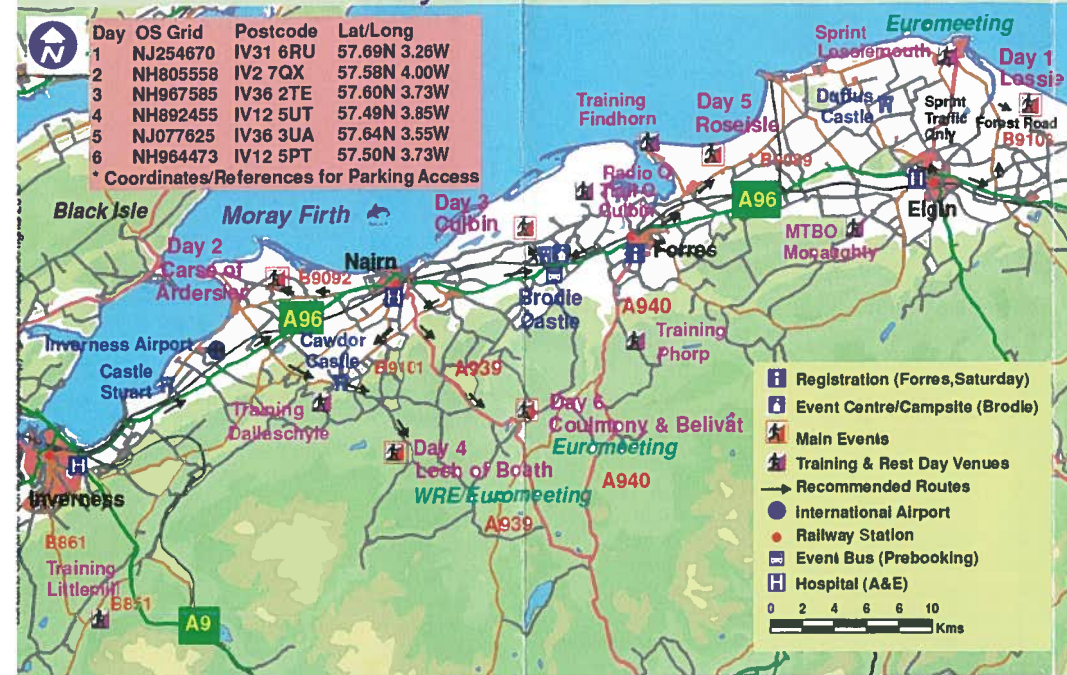


Moray 2013 Venues



General Information for All Days

Event Centre and Information: Please see separate panel.

Daily Newsletter: The Daily Newsletter will be handed out every morning on arrival in the parking field. It will provide last minute information, news of local events and any other items of interest. Please read it and if you would like to contribute please submit your request at information (spare copies here too).

Ash Dieback: Please come to Moray with clean shoes. Additional requirements e.g. use of shoe baths may be made compulsory.

Merchandise: A range of Moray 2013 logo embellished clothing will be on sale in many colours and sizes, including child and lady-fit. Cheques or cash only.

Litter: Rubbish bins will not be provided in assembly areas. Recycling facilities are available at the event centre, campsite and throughout the area.

Day parking: No caravans can be parked at events (unless agreed beforehand for disabled attendees). See individual day information for more details.

Bus Service: A shuttle bus service is available from the campsite for competitors who do not wish to make their own travel arrangements except for day 3 which is within walking distance of the campsite. Pre-booking is required – either at event registration or at information, if seats are still available.

Shops, Cafes, Local Attractions: Details available at information. The Daily Newsletter and event website will also have relevant information.

Campsite: Located at Brodie Castle. Showers also available at Forres swimming pool and Grant Park pavilion (during soccer tournament times). Please note that camping will be at your own risk. Users should bring their own first aid kit. Nearest A and E: Elgin (see Medical Information).

Dogs: Unless stated in day information dogs are allowed in car parks and assembly areas, but not in competitions areas. They must be on a lead at all times and dog faeces should be bagged and taken away. Note that there will be no bins in assembly areas.

Technical Information for All Days

Age Class: A full range of age classes are available. Entry on the day (at registration) only if there are unused start times and maps.

Colour coded: White, Yellow, Orange, Light Green and Green (entry on the day available at registration). These cover a spectrum of technical and physical difficulty, starting from very easy and progressing to more difficult.

