athlete should also bring along the Therapeutic Use Exemption (TUE) if applicable.

CLIMATE IN AUGUST

The average temperature in the Moray Firth area (Nairn, Forres and Darnaway) in August is around 18.5°C, with 60 mm of rainfall. In early August 16 hours of sunshine in a day is not exceptional but heavy rain and wind is not unknown. In Glen Affric parts of the competition area are above 400 metres in altitude, so average temperatures will be a few degrees cooler. Both blistering heat and snow showers can occur in the Scottish mountains in August, and athletes must be prepared to cope with these variations.

TRAINING DURING THE WOC PERIOD

Model Event areas with controls set out are available for training at the times shown in the WOC Programme. All teams are reminded to take careful note of the embargoed areas. The model areas in Nairn and Darnaway will ONLY be available during Model Event times; special access has been arranged and it is forbidden to use these areas at other times. Littlemill and Achilly may be accessed outside the Model Event times, and other training areas will be available as detailed on www.woc2015.org/training.

SCOTTISH 6-DAY ENTRIES

A limited number of start slots (first come, first served) will be made available on courses W20S, M20S, W21E and M21E for WOC-accredited athletes who are not running in a WOC race the same day. Entries will ONLY be taken at the following times/locations:

Date	6 Day entry for:	Enter at WOC Office on:
Sun 2 August	Day 1 (Achagour)	Sat 1 August (EC or Nairn)
Mon 3 August	Day 2 (Strathfarrar)	Sun 2 August (EC or Forres)
Wed 5 August	Day 3 (Darnaway)	Tue 4 August (Darnaway)
Thurs 6 August	Day 4 (Darnaway)	Wed 5 August (EC or Darnaway)
Fri 7 August	Day 5 (Glen Affric)	Thursday 6 August (EC)
Sat 8 August	Day 6 (Glen Affric)	Fri 7 August (Glen Affric)

You will use the SI card issued to you for WOC use; a 6 Day race bib will be issued which must be worn, otherwise the Start team will not allow you through. All entries are non-competitive.

CEREMONIES

OPENING CEREMONY

All athletes and officials not involved in the Sprint Relay are encouraged to participate in the Opening Ceremony in Nairn Arena on Saturday 1 August. Teams are asked to assemble in national team uniform to the west of the Arena by 1630, ready for entry into the Arena at 1645. Each team should carry a flag.

It would help the organisers to know the numbers attending from each team. Please email WOC office, office@woc2015.org, with numbers and the name of the flag bearer. Teams are asked to supply their own flags.

FLOWER AND MEDAL CEREMONIES

Flower ceremonies will be held as soon as practical after the end of each competition in the event arena. The best six athletes or the best three relay teams receive flowers. National team competition uniform must be worn.

Medal ceremonies will be held at the Event Centre as stated in the event Programme. The medal ceremony is organised for the six best athletes or three best relay teams. National team uniform must be worn.

NOTE: National flags, signs, sunglasses, hats, headbands, bottles and other such items are not allowed on ceremony stages.

CLOSING CEREMONY

It is hoped that as many athletes and officials as possible will attend the Closing Ceremony at the Event Centre at Eden Court on Friday 7 August. It will follow immediately after the medal ceremony for the Long Distance race. National team uniform must be worn.

WOC BANQUET

Date:	Thursday 6 August
Time:	2000 – midnight
Location:	Kingsmills Hotel, Culcabock Road, Inverness IV2 3LP
Entry Price:	£35 (entry open to all)
Tickets:	Available from WOC Office

The banquet is to celebrate the World Orienteering Championships and socialise with other people involved in international orienteering. The evening is hosted by the Chair of British Orienteering. There will be a dinner with speeches, all presented in traditional Scottish style!

Entry is by ticket only, which can be purchased from WOC Office.

ATHLETES' PARTY

Date:	Friday 7 August
Time:	2030 – midnight
Location:	Eden Court Event Centre, Inverness
Entry Price:	£12 (entry for WOC accredited athletes only)
Tickets:	Available from WOC Office

This year, the WOC athletes have their own party to end the week. It's a chance to relax and unwind after the WOC races are over. Food will be provided for all attendees, with vegetarian options available.

Entry is by ticket only, which can be purchased from WOC Office.

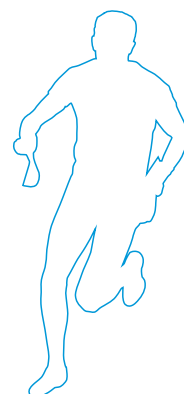
IOF SEMINARS DURING WOC

Monday 3 August, 1645 – 1900: an opportunity to meet with the IOF Foot Orienteering Commission, to learn more about the Commission's work and to ask questions.

Tuesday 4 August, 1745 – 2000: IOF Course Setting Seminar for Long and Middle distance - will focus on specific considerations related to course setting, such as how to select suitable terrain and set high-quality courses for the specific formats.

Both seminars will take place in the Thistle Hotel, Inverness and are open to all interested participants. Anyone who didn't register by the original deadline of Friday 24 July may turn up on the day instead.

More information about the seminars is available at <http://orienteering.org/invitation-to-footo-commission-seminars-at-woc-2015/>.



Enjoy an active, outdoor lifestyle?

Find out more about living, working or
locating your business in the Highlands at:

<http://enterprisinghighland.com/lifestyle/sport-recreation>



www.highland.gov.uk

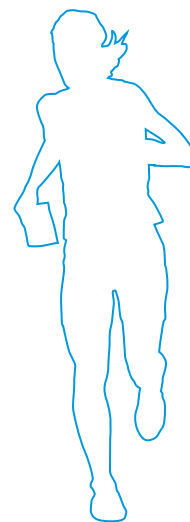
MEDIA INFORMATION

MEDIA CENTRE LOCATION

The Main Media Centre will be located at the Event Centre at Eden Court, Inverness:
WOC 2015 Media Centre
C/O Eden Court
Bishops Road
Inverness
IV3 5SA

MEDIA CONTACT:

Paddy Cuthbert
WOC 2015 Media Manager
Mobile: +44 (0)7913 951 717
Email: paddy.cuthbert@woc2015.org; or
paddy@littlehousemedia.uk.com



MEDIA CENTRE FACILITIES – EDEN COURT AND RACE ARENAS:

- Public Wireless LAN (Main Media Centre)
- Wifi at race arenas will be based on satellite broadband technology - download speeds of up to 15 Mbps and upload speeds of up to 2.5Mbps
- Work places – desks and chairs
- Basic refreshments – Tea, coffee and water
- A large screen in race arena Media Centres showing same content as the big screen in the main arena.

To find additional wifi hotspots in cafés, hotels, etc in the Highlands and Moray go to: <http://hotspot-finder.ipass.com/> or <http://www.myhotspots.co.uk/>

Media Accreditation gives rights to:

- Enter designated areas and use designated services for media
- Receive course maps and start and results lists
- Participation in the VIP/Media Race

ACCOMMODATION

For last-minute accommodation requirements, go to: <http://www.visitscotland.com/accommodation/>.

REGISTRATION FOR ACCREDITATION

The deadline for media accreditation was July 20. However registrations can still be accepted, dependent on the circumstances. For more information about accreditation please contact Paddy Cuthbert.

All accredited media are requested to show their passports (and/or press cards) as proof of identity when collecting their accreditation documentation at the Event Centre.

Could all accredited media pick up their accreditation documentation from the WOC Office, located at Eden Court in Inverness, on the days and times shown on page 9, and not at race arenas. Please do let us know if you are unable to pick up your accreditation at these times.

MEDIA CENTRE OPENING HOURS – EDEN COURT AND RACE ARENAS

The Media Centre will be manned for the duration of the published opening hours. Please note times are subject to change: Please let us know if you need access to the Event Media Centre or Race Arena Media Centres out with the advertised times.

Date	Time	Location
Friday 31 July	0830-1330 1530-2145	Eden Court, Inverness Sprint Qualification Arena, Forres
Saturday 1 August	0830-1300 1500-2115	Eden Court, Inverness Sprint Relay Arena, Nairn
Sunday 2 August	0830-1300 1500-2100	Eden Court, Inverness Sprint Final Arena, Forres
Monday 3 August	1000-1900	Eden Court, Inverness
Tuesday 4 August	0900-1900	Middle Arena, Darnaway
Wednesday 5 August	0830-1000 1200-2000	Eden Court, Inverness Relay Arena, Darnaway
Thursday 6 August	1000-1900	Eden Court, Inverness
Friday 7 August	0800-1700 1800-2000	Long Arena, Glenn Affric Inverness

TRANSPORT

There is no dedicated transport for media personnel. Please refer to other sections of this bulletin for transport-related advice and information.

MEDIA PACK

A WOC 2015 media pack will be available when you pick up your accreditation. This will contain essential information about the event and the races including more detailed information on media access to race terrain, a copy of Bulletin 4 and an entry form for the IOF/VIP/Media race.

IOF OFFICIALS AND WOC GUESTS

WOC 2015 IS PROVIDING A VIP PROGRAMME DESIGNED FOR IOF OFFICIALS, VIPS FROM THE ORIENTEERING COMMUNITY AND WOC GUESTS. DETAILS ABOUT ACCREDITATION CAN BE FOUND IN BULLETIN 3.

The accreditation package includes:

- Access to VIP tent in the competition arenas
- Competition maps
- Start and results lists
- IOF/VIP/Media race
- Travel maps to competition arenas

Note: Entry for the Scottish 6-Days Event is not included.

All IOF Officials and VIPs must collect their accreditation from the WOC Office in the Event Centre. You must attend in person and show some form of photo ID. To avoid lengthy waiting times at Accreditation, you are asked to ensure your photograph has been uploaded in advance to IOF Eventor. No accreditation will be issued in the Arenas.



VIP TRANSPORT & PARKING

Transport will be provided for those that have requested and have paid for a transport package. Detailed schedules and the location of the bus stops will be available at the time of accreditation.

There is a VIP parking area on each race day. A VIP parking permit will be provided in the accreditation package.

VIP ENCLOSURE

On each WOC race day there will be a VIP enclosure and marquee. Refreshments will be provided, and there will be background information on orienteering for WOC Guests. Start lists for each race will be available. Maps and results will be provided in the VIP enclosure as soon as they become available.

IOF PRESIDENTS' CONFERENCE AND IOF EXTRAORDINARY GENERAL ASSEMBLY

Date: Thursday 6 August
Time: 0830 – 1230
Location: Drummond & Millburn Rooms, Thistle Hotel, Inverness

Additional IOF Meetings have been arranged during WOC week at various locations in Inverness. There are two FootO Open Seminars to which all are invited (see separate note).

