

# Mar Orienteering Club

## Compass Point Scottish Orienteering League 1

**Birsemore Hill, Aboyne (57.07557,-2.79458)  
24 February 2019**

We are delighted to be hosting the first Compass Point Scottish Orienteering League event of the year as part of the 2019 British Night Orienteering Championships Weekend.

Planner – Andy Oliver (Maroc)

Controller – Trevor Hoey (FVO)

Organisers – Fran Getliff & Pat Graham (Maroc)

### **Entries**

Entry should be by SOL rules and competitors should enter by course not age class. This allows for competitors wishing to “run up” to a longer course other than the default for their age class. Junior competitors should state age class and course.

### **UK Orienteering League Points**

To gain UKOL points entrants must enter the following courses:

M21 - Black

W21 - Brown

Other ages classes up to and including M/W80 - the longer/harder course for your age class as indicated by the table on the SOA website and duplicated below.

M/W85 – Short Green

Entry Fees: Seniors £17 (non-BOF/SOA supplement £2), Juniors and Students £7

Timing system: Emit - brikkes will be provided free of charge – please collect from Registration.

Entries via Fabian4. Final closing date 18/02/2019 at midnight.

### **Parking**

Parking will be at Deeside Community Centre Car Park, Bridgeview Road, Aboyne, AB34 5JN with overflow parking at adjacent Aboyne Primary School. Parking Marshalls will be in attendance, please park considerately and follow their guidance. Do not park on nearby housing estates or block access routes for resident parking.

A small amount of parking for competitors with young children is available on the bridge at the junction of Bridgeview Road and the South Deeside Road (B976).

### **Enquiries / Registration / Download**

This will be upstairs in the Deeside Community Centre, Bridgeview Road, Aboyne, AB34 5JN.

Emit brikkes with back up cards and White & Yellow course maps must be collected here prior to heading to the start.

There will be room for clothing/bags to be left here at your own risk. A clothing dump is provided approximately 500m before the Start.

**Muddy/wet shoes must be removed before entering the building.**

### **Compass Point Trade Stand**

We are pleased to have the Scottish Orienteering league sponsors, Compass Point on site for all those last-minute essentials.

### **Prizegiving for Scottish Orienteering League 2018**

The prizegiving for the Compass Point Scottish Orienteering League 2018 will take place at in the Deeside Community Centre at 2.30 pm. Trophies will be presented by the Scottish Orienteering President, Richard Oxlade. As a result of generous sponsorship from Compass Point, we also have Compass Point vouchers for course winners.

It would be great to see lots of you there to support the winners!

### **Toilets**

Toilets are available within the Deeside Community Centre. There are no toilets at the start.

### **Entry on the day**

Colour coded classes may be entered on the day, subject to availability of maps. Registration opens at 10.30am.

### **Entry on the day Prices**

Seniors TD5/long courses £14

Seniors TD4 and below/short courses (white, yellow, orange, long orange, light green) £8

Students/Juniors £6

### **Refreshments**

The Maroc World Schools Squad will be selling much needed hot soup and drinks in the Community Centre to fund raise for their trip to Estonia. They are also selling raffle tickets for lots of great prizes!

SCOTJOS will be selling delicious home bakes as well.

Please help support our junior orienteers!

### **Safety & Clothing**

Competitors take part at their own risk and are responsible for their own safety at all times. Full body cover is required. Cagoules and whistles may be compulsory depending on weather conditions.

Any competitor with an existing high-risk medical condition, please send an email to [patricia4732@yahoo.co.uk](mailto:patricia4732@yahoo.co.uk) to inform us of such. This information will be kept confidential.

Several roads must be crossed to the start and back to download, please take care. Young children *must be supervised at all times*.

Please be considerate of other forest users - the forest is a popular recreation area for cyclists and dog-owners. Early starters may encounter deer.

