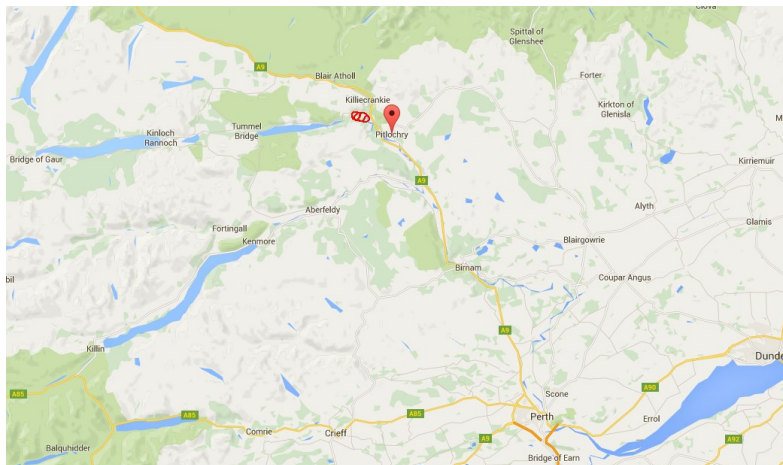


# Scottish Spring Middle Distance Bulletin 1

<b>Venue</b>	Bonskeid Estate, Pitlochry
<b>Date</b>	24 <sup>th</sup> April 2016
<b>Types of the competition</b>	Middle distance
<b>Classes</b>	Men's Open (approx 5.5km), Women's Open (approx 4.5km) Blue, Green and Orange course will also be provided

## Map of the region



<b>Embargoed area</b>	The area covered by the existing map (see below)
<b>Entries</b>	Entry information will be on the website in February
<b>Latest date for entries</b>	10th April (limited entry on the day available)
<b>Entry fee</b>	Seniors £10, Juniors/Students £8 Non-WRE Seniors £8, Juniors/Students £5 Non-BOF £2 surcharge. SI hire £1
<b>Accommodation</b>	Various in Pitlochry from Youth Hostel to hotels
<b>Terrain</b>	Central Scottish terrain with mixed runnability and visibility. An old map is available here <a href="http://www.stag.routegadget.co.uk/rg2/#50">http://www.stag.routegadget.co.uk/rg2/#50</a>
<b>Climate</b>	This is Scotland, so could be anything!
<b>Map scale</b>	1:10,000, with 5m contour interval
<b>Event programme</b>	Starts from 10:00 – 11:00 with better ranked runners starting last Colour coded starts from 11:00
<b>Timing system</b>	Sport Ident
<b>Clothing</b>	As per British Orienteering rules (competitors must wear clothing that fully covers their torso and legs)
<b>Winning time</b>	32 minutes for both WR classes
<b>Opportunities for training</b>	Contact the organiser
<b>Visas</b>	Contact the organiser
<b>Organiser and event director</b>	Graham Gristwood (07821 788885)
<b>Controller</b>	Roos Eisma
<b>IOF Event Advisor</b>	Ted Finch
<b>Contact e-mail address</b>	grahamgristwood@gmail.com
<b>Web page</b>	<a href="http://scottishspring.weebly.com/">http://scottishspring.weebly.com/</a>