The agendas for the IOF Presidents' Conference and the Extraordinary General Assembly, and a schedule for the additional meetings, are available on the IOF website: <http://orienteering.org/about-the-iof/congress-general-assembly/extraordinary-general-assembly-2015>

IOF/VIP/MEDIA RACE

The IOF/VIP/Media race will take place on Thursday 6 August at Darnaway. Start-times are between 1400 and 1500, with short, medium and long courses provided to suit all levels of experience. The race will be followed by an informal social get-together at Darnaway Castle.

Travel directions are as for the Middle Distance and Relay races.

Entry forms with further details will be provided in Media and VIP accreditation packages and can be obtained from WOC Office.

COMPETITION INFORMATION

RULES, RULE DEVIATION

The Competition Rules for IOF Foot Orienteering Events (valid from 1 May 2015) shall apply to the 2015 World Orienteering Championships. The Rules can be found on the IOF website www.orienteering.org.

IOF has granted a Rule Deviation allowing a start interval of 1 minute 30 seconds for the Middle Distance race.

EMBARGOED AREAS

The embargo of competition areas for WOC 2015 applies until the end of the last competition on that area, but access in Darnaway is allowed only to public race areas during race times. Full information on embargoed areas is given in Bulletin 3 on page 8, and on the WOC website.

PUNCHING

The touch-free SportIdent Air+ punching system will be used. Assigned SI cards will be provided by the Organiser in the accreditation package. At each start, there will be spare SI cards on hand to cover for lost or forgotten cards.

In the unlikely case of the SI Air+ not registering with a control, the unit should be punched in the same way as a normal SI control. Should this also fail, there will be a back-up SI Air unit or pin punch on the trestle or T-bar.

TIMING

An electronic start gate will be used in the Sprint Final where timing will be to 0.1 seconds. Competitors will be timed from the exact time they start; this must be between their published Start Time (not earlier) and no more than 5 seconds afterwards. In all other competitions timing will be to 1 second and a standard start procedure will be used.

SI Air timing will be used in all the races and the competitors will be timed as they cross the finish line. This will be recorded to 0.1s for the sprint final and 1s for all other races.

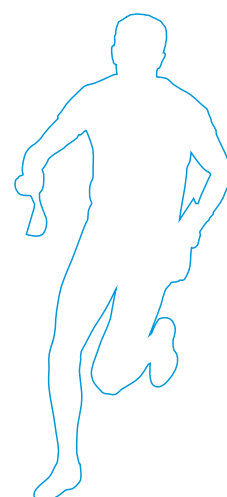
A back-up system using a chip timing system will also be in use. The chip shall be attached to the athlete's wrist. Each chip is assigned to a specific competitor and shall not be used by any other athlete, and is handed in at the finish of each race.

TRACKING

Tracking devices and services will be used in all the races. An adequate number of GPS vests will be issued in the accreditation package and may be used by any athlete. The GPS vest has to be worn under the running top. GPS units will be put into the vests at the pre-start by a race official. There will be some spare vests at the pre-start.

L-sized vests for men and S-sized vests for women are provided as standard, and a limited number of smaller sizes (XS for women, M for men) will be available.

GPS units must be handed in at the finish of each race.



EQUIPMENT RETURN

After the Long Distance race, a team representative must return all SI cards, timing chips and GPS vests to the WOC Office at the arena or the Event Centre. Charges will be imposed for any lost items – see under accreditation package details.

MAPS AND COURSES

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering maps (ISSOM 2007).

All WOC 2015 maps are spot colour offset printed (PMS colours) on 112g/m² paper. Control descriptions are printed on the maps. Maps will be issued at the start sealed in plastic bags.

All controls will be guarded during the competitions. Officials may or may not be sitting close to control locations.

Radio and TV controls are not specified on control descriptions. Any structures connected with TV transmissions are not drawn on the maps. The Sprint course lengths are the shortest feasible route as specified by Rule 16.3.

REFRESHMENT POINTS ON COURSES

Water will be provided in cups at refreshment points on Middle Distance, Relay and Long Distance courses.

CLOTHING, INSECT PROTECTION

For forest competitions, competitors must wear clothing that fully covers their torso and legs. There are no restrictions for the sprint competitions.

Any type of footwear can be worn in the competitions, including spiked shoes (dobs).

Midges can be a major irritation in August, and competitors and officials are advised to purchase suitable skin protection. This is likely to be particularly necessary at Glen Affric. Ticks are in abundance in the forests and if found on the body should be removed as quickly as possible.

Biosecurity: The following bio-security measures must be observed, due to risk of the spread of pathogens in the competition areas:

- Arrive with clean footwear and clothing
- Brush off mud and dirt from your footwear and clothing before you leave
- Leave wood and plant material where it is

NUMBER BIBS

All competitors must wear their respective number bibs at all the WOC 2015 competitions. The bibs will be available in Quarantine for all races.

In the Sprint Qualification race the competitors must wear their bibs on the front. In all other races the bibs must be worn both on the front and the back. The bibs must be visible in their entirety; they must not be folded over or cut down.



Credit: Colin Matheson

SAFETY

Athletes are respectfully reminded that driving is on the left in Great Britain! Bear this in mind when crossing roads.

In the event of bad weather, the organisers may advise the carrying of lightweight waterproof/windproof tops for the Long Distance competition. Competitors are recommended to carry whistles in the Long Distance.

Emergency medical services are available at the event arenas for all races. If a competitor gets injured during the race and needs assistance, contact should be made with an official at the nearest refreshment control, who can call for help, or the Start or Finish. The location of the nearest hospital with accident and emergency facilities is given on each race day page.

COACHING

Coaches are allowed to go to the quarantine area and from the quarantine area to the pre-start.

They are allowed to leave the quarantine and pre-start areas at any time, but after leaving it is not possible to re-enter. Coaches must use the official transport from the quarantine area to the pre-start.

There will be clearly marked coaching zones in the arenas when there is an arena passage in the competition. Only two accredited coaches per team are allowed in those coaching zones.

For fairness reasons, only the following actions are allowed:

- Verbal communication - no written information
- Exchange of personal equipment such as compasses, shoes, contact lenses and similar
- Food and drinks passed on directly to the athlete

There will be clearly marked areas for coaches in the finish area in all competitions.



FINISH PROCEDURES

On crossing the finish line, athletes enter a restricted-access area for SI-card download and removal of timing chips and GPS units. Coaches are allowed in this area, and there are drinks available and access to First Aid if needed. Athletes selected for drugs testing will be met by their chaperones here.

When they are ready to do so, athletes transfer from the restricted area into the Media Zone for interviews and photographs, then to the 'Fan Zone' and finally out to the Team Zone.

TEAM ZONES IN ARENAS

Only accredited team members and coaches with their personal WOC accreditation cards will be allowed in the team areas. Protection from the weather is provided in all team areas. There is a collection point for bags brought from the quarantine area and the pre-start.

TECHNICAL MODEL EVENTS

At the Technical Model Event taking place at Eden Court on Thursday 30 July from 1700 to 1830 the following will be demonstrated: punching and timing equipment for Sprint events, the layout of start and finish areas, and the map change-over for the Relays.

At the Technical Model Event taking place at Eden Court on Monday 3 August from 1600 to 1730 the following will be demonstrated: punching and timing equipment for Middle, Relay and Long events, the layout of start and finish areas and the map change-over for the Relay.

QUARANTINE AND PRE-START

There will be quarantine areas for all races including Relays.

In the quarantine zones of all races there will be toilets, water and protection from the weather (rain, sun, heat, wind, etc.).

ENTRY TO QUARANTINE (ATHLETES AND COACHES)

Transport from the Event Centre to quarantine areas is provided only for those who have paid for the transport package.

Athletes and coaches must observe the check-in times announced for each WOC race. The latest check-in time to enter the quarantine is stated in the race details, and no-one will be allowed into the quarantine area after that time. At the check-in to the quarantine area, each athlete and coach has to show his or her accreditation card with photo and has to sign the quarantine entry form.

QUARANTINE TO PRE-START (ATHLETES AND COACHES)

At all Sprint and Relay competitions, the pre-start is inside or close to the quarantine area and so no transportation is needed. For the Middle and Long Distance races, athletes and coaches will be transported from quarantine to the pre-start areas by the Organisers. The journey will take 20 minutes at the Middle venue and 40 minutes at the Long. Buses and/or minibuses will be used for transport. Please note that teams will not be allowed to drive their own vehicles between quarantine zones and pre-start areas. Transport will be provided by the Organisers where necessary.

QUARANTINE/PRE-START TO ARENA (COACHES)

Coaches can leave quarantine at any time but once they have left they are not allowed to return.

A shuttle transport service for competitors' bags and clothes will be provided from quarantine to the race arenas.

Clothes will also be transported from the pre-start area to the finish; please leave your bags in the designated place. There is only limited infrastructure (shelters, toilets, water) in the pre-start areas.

DIRECT TO ARENA (NON-COMPETING TEAM MEMBERS)

Team members not running and coaches can drive directly to assigned parking areas (see Race Day pages).

GENERAL NOTES

Specific quarantine procedures for each race are described within the full details for each race given on the pages following. A warm-up area will be available for all races.

There will be a clock showing competition time in all pre-start areas.

The use of mobile phones, computers or any other communication devices inside the quarantine zones is strictly forbidden. It is not allowed to bring any maps of the competition areas into the quarantine zones.

The quarantine areas for the Sprint Relay and Relay will be a designated part of the arena where no view of the TV screen is possible.



START PROCEDURES

THE COMPETITOR'S NAME AND BIB NUMBER IS CALLED AT THE PRE-START. THE COMPETITOR THEN ENTERS THE FIRST BOX. THERE IS A CLOCK AT THE ENTRANCE TO THE FIRST BOX SHOWING THE START TIME. IT IS THE COMPETITOR'S RESPONSIBILITY TO WATCH FOR HIS/HER START TIME. THERE IS ALSO A CLOCK SHOWING COMPETITION TIME IN THE PRE-START AREA.

There will be two further clocks, one at -4 (-6 in Middle Distance race) showing the competitor's start time, and the other on the start line, showing race time.

At all starts, the maps will be placed on a table. At the Long Distance competition the map will be covered up.

Details of each race's pre-start procedure and distances are included in the Race Day pages.

START

The competitor's map is placed face down next to the start line marked with the start number on the back of the map. 10 seconds before the start time, the competitor hears a signal from the start clock. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.

PROCEDURES FOR LATE STARTERS

Late competitors must report at the pre-start call-up. The competitor will be allowed to proceed through to the start line, accompanied where possible by a Late Start Official. If, on arrival at the start line, the competitor is less than half the start interval after his start time, he will be allowed to start immediately. If the competitor arrives more than half the start interval after his start time, he will have to wait until the half start interval after the next starter. In all cases of lateness caused by the competitor, their original start time will count for timing. If a competitor is late through the fault of the organiser, he or she will be timed with their real start time.