String and Off String: There will be non-competitive (i.e. times are not recorded) String and Off-String courses provided each day for young children, using special maps. There will be no charge. Certificates will be awarded, and should be kept to be filled in on finishing each day. Electronic punching will be used. Register at information on Saturday 27th July or at the string course on event days. Courses available between 10:00 and 15:00.

Shadowing children: We must ensure that the competition is fair to everyone. If juniors require shadowing, they must enter the colour coded courses. No shadowing will be allowed before your own run. The adult shadower must not pick up a map at the start.

Pre-Start Map Viewing: Blank maps will be displayed in assembly and in start lanes. Maps for courses 1, 2, 8 and 9 will be displayed in assembly for competitors to view before their run.

Start Times: Starts are from 10:00 to 14:00 with courses closing at 16:30. It is the competitor's responsibility to arrive at the start on time. Runners not on time will be started as soon as possible, but there may be long waits for a free slot. **Start times will not be changed at the start.** Persistent deviation from allocated start times may be investigated by the organisers. Bibs will display PS for competitors with punching starts (helpers and parents with split starts). Start lists will be displayed in assembly. Please clear your SI cards on the way to the start. Competitors are responsible for picking up the correct map.

Map Scales: The map scale for all competitors will be 1:10000 except on the sand dune days (1,2,3 and 5) when 1:7500 will be used for M/W45+, TD1-4 and courses 21, 28 and 29. The elite classes (M21E and W21E) on Day 6 will use 1:15000. Map sizes will be ca. A3 or A4. Maps on waterproof paper.

Results: On display in assembly and regularly updated on the web. Wi-Fi available in assembly courtesy of SPORTident. Results books will not be printed.

Scoring: For elite classes, scoring is based on cumulative times over the week – i.e. competitors will need to complete every day. For all other classes, points will be awarded for each day's result, with points allocated based on finishing position. Thus, the class winner will receive 1 point, second placed competitor 2 points, and so on. Competitor's overall score will be the sum of their best four scores of the week. In the event of a tie between two or more competitor's the competitor with the lowest individual day placing will win. Competitors who fail to finish, who do not start, or who are disqualified, will be awarded a points score which is 5% higher than the maximum number (over all six days) of entrants for the class.

Electronic Punching: The SPORTident electronic punching system will be used, and all versions of SI card are accepted. **It is essential that all competitors visit the download tent by course closing time (16:30) whether or not they have finished their course.**

Control Description Sheets: All age class and colour coded courses will use pictorial description sheets. Control descriptions will be printed on the competition maps; loose copies will be available in the start lanes.

M/W21 Elite: The elite classes (M21E and W21E) have a middle distance race on Day 2 and Day 4. Day 4 will have World Ranking Status. Day 6 will be a long distance race, and will have a seeded start (leader starts last).

Euromeeeting: The Euromeeeting 2013 competition will be held in conjunction with Moray 2013. Euromeeeting races are: Sprint (Lossiemouth 31st July), Middle (Day 4) and Long (Day 6). Euromeeeting competitors will use the same courses as the 6 Day elite runners. Euromeeeting runners will have a separate start. Sprint elites will have separate bibs.

Prizes: There will be awards at the prizegiving at 3pm on the last day for the first 3 competitors in all age classes. Gold/Silver/Bronze badges will be available at £3 each to all those who qualify. Badge times will be available at information.

Complaints, Protests and Appeals: Complaints should be made to the Day Organiser either orally or in writing at the information tent up to 16.30 on the day of the competition. There is no fee for a complaint. The Day organiser is the adjudicator of a complaint. A protest can be made against the Organiser's decision, in writing to the Controller. Protests and appeals will be handled under Rule 9 and Appendix G of the 2011 British Orienteering Rules.

Clothing and Equipment: The torso and legs shall be covered, and it is recommended that a whistle is carried. The Day organiser may require a cagoule/waterproof jacket to be worn/ carried if the weather is bad – if so, notices will be displayed in the assembly field and on the route to the starts.

Bibs: Must be worn on all days. Please note that on day 5 access to the assembly area will require bibs. Please write relevant medical information on the back of bibs (e.g. allergies).

Taping: The following colours will be used: yellow/black – danger; red/white – out of bounds/ crossing points; white only – taped routes in terrain. Routes to starts will be taped according to the start colour.

