

General points to note:

- Event centre is Forres Golf Club <https://w3w.co/retiring.consults.doormat>
- Parking in car park, please ensure you park considerately
- Under 14s MUST be accompanied by an adult unless proven competence at night orienteering.
- Registration open at 1745, starts 1800-1900, courses close at 2000.
- Please respect other users of the golf course and surrounding woods and maintain 1m social distancing while at registration, the start and download.
- There are no entries or changes to entries on the day. If you have a problem e.g have entered the wrong course, wrong dibber number then Registration will record it for adjustment post-event.
- Long and Short course maps are available at the start, Novice night maps please collect from registration.
- Hired dibbers should be left in the drop box at DOWNLOAD afterwards.
- DOWNLOAD will be in the clubhouse.
- SI AIR is NOT enabled; you MUST PUNCH the controls

Course Notes

- Please choose a course that matches your ability and fitness and wear suitable footwear and full leg cover
- There are water hazards on the course which MUST NOT be entered and usual trip hazards and brashings in the woods.
- Please observe all out of bounds areas on the course including all putting greens. Some of these areas have ice. Those badly affected have been cordoned off for your safety and to protect the grass.
- On the two NNC courses, the styles (if you choose to use them) crossing into the woods are slippery. Participants are advised to be careful if crossing over them.
- SAFETY BEARING is to head west if in the wooded area until you reach the golf course. If on the golf course, head west until you either see the Club House or meet the Golf Course boundary. Please report to download if lost.
- START is 75m from the Club House/Registration, across car park to Pro-Shop and then along adjacent path. Finish is 35m from Download in the Club House.
- The Long and Short courses present an opportunity at about the halfway point to allow participants to return with ease along a main track back to the Finish/Clubhouse area. This would be at control 13 on the Long course and control 8 on the Short course.
- Final course details: Long 4.6km 26 controls, Short 3.5km 21 controls, Novice Night 2.0km 16 controls. Map Scale 1:4000, Contours 2.5m.

Safety Notes

- All participants take part at their own risk.
- You must carry a spare torch and are advised to carry a whistle.
- You MUST report to download by **the 8pm course close time**. It is 35m from Finish to the Club House/Registration. Course closing time and organiser's number written on the map
- Participants are advised to notify the organiser of any relevant medical conditions.

- By entering the event you have agreed to abide by the British Orienteering Federation Code of Conduct in respect of COVID-19. Those with COVID-19, who are self-isolating or have COVID-19 symptoms, should not attend the event.

Fish and Chips Orders

The Golf Club run a fish'n'chip style menu from 4pm-8pm on Wednesday and have requested that if you would like to stay for some fish n'chips after your run you order in advance, ideally by the evening of Monday 23rd.

The options available are:

- Fish & Chips £9
- Scampi with chips £8
- Chicken fillet with chips £6
- Smoked sausage with chips £7
- Spicy oriental vegan burger with chips £8.50

If you would like to stay for some food please email Karen Fraser by the evening of Monday 23rd jp_kf@mac.com