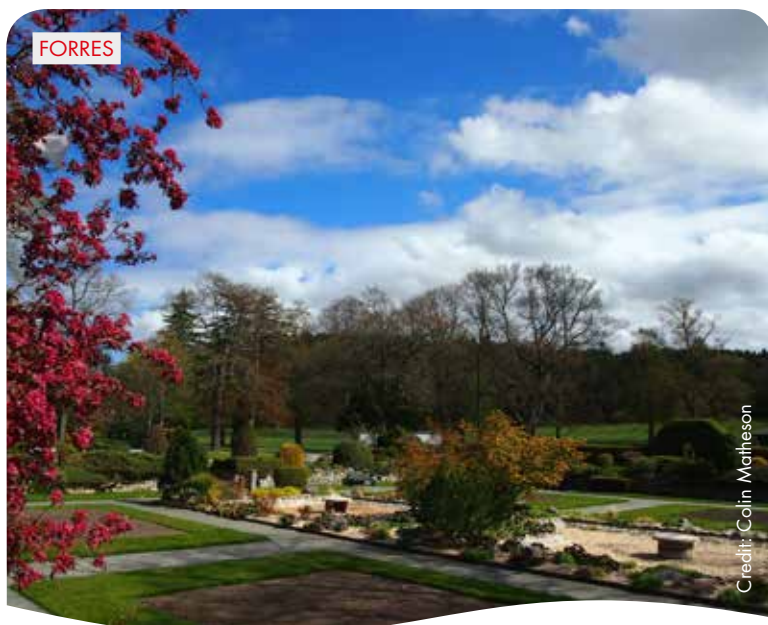
All late competitors must punch an SI Start box before starting.

START INTERVALS

The start interval will be 1 minute for Sprint Qualification and Final, 1 minute 30 seconds for the Middle Distance and 3 minutes for the Long Distance.

START DRAWS

The start draws will be made according to the IOF Competition Rules under the supervision of the IOF Senior Event Adviser. The draws will not be open to team officials, athletes or the public.



MODEL EVENTS

MODEL AREA MAPS WILL BE ISSUED BY WOC OFFICE AT TEAM REGISTRATION. VERY SPECIFIC PARTS OF NAIRN AND DARNAWAY HAVE BEEN MADE AVAILABLE FOR THE MODEL EVENTS. THESE AREAS MUST ONLY BE ACCESSED DURING THE ALLOCATED TIME SLOTS, AND THE TERRAIN LIMITS SHOWN ON THE MAPS MUST BE STRICTLY OBSERVED. LITTMILL AND ACHILTY MAY ALSO BE ACCESSED AT ANY TIME BETWEEN 1600 ON 3 AUGUST AND 1000 ON 6 AUGUST, AND CONTROLS WILL BE IN PLACE, BUT THERE WILL BE NO WOC PERSONNEL ON SITE.

Model Events are intended to be representative of the terrain, control features and mapping to be found in each format of the WOC competitions. The control set-up will not be the same and there will be no timing equipment. Typical control set-ups will be demonstrated at the Technical Model Events in Inverness.

NAIRN

Sprint events Model; open Thursday 30 July 1100 – 1630, Friday 31 July 1100 – 1430 and Sunday 2 August 1000 - 1200 **only**

Follow the A96 east from Inverness to Nairn (28 km). The Farmers' Showfield is on the right 600 m after the 30 miles per hour speed limit sign at the traffic lights. Just beyond the Farmers' Showfield, turn right on to Waverley Road. After 200m turn right on to Lodgehill Hill and use the entrance into the field at **57.5815,-3.8747** (Post Code IV12 4QG).

Further instructions and important information are given on the reverse of the model map. **Note that the whole of Nairn (except the A96) is embargoed to all WOC athletes from 1600 on Friday 31 July.**

Typical travel time 35 minutes.

Note that the controls are not guarded, so might be missing. If this is the case, please report the fact at the Model Event reception in the parking area. In this model area no restrictions have been placed on traffic movement; be alert and take care when crossing roads.



DARNAWAY

Middle Distance and Relay Model; open Saturday 1 August 1000 – 1530 and Monday 3 August 1000 – 1400 **only**

Follow the A96 east from Inverness through Nairn towards Forres. Beyond the village of Brodie (50 miles per hour limit), turn right at the junction signposted Whitemire and Conicavel.

After 1 km turn left (do not go straight on at notice saying Moray Estates Development Company) and after 400 m turn right through impressive 'golden gates' at East Lodge **57.5913,-3.6843** (Post Code IV36 2ST). Follow WOC signs to parking on estate roads north-east of Darnaway Castle, Post Code IV36 2SW.

No other access route to this Model Event is permitted.

Typical travel time 45 minutes.

ACHILTY

Long Distance Model; open Monday 3 August 1000-1600 and Thursday 6 August 1000-1300.

Follow the A9 north-west from Inverness across the Kessock Bridge, and after 13 km take the second left at the Tore Roundabout (A835). Follow this road for 8 km to the Maryburgh Roundabout and continue on the A835 (Ullapool road) through Contin for 14 km to Tarvie Services 57.5926,-4.6296 (Post Code IV14 9EJ). Follow o-signs to parking. Toilet facilities available.

Typical travel time 40 minutes. **IMPORTANT NOTE:** On Thursday 6 August a major agricultural show (the Black Isle Show) will be taking place at Muir of Ord. Traffic here is likely to be grid-locked with an expected 30,000 visitors.

LITTMILL

Long Distance Model; open Monday 3 August 1000-1600 and Thursday 6 August 1000-1300.

Follow the A9 south-east from Inverness for 17 km, then turn off right on the minor road B851. Be careful crossing oncoming traffic on the dual carriageway. The Start location is at **57.4007,-4.1641** (Post Code IV2 6WG), 2 km down this minor (busy) road. Follow o-signs to parking.

Typical travel time 20 minutes.

GENERAL RACE DAY INFORMATION

TRAVEL AND PARKING

All events and areas are easily reached predominantly by A-Roads that radiate out from Inverness. Event specific signage will be at key junctions and will consist of black text on a yellow background. Three distinct signs are being produced:

- Orienteering Race Arena
- Orienteering Quarantine
- Orienteering Event Centre

Local WOC-branded signage will also be used where appropriate e.g. on unclassified roads.

Black and yellow signs will only be erected for the main races – for Model Event directions see page 21.

Coordinates are given in lat/long for WGS84; Post Codes are also given. Coordinates can be used in Satnavs, and should be copied, then pasted into a search in Google Maps (do not just highlight them and click for Google to search, the results are not accurate). Websites such as www.streetmap.co.uk or www.bing.com/maps display better mapping by the Ordnance Survey of Great Britain. Their Landranger Maps 25, 26 and 27 at 1:50,000 cover all model events and WOC races.

Specific travel details are given under each race day heading.

'Typical travel times' given in Race day details are from the Event Centre in Inverness at off-peak times. Inverness can be congested, and holiday and other traffic can cause significant delays in towns and elsewhere at peak periods. Allow plenty of time for all journeys, and be prepared for delays when entering or leaving race parking areas.

SPECIAL SYMBOLS

Sprint race special symbols



✕ Black cross: play equipment



○ Black circle: statue



✕ Green cross: floral display

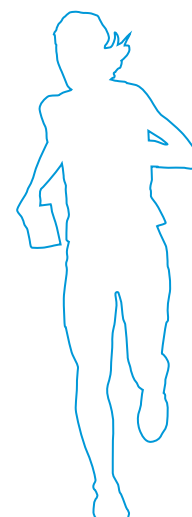
Middle and Relay special symbols



✕ Black cross: statue (tree trunk)

○ Black circle: wrecked car (Relay map only)

○ Green circle: significant tree



EVENT CONTROL

This site can be found on all arena plans. It is the base location of the Arena Manager and the focal point for any emergency activity, e.g. injured competitor rescue. It is not a contact point for teams; all communication with the organisers takes place through WOC Office.

TRAFFIC, SPRINT RACES

Road closures are in place for the Sprint Relay and Sprint Final, but some movement of local traffic or emergency vehicles on the roads cannot be ruled out.

For the Sprint Qualification, local 20 miles per hour speed limits apply, and additional 10 miles per hour restrictions will be in place at the most vulnerable crossing points. Traffic movement is not being stopped, so athletes should expect to encounter moving vehicles. Marshals will be strategically placed to provide a visual indication to motorists of potential hazards. The marshals are not permitted to stop cars. If a marshal sees an athlete at risk of colliding with a moving vehicle, he may warn the athlete using a whistle.

MAP COLLECTION, RELAYS

The maps for Leg 1 runners will be on boards laid horizontally on the ground. The maps will be covered with opaque plastic. To obtain the map at the Start, pull it towards you. The maps for later Legs will be attached to vertical changeover boards using the same system. To obtain the map, hold either the top or bottom edge and pull vertically, either up or down.

The map collection method will be demonstrated at the Technical Model Events at Eden Court on Thursday 30 July and Monday 3 August.

TV AND OTHER MEDIA IN THE COMPETITION AREAS

In all races except the Sprint Qualification there will be TV equipment (cameras, cables etc.) and personnel in the terrain. Other media personnel will have controlled access to photography positions in some areas.

Camera positions will not be shown on the map.

"KEEP IT CLEAN"

Over the course of the week competitors and spectators will become aware of an on-going, long-term initiative from Forestry Commission Scotland to promote good biosecurity practice across the national forest estate – and across the country.

Scotland's forests are under threat from a number of pests and diseases that are able to move from one forest to another by hitching a ride in the dirt and forest debris that can stick to animals, equipment, and people.

To help slow down the rate of spread and to buy time in which to develop practical solutions, visitors to woodlands – including sportsmen and women – are being asked to "Keep it Clean". Arrive with clean kit. Take the time to brush off your boots and shoes before going to a woodland and make it a habit to do so every time you go out.

By following the "Keep it Clean" principle, you can help us to protect the health of our woodlands and forests and to buy the time we need to develop workable solutions to these problems.

Forestry Commission Scotland



Forestry Commission Scotland
Coimisean na Coilltearachd Alba



AFFRIC TERRAIN

Credit: Colin Matheson

SPRINT QUALIFICATION

FORRES, FRIDAY 31 JULY

COURSES AND TERRAIN

	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Control Description Size, mm	Maximum Time
Women	3.5/3.6	10m	15	-	14 min	1:4000	2.5m	300 x 240	120 x 50	50 min
Men	3.7	10m	16/17	-	13 min	1:4000	2.5m	300 x 240	130 x 50	50 min

TERRAIN SUMMARY

The Sprint Qualification and Final will be staged in the former Royal Burgh of Forres. This small town is renowned for impressive parks and gardens with their floral structures, and these will be appreciated from the main race arena near the centre of town. The competitions will include a range of types of terrain from housing estate with extensive path networks to complex old town with many "vennels" (small lanes and minor roads). There are also several areas of parkland with an extensive path network.