Water: There are no drink stations on the courses with the exception of the Day 6 elite Long race. There will be no water at the finish. Competitors should hydrate before their run; there will be bags at each start for the disposal of bottles.

Course	Start	Classes	Course	Start	Classes	Course	Start	Classes
1	White	M10B W10B	16	Green	W14A W16B	29	Blue	M20S M35S W45L
2	White	M10A M12B W10A W12B	17	Green	M14A M16B	30	Blue	W40L
3	White	W12A W14B	18	Green	M70S W55S W60S W70L	31	Blue	M21S W18L W20L W35L
4	White	M12A M14B	19	Green	M65S W50S	32	Blue	M60L
5	White	W75S W85	20	Green	M75L W45S W65L	33	Red	M18L
6	White	M85 W70S W80S	21	Green	M60S W40S	34	Red	M16A W21L
7	White	M75S M80 W65S W75L	22	Green	W18S W20S W35S	35	Red	M55L
8	White	White	23	Blue	M55S W60L	36	Red	M50L
9	White	Yellow	24	Blue	M70L W55L	37	Red	M45L
10	White	Orange	25	Blue	M18S W16A W21S	38	Red	M40L
14	Green	Light Green	26	Blue	M50S	39	Red	M20L M21L M35L
15	Green	Green	27	Blue	M45S W50L	40	Red	W21E

Event Programme Moray 2013



www.scottish6days.com/2013

Lossie • Carse of Ardersier • Culbin • Loch of Boath • Roseisle • Coulmony and Belivat



Personal Daily Planner

Day	1	2	3
July 28th	13:33	3.6	1.8
Lossie			
Day 2			
July 29th	13:11	4.2	1.1
Carse of Ardersier			
Day 3			
July 30th	10:48	3.4	2.5
Culbin			
Day 4			
Aug 1st	12:19	3.7	1.3
Loch of Boath			
Day 5			
Aug 2nd	13:32	4.1	1.1
Roseisle			
Day 6			
Aug 3rd	10:34	4.1	2.2
Coulmony & Belivat			

Driving in the Moray Area

Please obey all road safety notices and signs. Remember to drive on the left hand side!

All the days have more than one possible route of approach. Please use the routes designated and signed from the A96 Inverness/Aberdeen road and only be guided by Sat Nav if you get lost.

The routes agreed with the police mainly avoid single track roads.

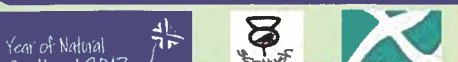
Please be patient if queues build up entering or leaving the car parking fields.

Cawdor Castle



Why not visit Cawdor Castle, a 5 star visitor attraction and the jewel in the crown of the surrounding countryside. A magical name romantically linked by Shakespeare with Macbeth.

Open 7 days a week from 10am to 5pm. Visit www.cawdorcastle.com



Social Programme

Location/ticketing: Dyke Community Hall NH 989 583. Ample parking outside hall or in adjacent field. Marked walking route (0.75 miles) from Event Centre via field and road. Tickets can be bought at registration on Saturday 27th July and at information each day.

Sunday 28th July: Whisky tasting featuring local Benromach Whisky (Gordon and Macphail). £5 per person

Monday 29th July: Whale and dolphin talk. Find out more about these creatures and local opportunities to view them. Talk by WDC Spey Bay £3/£1 per person (£1 goes to WDC (Whale and Dolphin Conservation).

Tuesday 30th July: Ceilidh with the Big Fat Electric Ceilidh Band - a night to remember! £10/£5 per person.

Wednesday 31st July: Indoor bowling and table tennis (free) followed by Beetle Drive. £1 per person.

Thursday 1st August: Pub quiz night with Terry Penny. Six people maximum per team. £2 per person.

Friday 2nd August: Informal talks from Speysidecraft Brewery 8pm & Windswept 9pm. £2 per person.

Saturday 3rd August: Music with a Scottish flavour. Relax at the end of the week. £2 per person.

On Wed/Thurs/Fri there will be a "Soccer 7s" tournament/series of matches co-ordinated by the local Soccer 7s Club and using their facilities in Forres. Orienteers need to register their interest as individuals or club teams at the beginning of the week and turn up for their games at Grant Park from 18:30-21:30. Juniors welcome. See event website for further details.