Birsemore Hill is a typical Deeside forest, with steep slopes with some loose rock underfoot, and streams and marshes which may be full after rain. In the event of heavy rain beforehand, safe crossing routes over streams will be taped. On the north facing slope there are some large crags and areas of significant boulders. Those crags that are on the direct line of courses will be taped with black and yellow tape. Courses have been planned so that optimum routes will avoid the largest crags.

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

There will be a covered Clothing Dump approximately 500m before the Start. Clothing may be left here at your own risk and collected after your run.

## **Start Times**

11.00 am – 13.00 pm

A “Courses Close at” time will be shown on control descriptions.

## **Route to Start**

**\*\*Please ensure you have collected your brikke complete with back up card from registration before heading to the start\*\***

There is one start for all courses. 1km easy flat walk followed by a more strenuous 1km track which is quite steep closer to the Start.

Please allow 30 minutes to walk to the Start from registration.

From Deeside Community Centre, turn right onto Bridgeview Road and proceed 1km to the junction with the B976 South Deeside Road. Several minor roads must be crossed therefore young children should be accompanied and supervised at all times. Please take care when crossing roads.

Marshalls will assist with crossing the B976 and the remaining 1km route will be taped to the start.

## **Finish**

There will be one Finish for all courses. Please download as soon as possible to enable us to account for any missing competitors as soon as possible.

## **Dogs**

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

No dogs within the Community Centre please.

## **Shadowing of Juniors**

Seniors may **only** undertake this role after completing their own run.

## **Start Procedure**

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

Call Up Into -3 Box – Blank maps on display

Call Up Into -2 Box – Loose Control Descriptions printed on waterproof paper available.

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

## **Control Descriptions**

On the front of the map and available loose within the -2 Start Box

## **Map**

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

## **Terrain**

Birsemore Hill rises to 333 metres and includes some intricate areas on the steep northern slopes with a wealth of contour and rock detail including cliffs and crags. The majority of the area is covered with runnable plantation and is therefore fairly sheltered. Recent forestry thinning has taken place in the northern area of the map and has left brash on the forest floor, which will affect running speed over the area.

**Course Information**– as per SOL Guidelines

Course No	Colour	Length (km)	Climb (m)	Jun Men	Jun Women	Adult Men	Adult Women
1	Black	8.5	340			M-E	
2	Brown	7.4	290	M18 M20		M21 M35 M40	W-E
3	Short Brown	5.5	215			M45 M50 M21S	W21
4	Blue	5.1	170	M16	W18 W20	M55 M60 M35S M40S	W35 W40
5	Short Blue	4.2	150	M18S M20S		M65 M45S M50S	W45 W50 W21S
6	Green	3.5	120		W16	M70 M60S M55S	W55 W60 W35S W40S
7	Short Green	3.1	110		W18S W20S	M75 M80 M70S M65S	W65 W70 W75 W80 W50S W55S W60S W45S
8	Light Green	3.0	90	M14 M16B	W14 W16B		
9	Long Orange	3.6	125				
10	Orange	2.3	105	M12 M14B	W12 W14B		
11	Yellow	1.7	25	M10 M12B	W10 W12B		
12	White	1.6	10	M10B	W10B		

**Maps for both WHITE & YELLOW courses should be collected from REGISTRATION**

### **Control Sites & Electronic Punching**

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

If EMIT unit fails to flash the back-up card will record the control. 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 last control, competitors should then go to the Finish control. Please follow tapes.

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

**Anyone having to retire is also asked to report to download so that we know you are safely back.**

### **Results**

Computer print outs will be displayed at intervals on boards at the download area. Full results, Routegadget & Winsplits will be available from [www.marocscotland.org.uk](http://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.

**Acknowledgements** – Thank you to all listed below:

- Bob Booth & Glen Tanar Estate
- Trevor Hoey (Controller)
- MAROC Volunteers
- Deeside Community Centre
- CompassPoint
- Maroc World Schools Team
- SCOTJOS