ADDITIONAL INFORMATION:

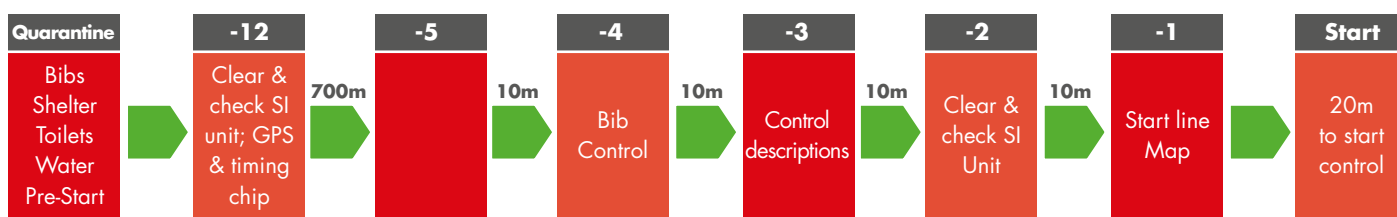
- Special map symbol:
black X play equipment
- There is no restriction regarding shoes
- Complaint time is 15 minutes after announcement of official results

Quarantine Check-in Time: 1530-1745

First Start Women 1801 BIBS 1-130 front
First Start Men 1901 BIBS 201-350 front
Start Interval 1 minute

PRE-START AREA: Pre-start is in the Quarantine area
PRE-START TO START: Call up 12 minutes before start

3 runners start at the same time. The three channels in the last 3 minutes are marked with colours (blue = left, red = middle, black = right). The colours of race numbers correspond to the channel.



Please note there is a road crossing on the route from Pre-start to -5; athletes must follow advice from marshals. There will be an additional clock at -5 labelled Competitor Start time.

TRAVEL

Quarantine is at Forbes Academy **57.6027,-3.6120** (Post Code IV36 1FG). Follow the A96 east from Inverness through Nairn to Forbes (44 km). Follow event signage for the Orienteering Race Arena from the A96 Roundabout (turn right) then straight on (B9011) past the Tesco Roundabout to the next roundabout (A940), distance 600 m. Turn right at this roundabout. **Do not travel straight on across the bridge into Bridge Street (competition area).** Follow the A940 (St Catherine's Road) for 200 m, then turn left onto Orchard Road. Turn immediately right (Orienteering Quarantine sign) onto Burdshaugh. Follow Burdshaugh to the junction with Sanquhar Road (650 m) and drive to the front of the school and the Forbes Swimming Pool and Fitness Centre. **This is a drop-off point only. Do not park here and do not turn right onto Sanquhar Road.**

After drop-off, turn left onto Sanquhar Road and follow Orienteering Race Arena signs to the race arena in Grant Park (parking area) at **57.6095,-3.6098** (Post Code IV36 1DF). From the car park walk back along Sanquhar Road to the Academy. Quarantine is entered from the East side of the Academy. There are strictly no cars allowed in this area. Team kit will be transferred to the race arena at Pilmuir School **57.6047,-3.627** (Post Code IV36 1HJ).

Do not try and access Forbes Academy by Orchard Road and Sanquhar Road (competition area). No other route through the embargoed area is allowed e.g. access from the A940, B9010 or B9011 through South Street or High Street from the east.

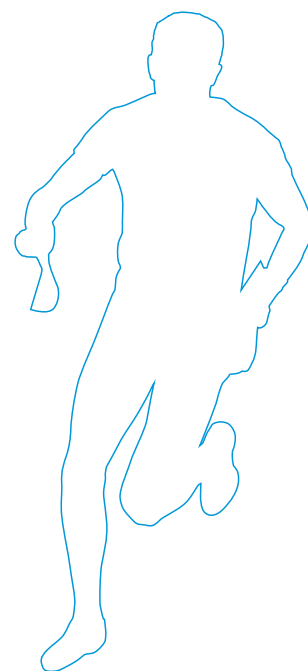
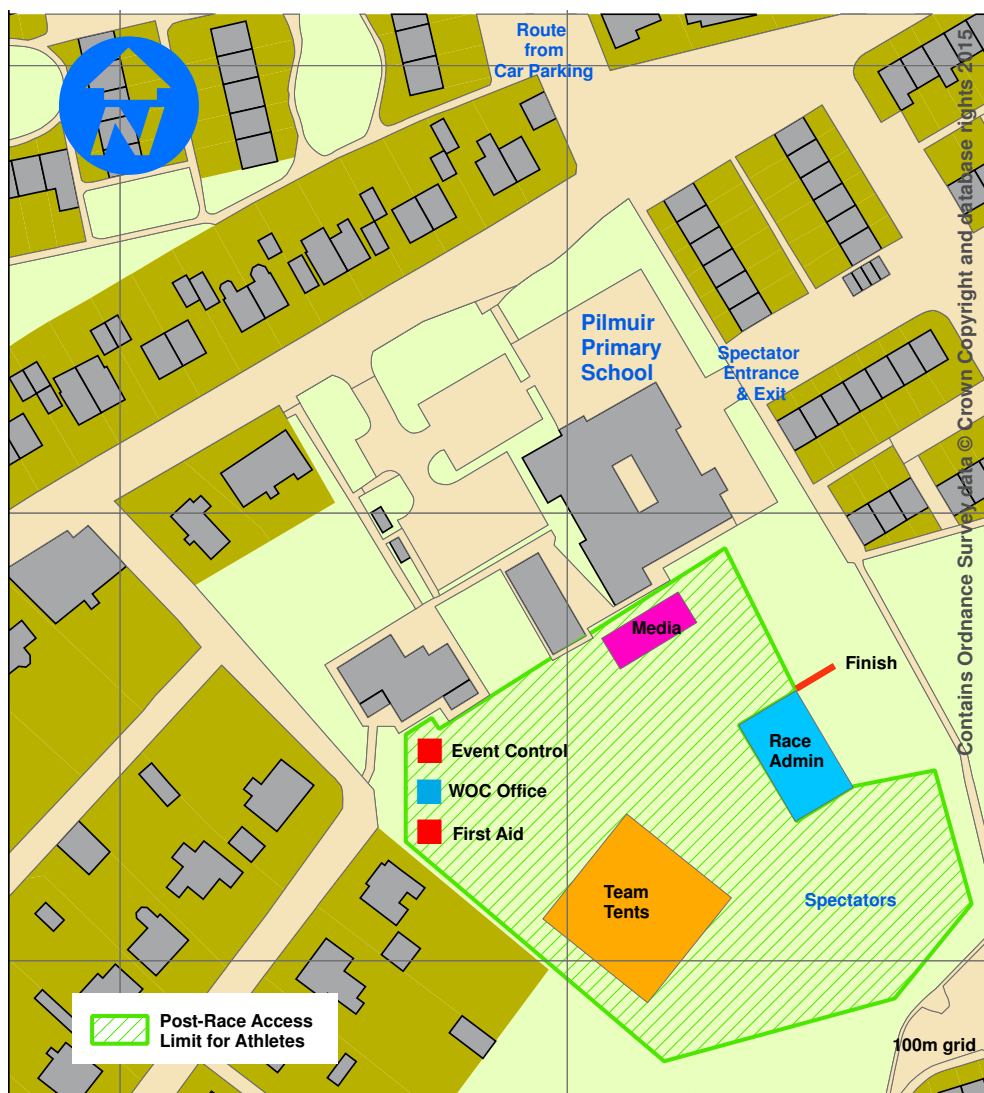
Spectators, Media and VIPs must follow the directions above to Orchard Road, then Orienteering Race Arena signs along Orchard Road to the next roundabout and straight on to South Street (650 m) before turning right into Grant Park (parking area) at **57.6095,-3.6098** (Post Code IV36 1DF).

Spectators and team officials must park in this location **ONLY**, and then follow the marked route to the race arena at Pilmuir Primary School. Route maps will be available at the parking area; it is essentially the same route back as the vehicle access route. To ensure fairness of the competition, spectators and team officials **MUST NOT** park in other locations including Tesco and town car parks.

Typical travel time 50 minutes.

Accident & emergency hospital: Dr. Gray's Hospital, West Road, Elgin IV30 1SN. Signed from A96 Forbes to Elgin road.

ARENA PLAN



SPRINT RELAY

NAIRN, SATURDAY 1 AUGUST

COURSES AND TERRAIN

Course Planner: Dave Robertson

Controller: Steve McKinley

Mapper: Steve Smirthwaite

Courses	Length km	Climb	Controls	Winning Time	Map Scale	Contour Interval	Map Size mm	Maximum Time
Leg 1, 4	3.8	40m	20-21	14:30 min	1:4000	2.5m	347 x 237	
Leg 2, 3	4.3	45m	23-24	14:30 min	1:4000	2.5m	347 x 237	
								120 min

TERRAIN SUMMARY

The Sprint Relay will take place in the attractive seaside town of Nairn on the Moray Firth. The competition terrain will include complex old town with areas of parkland and dunes ensuring fast running, together with many options in route choice.

ADDITIONAL INFORMATION:

- Marked routes, including to the start point, must be followed
- Special map symbols:
 - black X play equipment
 - black O statue
- Control descriptions are printed on the maps only
- Control Codes are printed beside the Control Number on maps (eg 1-73)
- Control Codes are printed beside the Control Number on maps (eg 1-73)

Quarantine check-in: 1500 to 1715

Start: 1805

Bib numbers: 1-40

1ST LEG WHITE on front, Nation on back

2ND LEG YELLOW on front, Nation on back

3TH LEG RED on front, Nation on back

4TH LEG BLUE on front, Nation on back

QUARANTINE:

- The quarantine area for the Sprint Relay will be next to the arena with no view of the TV-screen. There are shelters, toilets, drinks and space for warm-up in the quarantine area. Bibs and GPS units are given out at Quarantine.
- First leg runners will be led to the Start 10 minutes before Start Time
- Runners for 2nd, 3rd and 4th legs will be released from quarantine to change-over approximately 4/5 minutes before the leading team's change-over. Distance from quarantine to change-over is 100 metres.
- Once athletes leave the quarantine they are not allowed to come back.
- Clothing left in Quarantine will be taken to the Team Zone for athletes to collect when finished.

START:

First runners' maps will be on the ground. The Start signal is a klaxon.