Bar run by local Parent Council for fund-raising. Bar supplied by Gordon and Macphail, Forres. Local keg beers from Speysidecraft and Windswept local brewers.

Tickets for reduced price Benromach Distillery tours will be available from information each day.

Emergency Medical Information

NHS 24: 08454 24 24 24 www.nhs24.com

Raigmore hospital, Inverness (A and E): Old Perth Rd, Inverness, Inverness-shire IV2 3UJ Tel: 01463 704000

Dr Gray's Hospital ELGIN IV30 1SN Tel: 0545 456 6000

Nairn Town and County, Cawdor Road, IV12 2EE Tel: 01667 452101 (GP minor injury unit with no x-ray facilities)

Out of hours dentist: NHS 24: 08454 24 24 24

A list of local dentists is held at information.

Doctors

All local doctors' surgeries will take temporary residents. A list, with telephone numbers, is available at information.

General Health Matters

Ticks are common in the competition area. Check carefully for ticks after each run and remove them (the recommended method is using an 'O-Tom'). Lyme disease does also occur in the area; if you develop a rash at the site of a tick bite, you are advised to seek medical advice.

E-Coli 0157 may be found where farm animals have been grazing the fields used for car parking and assembly as well as the competition area. It is recommended that you wash your hands thoroughly before eating.

Event Centre and Information

Location: Brodie Castle, Saturday-Saturday

18:30 to 20:00: Daily. Information, help, results display, tickets and badge sales. In the stable block.

Breakfast 07:00 onwards: Take-away continental breakfast with a selection of fruit, yoghurt, croissants and porridge etc. Mobile caterer for cooked breakfast

Evening Meal 17:00 to 19:00: Every day (Sat to Sat)

Seating for 200 people, first come/first served. Sample prices :- £3.00 for soup and roll : Pasta Bake £5.50.

Vegetarian meals (with simple gluten-free option).

Mobile caterers offering Hog Roast, Fish and Chips.

Bar 17:00 to 23:00: Every evening in a marquee on the lawn next to the food marquee. There will be associated music and pub-type entertainment.

Activities at Brodie

Several theatrical and musical events have been arranged by National Trust for Scotland at Brodie to coincide with our event. These are also open to the general public. See the website for further details, and booking links.

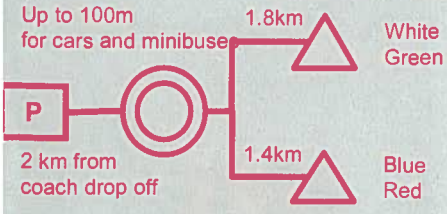
Afternoons: EarthTime - daily nature based entertainments (3 - 8 year olds). Permanent adventure playground near the tea room (all day and evening). The castle is also open and evening tours may be arranged on request.

General

Please be aware that during the day Brodie Castle is open to the general public so it is important that you consider other people as you come and go. Studded O

Day 1

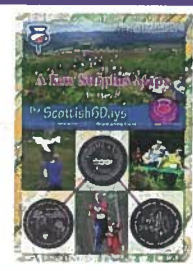
Sun 28th July
Lossie



Organising Clubs: AYROC, CLYDE, ECKO
Planners: Steve Wilson, Carol Burnapp
Organisers: Andrew Macpherson, Rachel Wilson
Controllers: Dick Carmichael, Ross Lilley
Parking: Parking is signed from the A96 2km east of Elgin. Travel 5km north on the B9103, before turning right onto a forest road. Parking for all vehicles is in a field 2km along this road. Last arrival by 12:15. No exit before 12:45. Bus passengers will be ferried by minibus from drop-off to assembly.
Assembly: Parking is adjacent to assembly. A shallow valley provides good viewing of the run in.
Starts: Leave the assembly field by the north east corner. Walk on flat sandy forest paths and rides unsuitable for pushchairs.
Map: Harvey Map Services 1982, DOLM 1997,2002. Revised in 2012-2013 by DOLM.
Terrain: Intricate coastal sand dune strip. Flatter inland fast runnable mature forest with some complex low contours. The area is popular with off-road motorbikers who can create sandy tracks through the terrain, and while the courses have been planned and the map has been updated to include the most significant of these, competitors should be aware that some smaller tracks may not be marked and that new tracks can appear at any time. There is a low visibility complex contour block with thickets that will test concentration towards the end of all courses.
Safety Information: The quarry in the forest is Out of Bounds. The swamp and pond area north of the quarry is also Out of Bounds. Both clearly marked as such on the maps.
Special Information: String course is accessed from the north east corner of assembly. UK Orienteering League event.

