



World Ranking Events

Middle Distance

Tuesday 30th July 2019

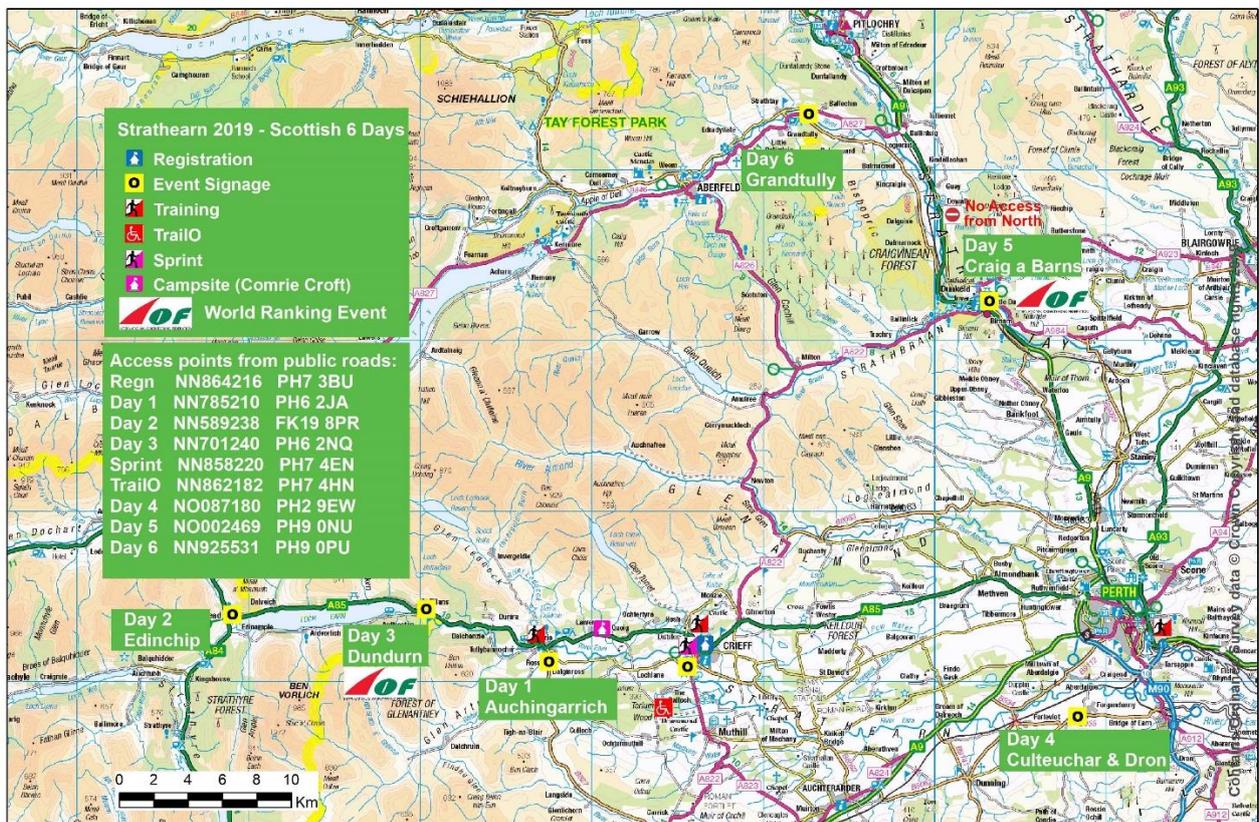
Dundurn and Cnoc a'Mhadaidh

Long Distance

Friday 2nd August 2019

Craig a Barns

Bulletin 2 (Final Details)



Contact Information

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(including full details for Scottish 6 Days 2019 and start lists)
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Urgent on-the-day contact Colin Matheson 0781 4398145

Programme

19th July – 4th August Training opportunities in Central Scotland
(<https://www.scottish6days.com/2017/training>)
28th July – 29th July Days 1 and 2 of Scottish 6 Days 'Strathearn 2019'
30th July Middle Distance WRE race at Dundurn and Cnoc a'Mhadaidh
31st July Rest Day / Sprint Race
1st August Day 4 of Scottish 6 Days 'Strathearn 2019'
2nd August Long Distance WRE race at Craig a Barns
3rd August Day 6 of Scottish 6 Days 'Strathearn 2019'

