

Moravian Orienteering Club MTBO Delnies Wood, Nairn, Saturday 12th June 2021

Read the following carefully so that everyone can have a safe and enjoyable day.

Please also read the Moravian MTBO Safety Rules that provide an essential guide to the rules, map symbols and safety elements of MTBO. See [MTBO Rules & Safety Guidelines](#)

COVID19 issues

There will be no entry on the day. Pre-entry only.

Competitors should maintain social distancing (2m +) at all times, unless with family/bubble members. Be particularly careful at download.

Use hand-gel before and after your run.

Aim to arrive at an event as close as possible to your allocated start time.

Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.

Anyone taking part must follow Government Covid guidance to ensure the safety of themselves, other participants, event volunteers and the general public.

Getting There (not signposted)

There is no organised parking. Please park in Nairn and cycle to the start/finish area at Moss-Side Road in the south east corner of Delnies Wood.

You can park in the town centre. From there it is 2km and less than 10 minute bike ride to the start. If you on-street park closer to the start, please be very sensitive of local residents. Do not block driveways and allow space between cars to permit traffic to pass in both directions. Obey the Highway Code and always park in the direction of travel. There is no parking at the start.

Registration, Dibber Hire, Download, First Aid, Start & Finish

This is at the southeast corner of Delnies Wood on Moss Side Road, Nairn.

TAKE CARE ON THE PUBLIC ROADS TO THE START

NH864553 [what3words/repaying.passport.finishers](#)

Start times are pre allocated and published on the [Moravian Website](#)

Please do not come to the start until 10 minutes before your start time to minimise the number of people at the start area and maintain social distancing. Start times will be pre-allocated between 09.30 - 10.30 and published on SI Entries.

The start sequence will be as follows:

-3 minutes - clear.

-2 minutes - check.

-1 minute - pick up map and attach to map board.

0 - cross start line, punch start. Follow tapes to start control. You must go to start control.

The controls are SIAC enabled but you MUST PUNCH THE START AND FINISH.

Courses close at 11.00

Results will not be published at the event and will be published as soon as possible after the race on the club website. [Results](#)

Map & Terrain

Map scale 1:7,500, 5m contours, size A4. The course is 3.6km straight line with an optimum cycling distance of 5.7km. Controls 1 to 6 on side 1, Controls 7 to finish turn over map (side 2) Winning time expected to be about 30 minutes.

Delnies Wood is a small pine forest with a complicated path network. Paths are generally well drained and mostly fast and easy to ride. Controls must be visited in numerical order. RIDERS MUST STAY ON MAPPED PATHS AND ROADS, CROSS COUNTRY RIDING IS NOT ALLOWED.

**You are only able to cycle across an open area if mapped orange (but not if mapped yellow/ochre).
You are only able to cycle across forested areas mapped with black dots (but not if non-dotted white or green).**

You may encounter members of the public as Delnies Wood is a popular walking area. Please be courteous and give way to them as our access for future MTBO events relies on this. See [Safety Rule #6](#)

Safety

A BOF risk assessment, Covid risk assessment and British Mountain Bike Orienteering (BMBO) risk assessment have been completed and will be available for inspection at download.

Competitors must wear a BSI standard helmet and use a serviceable bike that must stay with them at all times. Appropriate cycle clothing is to be worn.

Mobile phone signal in the area is good and an emergency mobile phone number is printed on the map.

Please note any relevant medical conditions on your SI entry, or email the organiser.

Ticks are present and can be picked up even when cycling. Please check for ticks after you have been orienteering.

Download - It is essential that everyone returns to download even if you have not completed your course.

Additional Information

Public toilets are available in Nairn.

No dogs allowed in the competition area.

Officials:

Planner & Organiser – Steve Smirthwaite mormtbo@gmail.com

BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING: 1. Registration information will be recorded on computer. 2. Photographs and / or name(s) may appear on our website or in the media. We will seek permission where this involves young people. 3. Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. 4. Event results will be published on the Internet and sent to BMBO.