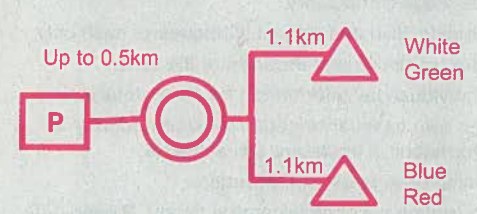
A Few Surplus Maps

The history of the 6 Day Event from its beginnings in 1977 to 2011. 216 pages full of maps and photos. £17.50 per copy. 2013 supplement £2.00. Both available from information.



Day 2

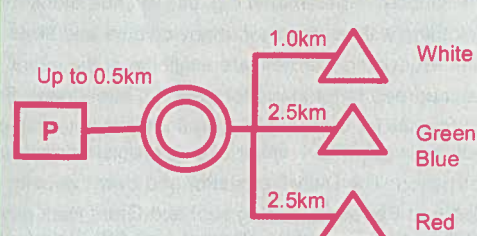
Mon 29th July
Carse of Ardersier



Organising Clubs: INTERLØPERS, BASOC
Planners: Alex Campbell, Callum Scott
Organisers: Robin Galloway, Ken Daly
Controllers: Fraser Purves, Paul Caban
Parking: In fields south of assembly for all vehicles. Access from minor road running along south side of Carse Wood. One way system in operation. Narrow road, so care required. Signed off the B9092 from event centre. Bus parking on hard standing by electrical station adjacent to assembly field.
Assembly: Directly opposite parking field. A large flat field area with good space for club tents etc. Horses located close-by so please behave with consideration. Dogs should be kept on leads at all times.
Starts: There are two starts. Both exit the assembly field from the same gate. Routes to the starts split after 400m. The Red/Blue start lies to the east. The White/Green start lies to the west. There is one road crossing on the way to this start.
Map: Harvey Map Services 1996, and DOLM. Revised in 2012 by DOLM.
Terrain: Carse is a beautiful narrow piece of flat open woodland, heather covers the majority of the sandy ground. The area has excellent visibility with a network of paths as well as much contour detail. The area is divided by a minor road which also bounds the area to the north and east.
Safety Information: Roads to and from the event are narrow, please drive with care. There are overhead power lines in the parking field from a nearby electricity station. Be careful if erecting poles, and the flying of kites is prohibited. The majority of courses have at least one road crossing. These will be marshalled, but be wary of vehicles. There is an MOD firing range to the west side of the map (off map), this area is strictly out of bounds. The area has a number of deep ditches. Crossing of these features should be done with care though courses are planned to avoid them.
Elite courses: Middle distance. A warm up map is provided near the start.
Special Information: The west end of the area is a MOD training ground, please ensure children do not touch metal objects. The area is used for recreational use by locals; please be aware of vague unmapped tracks within the northern part of the map.