	30th July Middle Distance WRE	2nd August Long Distance WRE
Venue	Dundurn and Cnoc a'Mhadaidh, 1km south of St Fillans NN701241	Craig a Barns, 7km north of Dunkeld
Grid Reference (Turn-off main road)	NO002468	NO002468
UK Post Code	PH6 2NJ	PH9 0NU
Lat, Long	56.391294; -4.104697	56.603094; -3.625932
Directions	Travel via the A84 and A85. Using the South Loch Earn road to the West of the venue is strongly discouraged as this is a narrow road used by local residents. Arena signposted from A85, east end of St. Fillans. Turn onto South Loch Earn Rd, cross narrow bridge (take care) and bear left at road bend. Parking within 450m. Last arrival at 12:00. No exit before 12:30.	Due to ongoing road works and safety considerations (cars queueing back onto the A9), all vehicles MUST access the area from the south through Dunkeld (recommended route from Crieff is via Aberfeldy and the A827 to Ballinluig then heading south on A9 to A923 signposted for Dunkeld). Traffic coming from Perth MUST travel North to Ballinluig and then follow the directions above as for traffic from Crieff. Follow A923 through Dunkeld then follow the road north ignoring the right turn for Blairgowrie. This is the "old" A9 and has no road number. After approx. 5.5km follow signposted right turn onto the farm road for Rotmell farm. Drive up the farm road - cars and campervans will be directed separately. NB. Pedestrians from bus drop off will also be using the farm road. Bus drop off is opposite the road up to Rotmell Farm at NO002468 where there will be a crossing marshal. There is a 1.4km walk uphill to the Arena sharing the vehicle access road. Last arrival at 12:00. No exit before 12:30.

Arena: enquiries, download, toilets, and a large tent for changing and where bags can be left during the day. Traders selling food and equipment.	Within the parking field.	Sloping field across from parking fields. Take care crossing track.
Classes	M21E; W21E	M21E; W21E
Estimated winning times	30-35 minutes	90-100 minutes (M21E) 70-80 minutes (W21E)
Start times Seeded in groups based on World Ranking list as of 14.07.2019. Higher ranked runners will be in later groups. Start times will be displayed at enquiries and published on the web site (address above) as soon as possible after 15/7/2019.	Men from 1000-1330 Women from 1100-1330 Precise start windows depend on final number of entries received	Men from 1000-1400 Women from 1100-1400 Precise start windows depend on final number of entries received
Start	600m from arena; 40m climb	2200m from arena; 100m climb
Warm-up/model area Open from 1 hour before first start until last start time.	On way to start	On way to start; 1200m from arena
Clothing transfer	None	Clothing/small bags may be left at the elite start and will be transferred to the arena after the last Elite start time.
Maps ISOM 2017 Offset litho printed on waterproof paper	1:10 000 / 5m contours Stirling Surveys 2019	1:15 000 / 5m contours Stirling Surveys 2019
Water	One water point on the course (45% distance); rubbish sacks at start. No water at finish.	Two water points on the course (M21E: 50% and 75% distance; W21E: 45% and 80% distance); rubbish sacks at start. No water at finish.
Terrain	Technical area with complex contour detail and a mix of forest types with few linear features. Limited areas of rough open and some windblow. Many marshes exist, becoming slow after rain, and a lot of rock, the most significant of which is mapped	Complex; a forested plateau split by a series of parallel valleys, with many crags, fallen trees and some areas of bracken. Some semi-open land. Two open areas, one very runnable and one with heather, deep in places.
Timing	SI; SI-Air. Timed start. Finish units are SI-Air enabled.	