CHANGEOVER:

The incoming runner will

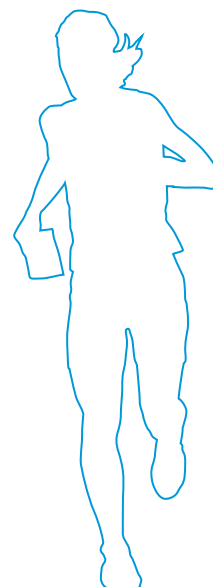
- 1 pass the finish line
- 2 go to the map board marked with their bib number and nation name
- 3 collect the map for the next leg
- 4 pass the map to the next runner

Second, third and fourth leg runners can see their team-mates on a passage through the arena

It is the competitor's responsibility to take the correct map

START/CHANGEOVER TO START CONTROL: distance is 120 metres.

FLOWER CEREMONY: 1905 in the arena.



TRAVEL

Quarantine is adjacent to the race arena at The Links, Nairn **57.5885,-3.8685** (Post Code IV12 4NH). Team parking is at The Maggot **57.5895,-3.8602** (Post Code IV12 4PH). Follow the A96 east from Inverness to Nairn, 28 km. Follow event signage for Orienteering Quarantine. The route continues along the A96 to a roundabout – **do not** drive straight on into Fishertown (20 miles per hour zone). Turn right and cross the bridge across the River Nairn, then turn left to The Maggot. The route will be signposted with Orienteering Quarantine signs.

Access on foot to Quarantine is back along the same route – bridges into Fishertown are strictly out of bounds. The route to quarantine will be signposted 'Race Arena'. Team vehicles should remain in The Maggot parking area. **No other route through the embargoed area is allowed.**

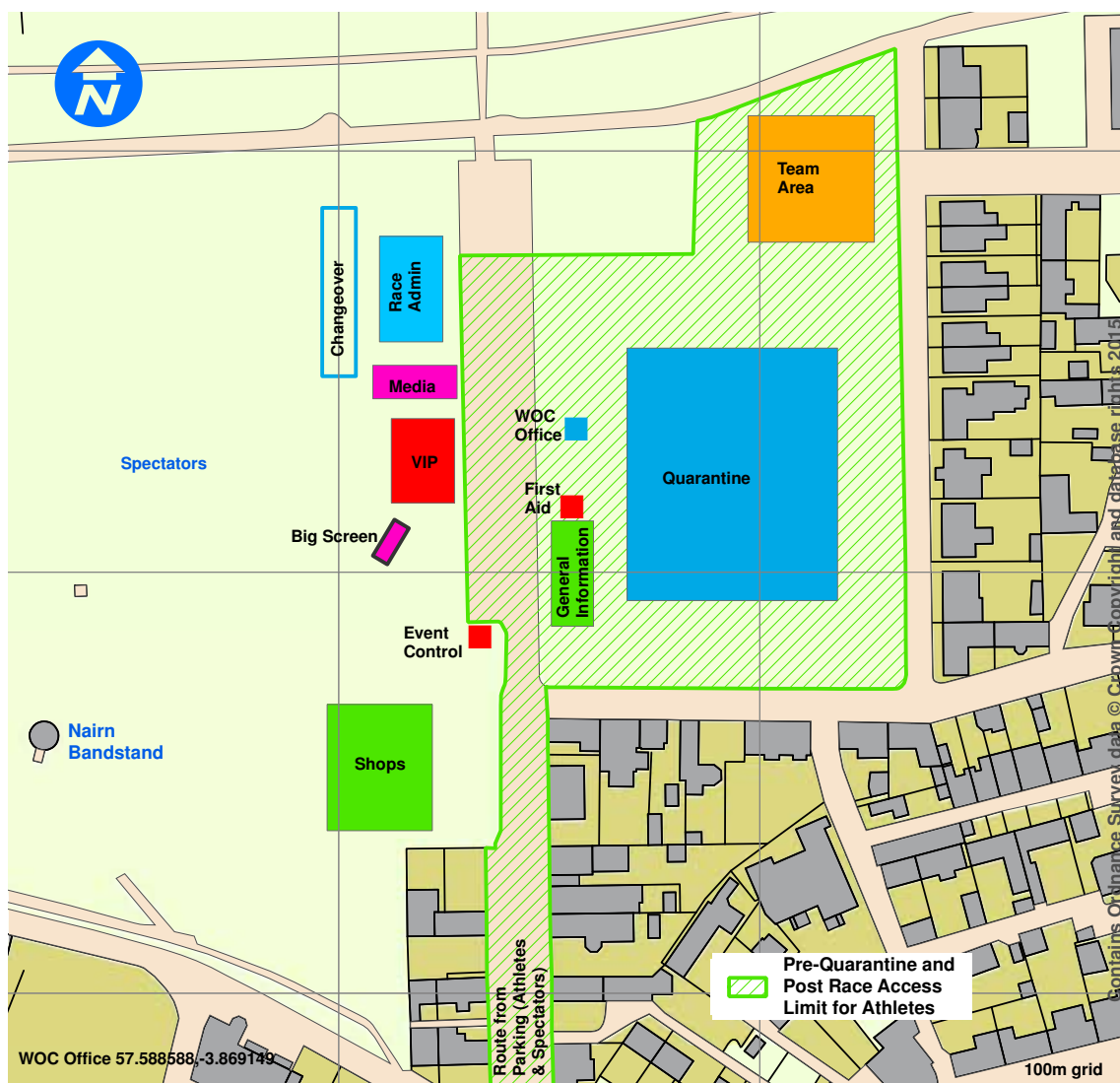
Spectators, Media and VIPs follow the same route to Nairn. Parking is at the Farmers' Showfield **57.5818,-3.8787** (Post Code IV12 4RY), on the right 600 m after the 30 miles per hour speed limit sign at the traffic lights. Turn right off the A96 (take care oncoming traffic). Overflow parking will be available at Millbank Primary School and Nairn Academy (follow Overflow Parking signs). The race arena at The Links (Bandstand) **57.5886,-3.8698** (Post Code IV12 4NQ) is accessed via the High Street (route maps issued at parking).

Note that the Nairn Show (Nairnshire Farming Society) is taking place close to Nairn on Saturday 1 August, and traffic may be very slow. Expect delays and allow plenty of travel time.

Typical travel time 35 minutes.

Accident & emergency hospital: Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ. Signed from A9 Inverness to Perth road. There is also a Minor Injuries Unit at Nairn Hospital, Cawdor Road, Nairn IV12 5EE.

ARENA PLAN



SPRINT FINAL

FORRES, SUNDAY 2 AUGUST

COURSES AND TERRAIN

Course Planner: Tim Sands

Controller: Steve Smirthwaite

Mapper: Steve Smirthwaite

	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Control Description Size, mm	Maximum Time
Women	3.8	25m	21	-	15 min	1:4000	2.5m	336x 209	135 x 45	50 min
Men	4.1	25m	23	-	15 min	1:4000	2.5m	336x 209	145 x 45	50 min

TERRAIN SUMMARY

Terrain as for Sprint Qualification

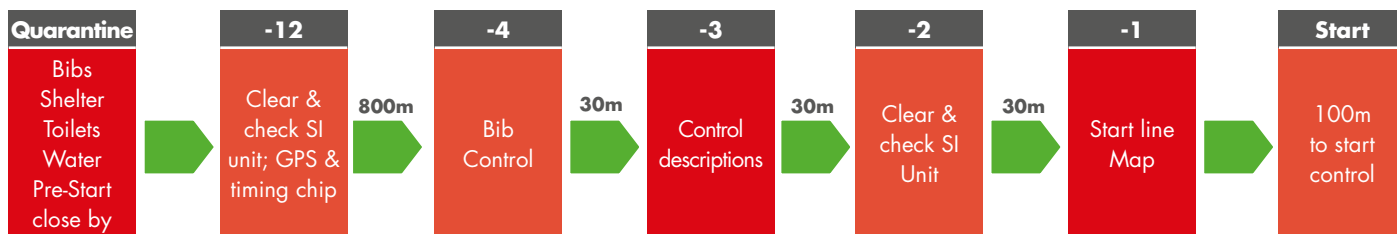
ADDITIONAL INFORMATION:

- Special map symbols:
 - black ✕ play equipment
 - green ✕ floral display
- The athlete has to punch a start unit on entering the -1 box, in order to be registered with the start gate
- Complaint time is 15 minutes after announcements of official results)

Quarantine Check-in Time: 1500-1600

First Start Women 1651 BIBS 1-45 front and back (both black)
First Start Men 1755 BIBS 101-145 front and back (both black)
Start Interval 1 minute

PRE-START AREA: Pre-start is across the road from the Quarantine area
PRE-START TO START: Call up 12 minutes before start



FLOWER CEREMONY: Approx. 1850-1900 for both races.



TRAVEL

Quarantine is at Forres Academy **57.6027,-3.6120** (Post Code IV36 1FG). Follow travel directions to Forres Academy as per the Sprint Qualification Race.

Opposite the Forres Swimming Pool and Fitness Centre and at the front of the school, turn left into Roysvale Place and right into the Roysvale parking area at **57.6045,-3.6114** (Post Code IV36 1FG). **Do not drive onto Sanquhar Road.** Distance car park to Quarantine maximum 300 m; Quarantine is entered from the East side of the Academy. There are strictly no cars allowed in this area.

Coaches and team kit will be transferred by organisers' transport to the race arena in Grant Park **57.6108,-3.6070** (Post Code IV36 1DD).

No other route through the embargoed area is allowed e.g. access from the A940, B9010 or B9011 through South Street or High Street from the east.

Spectators, Media and VIPs should follow Orienteering Race Arena signs along Orchard Road to the next roundabout and go straight on to South Street (650 m) before turning right into Grant Park (parking area) at **57.6095,-3.6098** (Post Code IV36 1DF).

