

The Scottish 6 Day Orienteering Event

Royal Deeside 2017

Don't let the sheer size of the event fool you (~3,000 competitors), this is no championship event. It is Scottish Orienteering's summer family festival - our own version of Belladrum or RunBalmorall! But it's absolutely huge. The Scottish 6 Days has been happening every 2 years, in a different part of Scotland each time.

Yes there are prizes to be won. And yes you'll have to be good to win them, but the beauty of this event is that it has something for everyone. There are non-competitive courses you can enter that will provide the most amazing experience for anyone new to the sport.

Entries

With an anticipated 3,000 people competing at 6 separate events, Royal Deeside 2017 is an unbelievable feat of organisation. Every orienteering club in Scotland pools resources to make it happen. Over six hundred volunteers give thousands of man-hours of their time.

With an estimated 20,000 maps to print and so many entries to process it should come as no surprise that there needs to be an entry closing date. That date is **30 June 2017** www.scottish6days.com/2017/entries

And if you want to take part competitively you really do need to enter by **then**

The good news for recreational orienteers who just want to be part of it and aren't worried about running for glory, is that you CAN enter on the day in an open non age-class based course.

What to Enter

Novice Classes	
If you're still finding your way in orienteering and have yet to race technically difficult courses, we recommend you enter one of the "Colour-coded" courses. Although these courses have no prizes, the results are still published. There are always plenty of runners so there will be plenty others to compare yourself with!	
Green	Technically hard, physically moderate
Light Green	Adult "improvers" - difficulty level 4 on a scale of 5
Orange	Technically and physically gentle, but interesting
Yellow	Technically and physically easy, for children
White	Very short and simple, for young children

A fuller explanation of colour codes for orienteering courses can be found here

http://www.britishorienteering.org.uk/page/newcomers_guide

Competitive Adults

All the age-based classes are at a hard technical difficulty but you can enter a "long" course which tends to be won in about an hour or a "short" course which is about two-thirds the distance of the long. Your best 4 results over the 6 days are used to work out your overall placing in the Scottish 6 Days competition, so you need to enter 4 days to qualify for awards. Your age class depends on your age as at 31 December 2017. Age categories from 35 upwards go in 5-year blocks meaning that there are many classes. Some examples are shown below.

M21L	Long course for men age 21 and over
W35S	Short course for women age 35s and over
M75L	Long course for men age 75 and over

Competitive Juniors

The junior classes are graded in difficulty. The age-classes are competitive and are only for children running on their own (no shadowing is allowed). Just like for the adults, the overall competition is based on your best 4 results over the 6 days. Juniors who need to be "shadowed" by a parent or sibling etc must enter the non-competitive colour-coded courses as outlined above.

Up to age 16, you can run in either the A class for your age group or the B class. The B classes are easier. Just like for adults, your age category depends on your age at 31 December 2017 (eg W14 = women aged 14 and under). From age 17 (ie M/W18) you run L or S classes, like the adults at difficulty level 5.

M10B & W10B	White standard (Difficulty level 1)
M10A, W10A, M12B & W12B	Yellow standard (Difficulty level 2)
M12A, W12A, M14B & W14B	Orange standard (Difficulty level 3)
M14A, W14A, M16B & W16B	Light Green standard (Difficulty level 4)
M18L, M20L, W18L, W20L	Difficulty 5. Approx 45-50 mins winning time
M18S, M20S, W18S, W20S	Same winning time as L classes but shorter distance (L runners tend to go faster!)

Younger Children

For younger children each day there will be a string course available. Animal themed controls can be found by following the string, and there is small reward for finishing the course. The course can be done as many times as the children wish, and adults have patience for! There is also a slightly more difficult "off-string" course, which follows approximately the same route, but requires orienteers to find controls away from the string. These are placed on mapped features, and provide a great introduction to orienteering.

To get a feel for the sort of times that people manage (and there is a WIDE variation!) have a look at the results from Highland 2015, the last Scottish 6 Days. These can be found by going to www.scottish6days.com/2015/

When to Enter

For age-based classes please enter by **30th June**, pre-entries close after that. A very limited number of maps will be available on the day for these classes but entry on the day for colour-coded classes should be available. It is likely there will be some queuing on the day so pre-entering will save you time.

What Days to Enter

See the event details on www.scottish6days.com/2017 for full information, but in summary, the programme is as follows:

Date	Event	Venue
Sun 30 th Jul	Day 1	Glen Tanar
Mon 1 st Aug	Day 2 inc. UK Orienteering League	Balfour Forest
Tues 2 nd Aug	Day 3 inc. World Ranking Event	Birsemore Hill
Wed 3 rd Aug	Sprint race	Ballater
Thu 4 th Aug	Day 4 inc. UK Orienteering League	Creag Choinnich
Fri 5 th Aug	Day 5	Glen Fearder East
Sat 6 th Aug	Day 6	Glen Fearder West