Controls One or more radio controls will be on each course.	3-digit codes on the SI unit. No controls are shared with the Scottish 6 Days except for a common last control (code = 100) with the Scottish 6 Days. Description sheets: 50x185mm (W21E); 50x212mm (M21E)	3-digit codes on the SI unit. Some controls are shared with the Scottish 6 Days. Common last control (code = 100) with the Scottish 6 Days. Description sheets: 50x215mm (W21E); 50x225mm (M21E)
Courses	M21E 5.2km; 250m; 25C W21E 4.1km; 205m; 19C	M21E 13.4km; 660m; 29C W21E 9.7km; 420m; 26C
Race Numbers and GPS trackers	Collect race numbers and trackers (which must be carried if you are allocated one) at the warm-up area. If you are racing in the Scottish 6 Days, you MUST collect a DIFFERENT race number for the WRE.	
Previous maps	New area: copies of TD1/TD2 courses, which use only part of the area, will be displayed in the arena.	https://www.esoc.routegadget.co.uk/rg2/#52 https://www.jk.routegadget.co.uk/rg2/#35 Blank copies of TD1/TD2 courses, which use only part of the area, will be displayed in the arena.
Officials		
Planners	Peter Halling (ESOC); Duncan Francis (BASOC)	Dave Summers (INVOC); Kevin Holliday (INVOC)
Day Organisers	Tyler Morrison (ESOC); Jo Cumming (BASOC)	Fiona Downie (TAY); Jane Anderson (TAY)
Controllers	David Esson (GRAMP); Roger Scrutton (ESOC)	Trevor Hoey (FVO); Paul Caban (INT)
IOF Advisor	Rob Hickling (BASOC)	Ted Finch (FVO)
Event Director	Terry O'Brien (STAG)	Terry O'Brien (STAG)

Weather

August average weather in this region has temperature range 11-19°C, with rain on 11 days in the month. The current outlook for late July/ early August suggests conditions close to average.

Late Entries Late entries for both the Scottish 6 Days and the WRE can be accepted via the website until midnight on Friday 12th July. All entries for the WRE races must include the athletes IOF number, failure to supply the number will result in the athlete being excluded from the WRE results and no IOF ranking points awarded.

The Event: Scottish 6 Days 2019

These races are alongside Days 3 and 5 of the Scottish 6 Days 2019, which has close to 3000 entries. The Scottish 6 Days competition has multiple starts and one finish. The WRE races use a separate start on both days, but share the last control and finish with the main event. Competitors in the Scottish 6 Days have start times 1000-1400.

Clothing Under British Orienteering rules, the torso and legs must be fully covered.

Control Descriptions Control descriptions are printed on maps. Loose descriptions will be available in the start lanes.

Use of GPS devices GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes. The organisers may issue GPS tracking devices to selected runners. Live tracking will be available and streamed via the web after the final WRE start time.

Prize giving The flower ceremony for the WRE races will take place in the Arena as soon as possible after the final WRE finisher on both days.

Safety BOF Rule 1.7.1: All competitors take part entirely at their own risk. The area contains ticks and Lyme Disease is present in Scotland. Please remove ticks after your run.

Biosecurity Within the Day 5 competition area, there has been an occurrence of *Pythopthera Ramorum*, a deadly pathogen causing major problems in parts of Scotland.

See <https://forestry.gov.scot/sustainable-forestry/tree-health/phytophthora-ramorum>

To help contain the possible spread of this pathogen we request that all competitors thoroughly wash their boots/shoes with water prior to leaving the event area at Craig a Barns. All soil and needle remains are to be cleaned from footwear and clothing. An area to do so will be provided at the end of the course.

Litter Rubbish bags will be provided at the start. Leave drinks cups from water stations close to the water station please. DO NOT discard gel wrappers etc in the forest.

Complaints Any complaints regarding the WRE must be made in writing to the organiser (via the Enquiries tent) within 15 minutes of the official final results being posted. Complaints will be investigated by the Event Organiser in conjunction with the IOF Event Advisor. Should a competitor wish to protest after the outcome of a complaint is known, this must be made in writing to the IOF Event Advisor or another member of the Jury within 15 minutes of the decision about the complaint being made known.

Jury members

- Rob Hickling (Middle Distance) or Ted Finch (Long Distance) (IOF Event Advisors and non-voting Chair)
 - Other jurors to be selected from a pool, which is currently being formed.
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