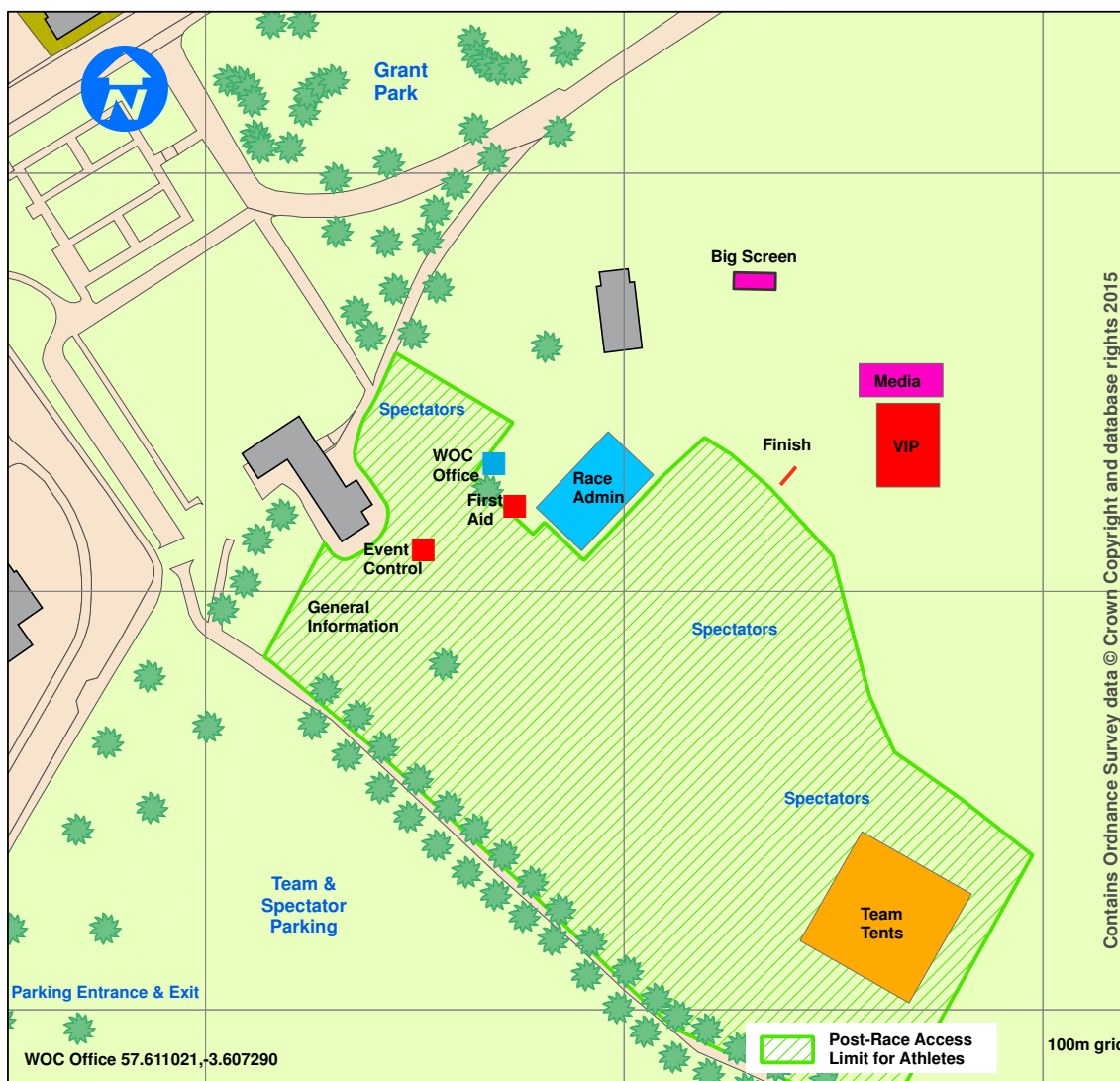
Typical travel time 50 minutes.

Note that for spectators there is no access to the main parking area in Grant Park after 1600 hrs (due to road closures). Overflow parking will be available at Roysvale (see above) after 1600 hrs. This will be signposted from the roundabout at South Street (near Grant Park) along Sanquhar Road.

Spectators and team officials MUST NOT park in any of the Forres town car parks.

Nearest accident & emergency hospital: Dr. Gray's Hospital, West Road, Elgin IV30 1SN. Signed from A96 Forres to Elgin road.

ARENA PLAN



MIDDLE DISTANCE

DARNAWAY, TUESDAY 4 AUGUST

COURSES AND TERRAIN

Course Planner: Graeme Ackland

Controller: Rob Hickling

Mappers: Deeside Orienteering and Leisure Maps, Stirling Surveys

	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Control Description Size, mm	Maximum Time
Women	5.3	200m	21	1	33 min	1:10000	5m	297 x 210	140 x 50	70 min
Men	6.2	240m	25	1	33 min	1:10000	5m	297 x 210	160 x 50	70 min

TERRAIN SUMMARY

The Middle Distance and Relay will both be staged in Darnaway, which provides unique terrain in a well-managed forest. The area is relatively flat, aside from the steep slopes on the sides of the River Findhorn. It has many distinctive undulating contour features arising from glacial moraine, an almost total lack of rock, and a dense network of tracks and paths. There is an enormous variety in forest type and age, including Scots pine, beech, oak, larch, fir, and hemlock, and some newly felled areas. The terrain is generally fast by Scottish standards, with highly variable visibility and underfoot conditions in different parts of the area. Open areas tend to be affected by vegetation in the summer, and typically provide slower going than the surrounding woods.

ADDITIONAL INFORMATION:

- Special map symbols:
black X statue (tree trunk)
green O significant tree
- There is no restriction regarding shoes
- Water is provided at refreshment controls. Refreshment points will be manned
- There is a 150 m compulsory taped route from the map collection to the start point
- Complaint time is 15 minutes after announcements of official results

Quarantine Check-in Time: 0900-1130

First Start Women approx. 1154

First Start Men approx. 1412

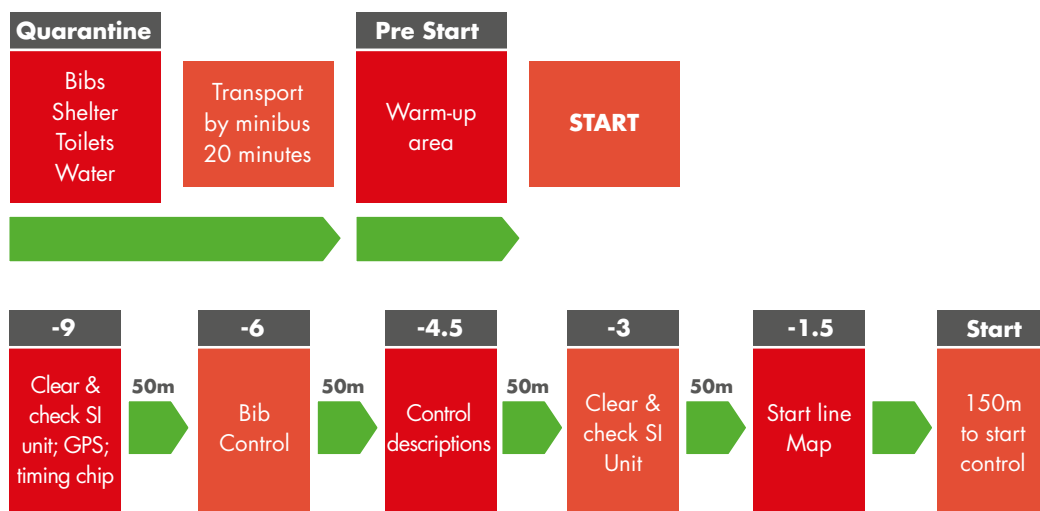
Start Interval 1.5 minutes

BIBS 1-75 front and back (both black)

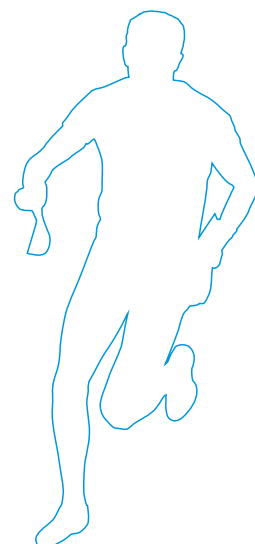
BIBS 101-183 front and back (both black)

PRE-START AREA: Pre-start area with some shelters, toilets, drinks and a warm-up map with controls.

PRE-START TO START: Call up 9 minutes before start



FLOWER CEREMONY: Women 1420, Men 1650



TRAVEL

Quarantine is at Forbes Academy **57.6027,-3.6120** (Post Code IV36 1FG). Travel details are as for the Sprint Qualification and Final. Teams may access quarantine using other routes in Forbes, **but must not drive along the A940 (Grantown-on-Spey road) or any minor roads that lead through the embargoed area e.g. via Whitemire or Conicavel.**

All athletes and any accompanying coaches will be transferred to the pre-start by minibus.

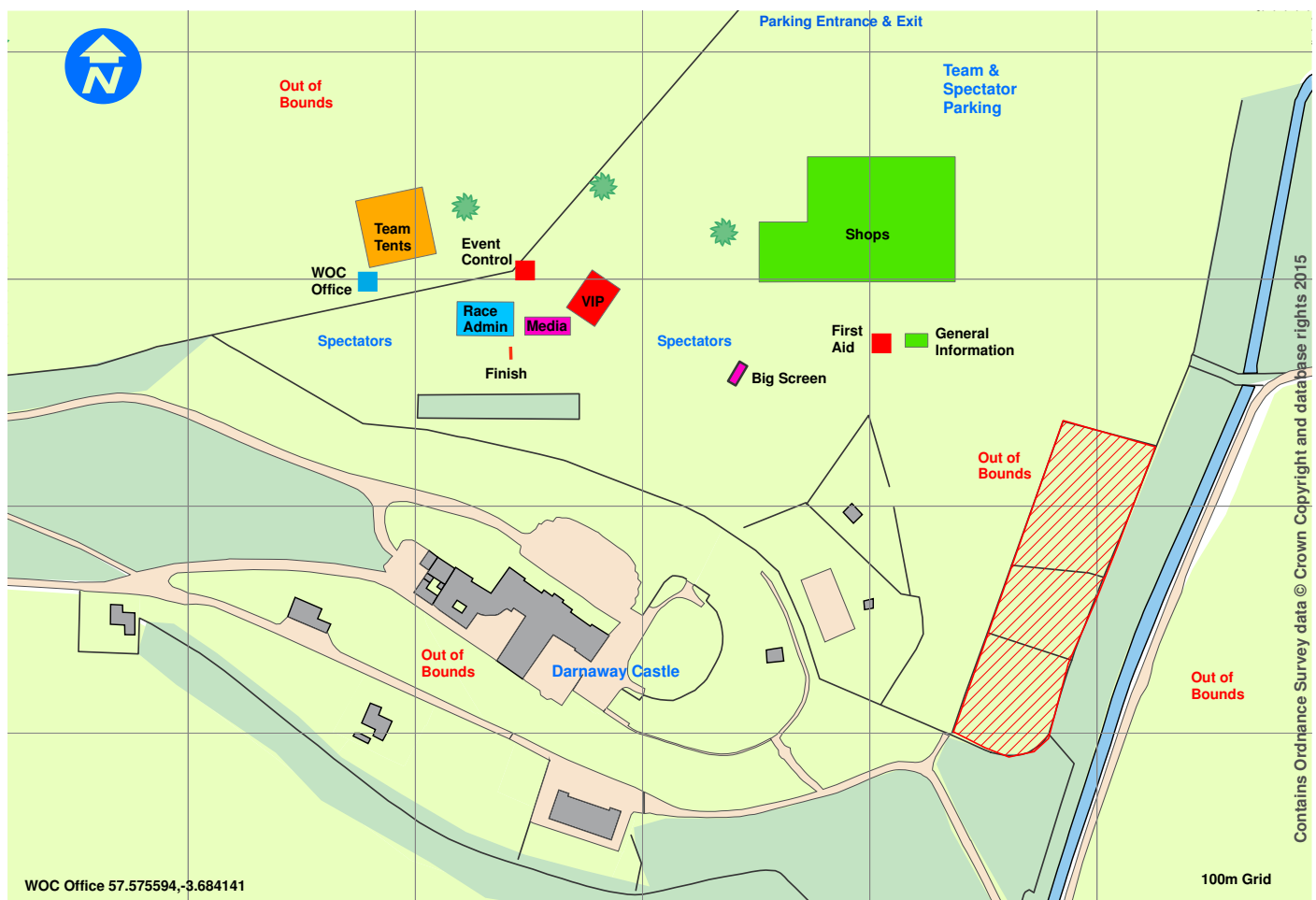
Team coaches and athletes' bags will be taken to the east side of the arena by minibus. A minibus service will be available later to transport coaches to collect their vehicles at Forbes Academy.