Day 3

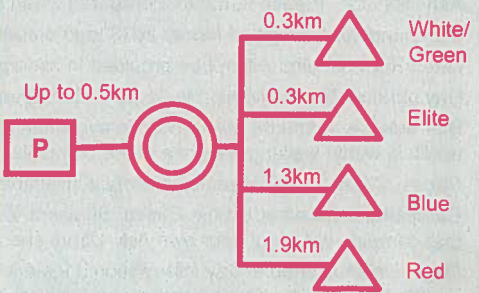
Tues 30th July
Culbin



Organising Clubs: EUOC, INVOC, TAY
Planners: Dave Summers, Mari Todd
Organisers: Davie Frame, Elaine Gillies
Controllers: Richard Oxlade, Joan Noble
Parking: In flat fields east of Bankhead Farm for all vehicles. Access from the main A96 will be at a signposted junction 1km east of Brodie. The entrance to the parking field crosses a public road junction – please take care. Bus passengers will be dropped off by the parking and collected later - there is no bus park.
Assembly: Rough but sheltered field northeast of the parking - plenty of space for club tents. Use the gates provided and don't climb over fences.
Starts: Leave assembly by the northwest corner. Routes split after 200m and mainly follow flat forestry tracks. All routes cross some (mostly White start) courses and the routes pass some technically easy controls; please give way to competitors. The White start is 2km from the Red start and 2.7km from the Green/Blue start. A map in assembly will show route options for parents wishing to accompany juniors to the white start before continuing to their own. There will be a limited number of toilets near to the Red and Green/Blue starts. The string course is adjacent to and north of assembly.
Remote finish: Only White start courses (1 to 11) and elites (40, 41) will finish at assembly. All others will have a remote finish with a 1.4km walk back to download at assembly. Please download on return.
Map: Harvey Map Services and BOF 1975. Revised in 2012 by Stirling Surveys. Revised and extended in 2013 by DOLM.
Terrain: The south and east is flat with scattered knolls and very low relief hills. The north and west have intricate, complex sand dunes, mostly with runnable mature forest but also a fast semi-open dune and a recently felled area. There has been recent thinning in some parts.
Safety Information: Culbin is popular with many other users - please treat them all courteously. A small marshy pool west of the assembly area will be taped off. Please ensure children are kept clear.
Special Information: those staying on the event campsite at Brodie have the option of a 2km walk/cycle to assembly via a rough track and a short section of quiet public road. The route will be signposted from NW corner of the castle. UK Orienteering League event.

Day 4

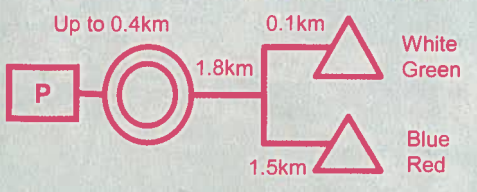
Thurs 1st Aug
Loch of Boath



Organising Clubs: MAROC, STAG, TINTO
Planners: Sarah Dunn, Pauline McAdam
Organisers: Jon Musgrave, Fran Getliff,
Controllers: Alastair Lessells, Drew Tivendale
Parking: In a smooth gently sloping field for all vehicles. Care required on approach as route to blue start exits through entrance gate and road to event is narrow.
Assembly: This is adjacent to the car park.
Starts: There are 4 starts: Elite which is adjacent to White and Green across fields 300m 0m climb. Red along road and forest tracks 1.9km 10m climb. Blue across field and along road and forest tracks 1.3km 10m climb.
Map: Revised and extended in 2012/2013 by DOLM.
Terrain: Loch of Boath offers very varied and mixed terrain. All courses utilise the western part of the area which provides wonderful contour detail in a classic highland forest with runnability varying from very fast to much slower in the worked and marshy areas. Competitors using Elite, Red and Blue starts may encounter areas of open rough grazing land with sections of gorse and bracken and also areas of thicker pine plantation and heather. Competitors from the Red start may experience evidence of forest operations with, in places, large vehicle tracks in the forest. These are not mapped.
Safety Information: The route to the Blue start exits the car park field through main entrance (double width gate). Both Red and Blue starts follow a very quiet public road, there will be a temporary 30mph speed limit in force, but take care as locals may not respect it. Courses from Elite, Red and Blue starts cross the same road towards the finish, take care to avoid other competitors heading to the Blue start.
Elite courses: Elite courses are competing in a middle distance World Ranking Event. Their start is adjacent to the assembly field and there will be a spectator control near the finish of their courses.
Special Information: On Day 4 a big screen will be present and providing pictures of the forest, interviews etc. Highland 2015 – combining the World Orienteering Championships and the Scottish 6 Days will be launched today.

