

Mar Orienteering Club
Cambus O'May Level C Event
incorporating the
Scottish Junior Inter Area Championships



Sunday 10 November 2019

We are delighted to be welcoming Scotland's Junior Orienteers participating in the 2019 Junior Inter Area Individual race alongside our regular Level C club event. We also have a Scottish University competition running as part of the event.

INTER AREA NOTES: For Junior Inter Area Competitors only, Brikkes, Back Up Cards and White/Yellow Maps will be assigned to Area Manager for distribution.

For safety purposes, we have designated two areas within the lower Forest Car Park for the parking of Junior Inter Area Camper Vans/Buses only, all other Camper Vans and Mini Buses **must** use the Overflow Car Park.

Start Times

Start times have been allocated and are available to view on Fabian4 web site.

<http://www.fabian4.co.uk/start/list.aspx?EventID=2455>

Parents requesting split starts have been given open punching starts.

Event Location

Cambus O'May Forest, Ballater (57.06991,-2.98189) Post Code: AB35 5SD

If travelling west on the A93, please allow extra time due to the road closure in Banchory from 9am to 10.30am for the Armistice Parade. An alternative route is via the A980.

Entry on the Day

Courses may be entered on the day subject to limited availability of maps.

Seniors Light Green, Green, Blue & Brown courses £10

Seniors running on White, Yellow or Orange courses £5

Students/Juniors £5

Parking

Due to the large number of entries parking is at a premium.

Parking will be at the Cambus O'May Forestry Car Park. Turn right into the Forest Car Park when travelling West along the A93. Parking Marshalls will be in attendance, please park considerately and follow their guidance. Mini Bus, Camper Van and overflow parking is on the opposite (south) side of the A93 at the Cambus Cheese Company which will be clearly signed. A taped route will show the way from the Overflow parking to Assembly. **Under no circumstances** should children cross the A93 without adult supervision and care should be taken at all times as this is a fast and busy road. Road Marshalls will be in attendance to assist but are not responsible for stopping traffic.

Please car share where possible or consider public transport – there is a 201 Bus Stop on the A93 at the foot of the Forestry access with buses every 2 hours.

Enquiries / Registration / Download

Assembly will be adjacent to the car park. Emit brikkes with back up cards must be collected here prior to heading to the start. The Yellow side faces upwards.

Your Competitor Number is written on your back up card - please have your back up card ready at download to help speed the download process.

Toilets

Portaloos will be provided sited adjacent to the car park.

Refreshments

The amazing SCOTJOS baking team will be on site selling delicious home bakes to raise funds for their Swedish Tour next summer - please help support our Junior Squad!

Safety & Clothing

Please be considerate of other forest users - the forest is a popular recreation area for cyclists, horse riders and dog-owners.

Competitors take part at their own risk and are responsible for their own safety at all times. Suitable footwear and full body cover are essential. Cagoules and whistles may be compulsory depending on weather conditions – be prepared.

If any competitor has an existing high-risk medical condition, please send an email to patricia4732@yahoo.co.uk to inform us of such. This information will be kept confidential.

Start Times

11.00 – 12.30 Walk to the start is 150m. Courses will close at 14.30.

Start Procedure

Call Up -4 – Name & Start Time check – brikke check

Call Up Into -3 Box – Loose Control Descriptions printed on waterproof paper available

Call Up Into -2 Box – Blank maps on display

Call Up Into -1 Box – Start Line – **PUNCHING START IN OPERATION**

Control Descriptions

These are printed on the front of the map and available loose within the -3 Start Box

Map

Scale: 1:10,000 (Deeside Orienteering and Leisure Maps).

Terrain

The area comprises forested glacial features, with areas of intricate contour detail. It is quite runnable in many areas, but there will also be rougher areas of heather, bracken or bouldery ground. Bracken where mapped is shown as vertical green lines, but it is now more widely present in open areas of the forest. TD5 courses will encounter some limited areas of gorse which are mapped as impenetrable. There are two out of bounds areas marked clearly with red crosses. These have been designated, in part, for the protection of capercaillie, but there are also dangerous quarries within them. Courses have been designed to avoid these areas. Blue and Brown runners

may run past another quarry that is outside these areas, but there is no advantage to enter it and runners should not do so. There are three small lochs and a number of marshy areas. There is a network of good paths, utilised by the easier courses. The White course is suitable for buggies, the Yellow is not.

IMPORTANT – Protection of Rare Plants

There are five small areas in the forest, that may not be entered under any circumstances for the protection of rare plants. These areas will be taped off with red and white tape. Crossing the tapes is not permitted.

Course Information

	Distance (km)	Climb (m)	#Controls
White	1.5	50	11
Yellow	1.9	55	9
Orange	2.9	100	12
Light Green	3.5	130	13
Green	4.0	145	14
Blue	5.8	190	15
Brown	7.6	245	21

Control Sites & Electronic Punching

Timing will be by EMIT brikke. Standard equipment in the form of lightweight stakes with EMIT unit & IOF Control Flag attached.

If EMIT unit fails to flash the back-up card will record the control. The Code Number is displayed on a vertical plate.

Please note that lost brikkes will be charged for at £45 unless the Mar Orienteering Club Committee agrees there are special circumstances.

Finish Procedure

From the Finish, all competitors on all courses should return to download as soon as possible.

Dogs

Dogs must be kept on leads at all times and owners please clean up any dog mess if required.

Shadowing of Juniors

Seniors may **only** undertake this role after completing their own run. Shadowing is not permitted in the Inter Area Competition.

Ticks

Ticks are present in the forest. Remember to check after your run and remove according to published guidelines.

Results

Full results, Routegadget & Winsplits will be available from www.marocscotland.org.uk as soon after the event as possible.

Privacy

When entering our events your name may appear in the results section of this website or in newspaper reports. Read our [privacy policy](#) to see how we look after your personal data.

Officials

Planner – Trevor Ricketts (Maroc)

Controller – Paul Duley (Grampoc)

Organiser – Pat Graham (Maroc)

Acknowledgements

Many thanks to the following:

- Forest & Land Scotland
- Cambus Cheese Company
- Gramp OC & Moravian OC for the loan of their EMIT brikkes
- MAROC Officials & Volunteers