Typical travel time to Quarantine, 50 minutes; to arena, 45 minutes.

Spectators, Media and VIPs follow the A96 east from Inverness through Nairn towards Forbes. Beyond the village of Brodie (50 miles per hour limit), turn right at the junction signposted Whitemire and Conicavel. After 1 km turn left (do not go straight on at notice saying Moray Estates Development Company) and after 400 m turn right through impressive 'golden gates' at East Lodge **57.5913,-3.6843** (Post Code IV36 2ST). Follow estate roads and WOC signage to the parking area, 500 m north-east of Darnaway Castle, Post Code IV36 2SW.

Nearest accident & emergency hospital: Dr. Gray's Hospital, West Road, Elgin IV30 1SN. Signed from A96 Forbes to Elgin road.

ARENA PLAN



RELAY

DARNAWAY, WEDNESDAY 5 AUGUST

COURSES AND TERRAIN

Course Planner: Graeme Ackland

Controller: Steve McKinley

Mappers: Deeside Orienteering and Leisure Maps, Stirling Surveys

WOMEN

Courses	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Maximum Time
Legs 1&2	6.00	140m	20-21	1	34 min	1:10000	5m	297 x 210	
Leg 3	6.15	140m	21-22	1	35 min				
Total					103 min				240 min

MEN

Courses	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Maximum Time
Legs 1&2	6.90	180m	23-24	1	34 min	1:10000	5m	297 x 210	
Leg 3	7.05	180m	24-25	1	35 min				
Total					103 min				270 min

TERRAIN SUMMARY

Terrain is as for the Middle Distance race.

ADDITIONAL INFORMATION:

- Special map symbols:
 - black X statue (tree trunk)
 - black O wrecked car
 - green O significant tree
- Control descriptions are printed on the map
- Control Codes are printed beside the Control Number on maps (e.g. 1-73)
- Marked routes, including to the start point, must be followed
- Water is provided at the refreshment controls
- Complaint time is 15 minutes after announcement of official results

Quarantine check in time: 1240 – 1340

Start Time Women: 1355 BIBS: 1-40

Start Time Men: 1600 BIBS: 101-140

Bibs: 1st LEG WHITE on front, Nation on back 2nd LEG YELLOW on front, Nation on back 3rd LEG BLUE on front, Nation on back

QUARANTINE

The quarantine area is 750 metres from the arena with no view of the TV screen. There will be shelter, toilets, drinks and space for warm-up (map available) in the quarantine area.

Pre-start will be in Quarantine. Athletes will be called up 40 minutes before their start or expected change-over time for Bibs and GPS Tracking unit issue.

First leg runners will be led to the Start 15 minutes before the Start Time.

All runners for second and third legs will be taken through the corridor from Pre-start to Start about 10 minutes before the leading team's change-over. Distance from pre-start to change-over is 750 metres.

START

First leg runners' maps will be on the ground. On the front of the map is the team and leg number. The Start signal will be a klaxon.

CHANGEOVER

The incoming runner will

1 pass the finish line, **2** go to the map board marked with their bib number and nation name, **3** collect the map for the next leg

4 pass the map to the next runner

It is the competitor's responsibility to take the correct map

START/CHANGEOVER to start control is 350 metres.

FLOWER CEREMONY Approx. 1750-1800 for both races.

TRAVEL

Quarantine is at the walled garden (marked Nursery on detailed maps) south-east of Darnaway Castle at **57.5699,-3.6811** (Post Code IV36 2SW).

Follow the A96 east from Inverness through Nairn towards Forres. 750 metres after the Welcome to Moray Malt Whisky Country sign and the short section of road with an overtaking lane, turn right at the junction signposted 'Darnaway 2'. Follow this road to meet 'Diversion' signs after 2 km. Follow this diversion route for 4 km through Whitemire to meet a minor road on the south side of the forest, and there turn right towards Redstone (small wooden hut at this turning) and follow a private estate road to quarantine. Typical travel time 55 minutes.

Note: Scottish 6-Day competitors will be walking to starts along part of the last section of the route to quarantine. Teams are asked to use as few vehicles as possible, and to arrive only within the one hour before the quarantine deadline (1345). Please take care and give consideration to all pedestrians using this route.

Teams **must not** access quarantine by the minor roads through the embargoed area from Whitemire or Conicavel or the unclassified road at Earlsmill.

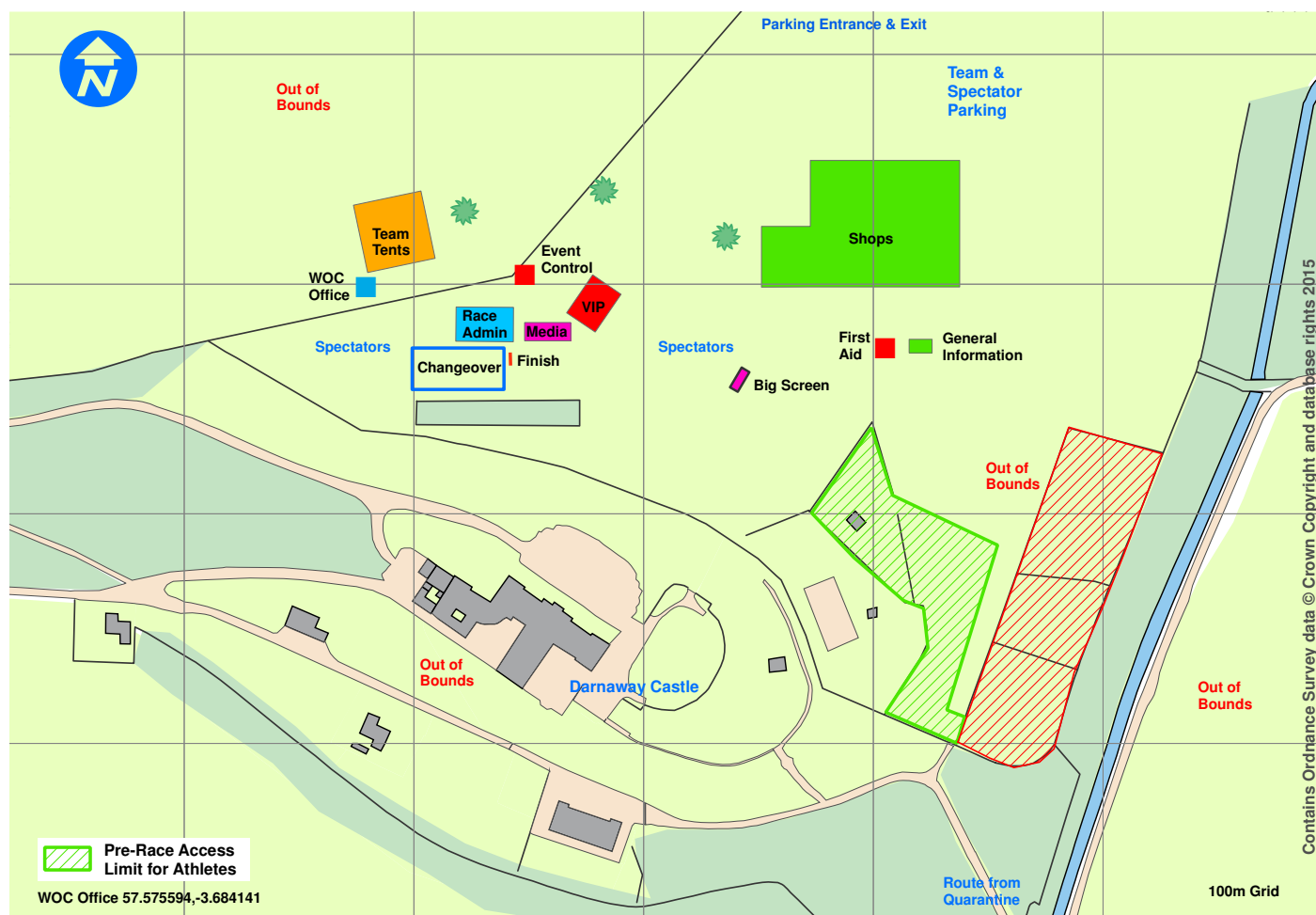
Team kit will be taken to the east side of the arena by minibus. Coaches walk from quarantine to the arena, and can return to collect vehicles from quarantine later.

Spectators, Media and VIPs follow the A96 east from Inverness through Nairn towards Forres. Beyond the village of Brodie (50 miles per hour limit), turn right at the junction signposted Whitemire and Conicavel. After 1 km turn left (do not go straight on at notice saying Moray Estates Development Company) and after 400 m turn right through impressive 'golden gates' at East Lodge **57.5913,-3.6843** (Post Code IV36 2ST). Follow estate roads and WOC signage to the parking area, 500 m NE of Darnaway Castle, Post Code IV36 2SW. Typical travel time 45 minutes.

There will be a one-way system in operation covering the last section of track to the parking field. **All traffic must be in the field by 1400. From 1230 until 1400** the direction of flow will change every 15 minutes, so there may be a short delay in getting in. After the Relay, departure from the field can be expected to be slow.

Nearest accident and emergency hospital: Dr. Gray's Hospital, West Road, Elgin IV30 1SN. Signed from A96 Forres to Elgin road.