Day 5

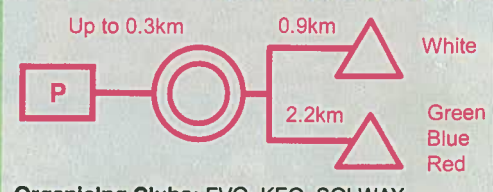
Fri 2nd Aug
Roseisle



Organising Clubs: ESOC, ELO, RR, RAFO, BAOC
Planners: Ewart Scott, Robin Sloan
Organisers: Margaret Dalgleish, Roo Hornby, Sheila Strain
Controllers: Eddie Harwood, Lindsey Knox
Parking: At Kinloss Barracks. For smooth traffic flow, access on B9089 from West (Forres) only. Enter barracks BEYOND MAIN ENTRANCE. Cycling also recommended. Parking on level ground adjacent to assembly. Some parking on hard standing, including buses, camper vans and minibuses. Enter by 12:15. Exit from 12:45.
Assembly: Flat, pitch tents back from run-in.
Starts: White/Green start: level tarmac and tracks plus 600m on rough ground, from the east side of assembly. Difficult for buggies. Red/Blue start: as for White/Green start, then tracks and a ditch crossing. Limited toilets near Red/Blue start.
Map: Peel Land Surveys, Trailmaps, Jon Hollingdale. Extended in 2012/2013 by DOLM.
Terrain: Fast running Moray forested dunes, occasional slow portion due to felling/thinning. New area near assembly.
Safety Information: Cars moving to and from parking areas, adjacent to assembly, all day. Children must be supervised, especially to and from string course. Crossing points marshalled but care needed at all times. Treat other users of this busy public forest with respect, including traffic around the FCS car park. At the west portion of the competition area the beach-line, marked as crags, is impassable. 3 ditches cross the area, each with several crossing points (bridges and beach-line), marked on the map. On courses 31-41 it is recommended that the ditch N/NW of the Red/Blue start is crossed at the marked points due to its steep sides and water quality. Crossing the other ditches is possible but not recommended for the less agile.
Special Information: Every vehicle MUST show a competitors bib on arrival at the gate into Kinloss Barracks. Please have this ready on the car dashboard on arrival to avoid traffic build up on the public road. Those arriving by foot or by bike must have their bibs ready to show on arrival at Kinloss. Entry-on-day details TBC. This is a working army base and there will be soldiers checking assembly during the event. Please respect them and do not stray beyond the boundaries set for assembly and the routes to the start or interfere with any of the military installations nearby. Kinloss is still an active airfield and there may be some flying during the event. Beach access ONLY from FC car park at Roseisle.

Day 6

Sat 3rd Aug
Coulmony and Belivat



Organising Clubs: FVO, KFO, SOLWAY
Planners: Brian Bullen, John Emelius
Organisers: Gareth Bryan-Jones, David Nicol
Controllers: Lynne Walker, Tim O'Donoghue
Parking: In a flat field for all vehicles, 800m along a minor road which turns east off the A939. Competitors MUST approach from A939. Routes to both starts cross this minor road and crossings are controlled by marshalls. Competitors must arrive by 12:15. No vehicles may leave the car park before 12:45. Bus parking will be on the south side of the minor road, close to the first crossing on the route to the starts.
Assembly: In the northern part of the same field as parking. The run in is in an adjacent field, turning into assembly for the actual finish. The spectator and club tent area is in assembly.
Starts: Routes to the starts leave from the SE corner of the car parking and 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. 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 woodland, good paths for the remainder of the distance.
Map: Survey 1994, DOLM. Revised and extended in 2013 by DOLM.
Terrain: Varies with mature and young trees, both deciduous and coniferous, marshes and heather. Areas of moraine with fine contour detail. Small patches of gorse and juniper which do not impede progress are unmapped. Running speed varied but often fast. Visibility varies.
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 this start have a "timed out" A939 crossing, at the same traffic light controlled crossing. There is an archery course, marked as out of bounds on the map. Courses have been planned to avoid this area.
Elite courses: M/W21E have a long distance race starting in reverse order at fixed intervals (leaders start last).
Special Information: The string course is adjacent to the route to the starts, just before the second minor road crossing. This is reachable with push chairs which can cross rough bumpy ground. Small children must be accompanied by an adult when going between assembly and the string course.

Course Distances(km) and Climb(m)

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
1	2.3	10	2.0	5	2.1	10	1.8	60	2.1	10	1.6	75
2	3.0	10	3.1	5	2.4	10	2.4	70	2.4	30	2.3	90
3	2.8	10	3.4	5	3.3	15	2.7	90	3.3	45	3.1	105
4	3.6	15	3.9	5	3.7	20	2.9	95	3.9	65	3.4	120
5	1.8	10	1.9	5	1.7	20	1.9	40	2.1	45	1.9	60
6	2.2	15	2.4	5	2.1	25	2.5	40	2.4	60	2.3	75
7	2.8	20	2.9	5	2.6	30	2.9	35	2.8	75	2.8	90
8	2.3	10	2.0	5	2.1	10	1.8	60	2.1	10	1.6	75
9	3.0	10	3.1	5	2.4	10	2.4	70	2.4	30	2.3	90
10	2.8	15	3.4	5	3.3	15	2.7	90	3.3	45	3.1	105
14	3.3	30	3.9	10	3.7	35	3.7	90	3.8	75	3.8	120
15	4.2	30	4.9	10	4.4	50	4.2	130	4.7	120	4.7	150