ARENA PLAN



LONG DISTANCE

GLEN AFFRIC, FRIDAY 7 AUGUST

COURSES AND TERRAIN

Course Planner: Brian Bullen & Steve Nicholson

Controller: Colin Eades



Mapper: Stirling Surveys


	Length km	Climb	Controls	Refreshment	Winning Time	Map Scale	Contour Interval	Map Size mm	Control Description Size, mm	Maximum Time
Women	9.7	440m	19	3	75 min	1:15000	5m	420 x 263	125 x 45	180 min
Men	15.5	660m	32	5	95 min	1:15000	5m	420 x 263	200 x 45	240 min

TERRAIN SUMMARY

The Long Distance will be held in Glen Affric within some of the largest expanses of Scots pine forest in the country devoid of any paths or tracks. The terrain is a mix of areas with natural semi-open and denser planted conifers. Underfoot it is generally tough with deep heather, high summer grass and many hillside marshes.

ADDITIONAL INFORMATION:

- There is no restriction regarding shoes
- Complaint time is 15 minutes after announcements of official results
- There is water only at refreshment controls. Refreshment points will be manned
- The Pre-Start area is particularly prone to Highland midges – waiting athletes and coaches should to be prepared; midge net head covering is recommended
- Towards the end of the courses there is a mandatory crossing over an uncrossable fence and gorge: course overprint symbol: , control description image: 

Red/white tapes will guide competitors for about 25m after crossing the fence, down into the gorge, from which they navigate to the following control. The gorge will be marked on the map with the dangerous area (purple hatching ) symbol

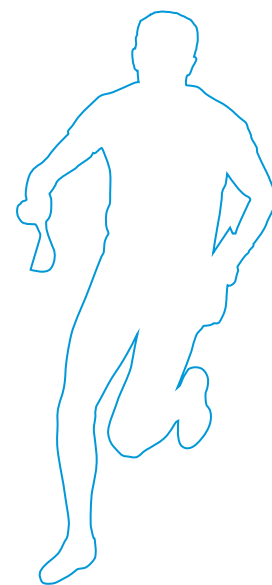
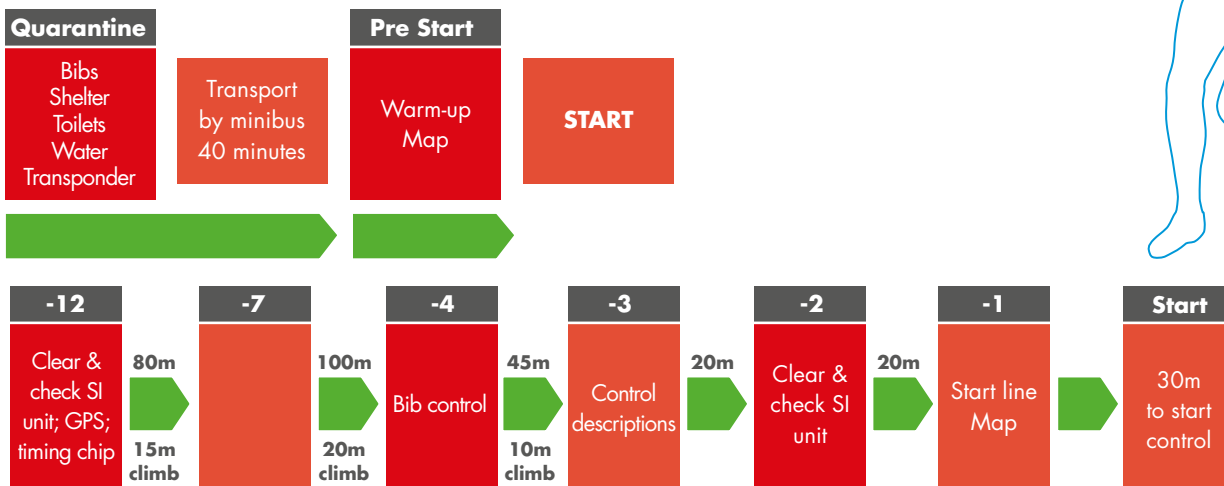
- Fences near the finish overlaid with purple overprint must not be crossed. Other fences are crossable.

Quarantine Check-in Time: 0800-1100

First Start Women 1000 BIBS 1-75 front and back
First Start Men 1000 BIBS 101-183 front and back
Start Interval 3 minutes

PRE-START AREA: Pre-start area with some shelters, toilets, drinks and a warm up map with controls.

PRE-START TO START: Call up 12 minutes before start



There will be a clock at -7 showing competitor's start time.

FLOWER CEREMONY: From 1550 in the arena.

TRAVEL

Quarantine is at Cannich Hall, Cannich **57.3436,-4.7555** (Post Code IV4 7LJ). Follow the A82 south-west from Inverness for 23 km to Drumadrochit. Turn right (Orienteering Race Arena sign) on to the A831 and follow this road for 19 km, across the stone bridge and then left into Cannich Hall.

All athletes and any accompanying coaches will be transferred to the pre-start by minibus.

Typical travel time 55 minutes. Note that the Belladrum Tartan Heart Festival is taking place in Beauly, and traffic should not use routes such as the A833 or A831 from Beauly.

Team coaches leaving the pre-start must return by minibus with team kit to quarantine in Cannich. To drive to the arena, follow instructions as above but instead of turning right at Knockfin, follow the Plodda Falls signs. Follow this minor road for 1.5 km before turning right on a rough gravel road that leads to parking at Guisachan House (Ruin) **57.2853,-4.8432** (Post Code IV4 7LY). **Permit parking only as issued by WOC Office.** Please be careful as there will be Scottish 6 Day orienteers on this section of road.

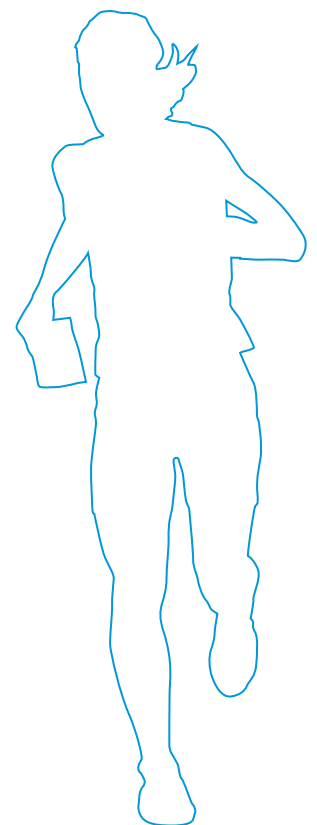
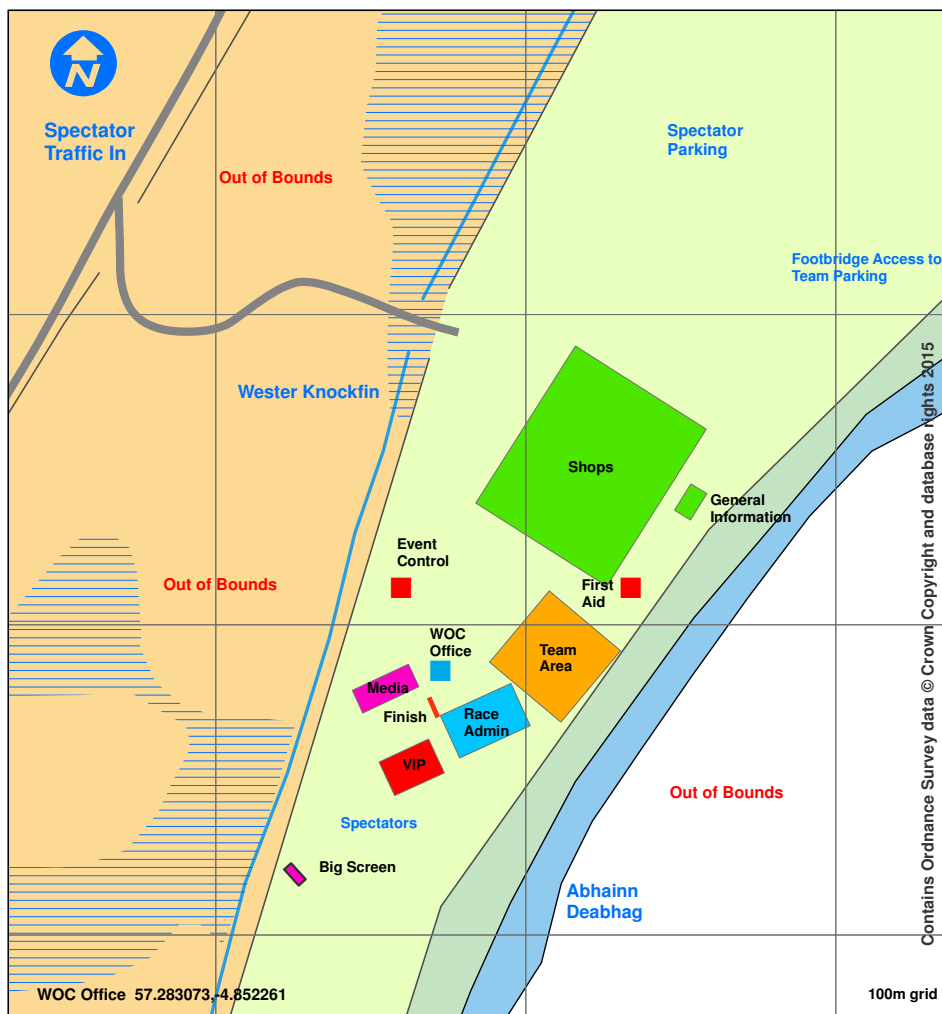
Athletes should take an additional bag with clothing etc that will be taken directly to the Race Arena when Quarantine closes (1100). This is to make sure that you have kit when you finish. All bags and clothing left at Pre-Start will be transferred to the WOC Parking at Guisachan House but as it is a lengthy route, we are unable to guarantee that these bags will be there before you finish.

Spectators follow the same route to Cannich but continue on a further 500 m to the junction signposted Glen Affric, Tomich, Fasnakyle. Follow this minor road for 2.5 km, past the power station, then bear left towards the Tomich junction (500 m). **Do not follow the sign to Glen Affric (T sign No Through Road for Vehicles).** Turn right towards Tomich and follow this road for a further 2.5 km through Tomich Conservation Village before turning right over the bridge at Knockfin. **Do not follow the road signposted Plodda Falls (Forestry Commission Scotland).** Follow the narrow gravel road a further 2 km to the race arena at **57.2840,-4.8524** (Post Code IV4 7LY). **Access will be closed after 12.00.** Late arrivals should go to Guisachan House (see below). Typical travel time 65 minutes.

Media and VIPs follow instructions from Knockfin as for team coaches (see above).

Nearest accident & emergency hospital: Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ, signed from A9 Inverness to Perth road.

ARENA PLAN





Scotland

The Perfect Stage

EventScotland is a proud supporter of Highland 2015, incorporating both the World Orienteering Championships and the Scottish 6 Days.

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