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
17	4.1	35	4.9	10	4.4	45	4.1	120	4.8	115	4.8	150
18	3.4	25	3.6	10	3.4	55	3.1	40	3.6	90	3.6	110
19	3.6	30	4.2	10	3.6	45	3.7	90	4.1	85	4.1	125
20	3.9	40	4.2	10	3.5	45	4.0	110	4.2	115	4.0	130
21	3.9	35	4.7	10	3.9	70	4.1	115	4.6	110	4.3	140
22	4.1	35	4.9	10	4.4	45	4.2	130	4.7	120	4.7	150
23	4.2	40	5.4	15	4.6	65	4.6	160	4.9	140	5.1	160
24	4.5	40	5.6	15	4.9	60	4.8	170	5.1	150	5.3	170
25	4.7	40	5.5	15	4.9	70	4.8	175	5.1	170	5.4	290
26	4.9	40	5.9	15	5.1	75	5.0	200	5.7	155	5.6	295
27	4.8	40	6.1	15	5.3	70	5.2	200	5.5	155	5.9	310
28	5.2	40	6.1	15	5.4	70	5.4	190	6.1	195	6.0	320

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
30	5.8	45	6.7	20	6.1	90	6.1	210	6.4	210	6.5	350
31	6.2	45	7.3	20	6.4	85	6.3	215	6.8	265	6.8	370
32	5.8	45	6.7	20	6.1	90	6.1	210	6.4	210	6.5	350
33	7.6	60	8.5	20	7.7	85	7.7	230	8.5	320	8.2	445
34	6.1	45	7.3	20	6.7	80	6.5	210	6.8	290	7.1	385
35	6.6	45	7.8	20	6.9	70	6.7	200	7.3	290	7.3	395
36	7.6	60	8.5	20	7.6	85	7.7	230	8.5	320	8.2	445
37	7.7	65	9.1	25	8.2	80	8.0	250	8.5	375	8.7	470
38	8.1	75	9.5	25	8.3	80	8.2	230	8.7	380	9.2	485
39	8.3	75	9.6	25	8.6	95	8.6	280	9.2	395	9.3	495
40	7.9	70	4.6	10	8.5	90	4.7	165	6.8	285	11.3	320
41	9.9	80	6.1	15	10.9	105	6.2	205	8.9	380	17.1	490

July 31st Rest Day Activities

Mountain Bike Event
 Monaughty, Milntoduff, NJ179602
Start Times: 10:00 – 12:00. EOD. EMIT timing
Map: 1:20000, 5m contours, ISOM MTBO
Terrain: Hilly woodland, well-defined path network. Some MTB single track.
Courses: 80 / 50 min score
Organiser: John McMulkin and Moray Active Schools.

Sprint Race
 Lossiemouth High School, NJ228700
Start Times: Eurometing 13:00 – 14:00. Public races 14.30 – 18.30. EOD only if spare maps. SI timing.
Map: 1:4000, ISSOM
Terrain: Urban and park sprint.
Courses: 1. Men 2.9k, 2. Women 2.5k, 3. Junior and overflow (non-urban) 2.5k and EOD score class.

Trail-O Event
 Wellhill Car Park, Culbin Forest, NH997613.
Start Times: 10:00 – 13:30. EOD if spare maps.
Map: As used on Day 3, but at scale 1:5000.
Terrain: Classic forested sand dune terrain with a lot of contour detail.
Course: Start/Finish 600m from Car Park. Course entirely on good tracks.
Organiser: Roger Scrutton (ESOC); **Planners:** Anne Hickling (GRAMP) and Beryl Blackhall (SELOC); **Controller:** Rob Hickling (GRAMP).

Radio-O (foot-O with a difference)
 Radio receivers and tuition provided. SI timing.
Car park, Terrain and Start Times: (same as Trail-O). EOD. **Map:** 1:7500
Courses: 1.2 to 4km optimum. 1 hour score.

The Scottish6Days
Orienteering Event



Event Programme Moray 2013



www.scottish6days.com/2013

*Lossie • Carse of Ardersier • Culbin • Loch of
Boath • Roseisle • Coulmony and Belivat*

