



Moray 2023 World Ranking Event – Middle Distance

31st July 2023

BULLETIN 2 – Final Details

Moray 2023 welcomes you to the WRE Middle Distance event to be held at the beautiful Darnaway Estates, home of 3 previous WOC races (1976, 1999, 2015). The WRE is part of the Moray 2023 orienteering festival with the forest and arena being shared. Elite runners should be aware of, and not impact with, other competitors young and old. Some non WRE courses may have taped routes which can be ignored by WRE competitors.

WRE Programme of events

Monday 31st July: **Middle Distance** – Darnaway West

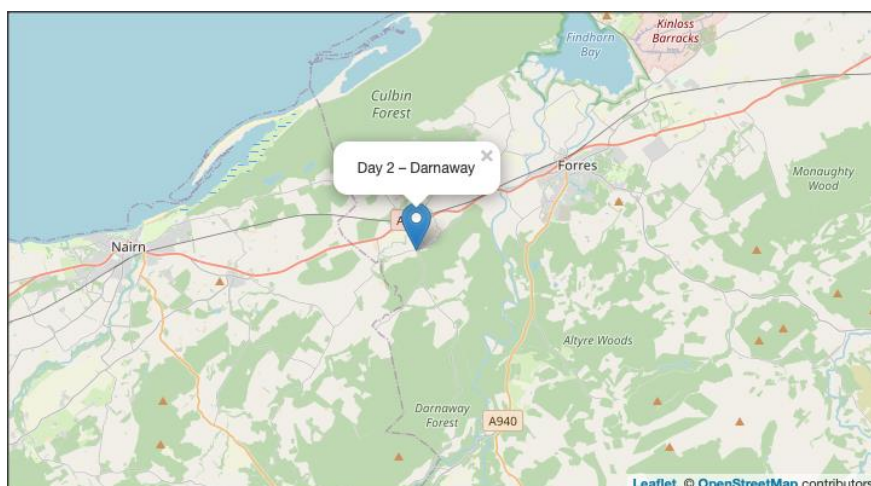
Middle Distance Start Window

M21E: 1045–1400

W21E: 1201–1331

Event Website

<https://scottish6days.com>



Contact Information

Email: info@scottish6days.com

Urgent on-the-day contact: Day Organisers – Jonathan Molloy (07803 616471) and Rona Molloy (07745 957326)

Directions, Car Parking and Arena

Follow the A96 west towards Nairn out of Forres. After 2.4 miles turn left onto an unclassified road (Whitemire / Conicavel). After 0.8 miles turn right onto an unclassified road (Whitemire / Conicavel). After 1 mile at junction continue into parking field as directed.

Parking is in a field adjacent to Darnaway Forest / C10E / C11E unclassified roads to Conicavel.

The Arena is adjacent to parking.

For further information about [Moray 2023 Day 2](#) visit the event website.

Competition Organisers

Organisers: Jonathan & Rona Molloy (FVO)

Planners: Fraser Purves (FVO) & Finlo Cottier (ECKO)

Controllers: Lynne Walker (BASOC) Assistant Controller: Ross Lilley (ECKO)

Entries and classes

Entries are closed for event.

- M21E: 6.1km, 70m climb, 27 controls; 95 entries
- W21E: 5.0km, 55m climb, 25 controls; 42 entries
- Estimated Winning times 30–35 minutes

The event will use Sport-Ident timing, with SI Air enabled (including Finish units).

Map notes

Map scale 1:10,000 and 5m contours.

Mapper: Trailmaps (Steve Smirthwaite); map updated 2022–2023

Darnaway West was last used for a major event in 2015 when it hosted the WOC Relay and Day 4 of Highland 2015. It is an area of runnable beech and varying density of conifers, full of contour features and with some paths, tracks and minor roads crossing the area.

Routegadget link to Highland 2015 Day 4 event:

<https://www.scottish6days.routegadget.co.uk/rg2/#35>

Pre Start procedure

GPS trackers and vests (where allocated) are collected from the Pre-Start Zone which will be located at the SE exit from the Arena. WRE competitors will Clear and Check their SI card before proceeding to the Warm Up area and the Start. WRE competitors must use a SI-air enabled card for this event – these can be hired if required and can be collected at the Pre Start Zone. It is a rule of this competition that competitors must pass through the Pre Start Zone at least 30 minutes before their Start. A Clock showing Race Time will be on display at the Pre-Start Zone. Warm Up maps may be collected from the Pre-Start Zone and left at the Start.

To maintain fairness in the competition, live GPS tracking will only be available once all WRE starters have passed through the Pre-Start zone at the exit from the Arena.

The Elite Start is 700m from the Pre-Start Zone. There is no clothing transfer.

If you did not compete on Day 1 of Moray 2023, you must collect your race bib from the Information Tent in the Arena. WRE competitors will have bibs with numbers

95 ... 1 for the men and 542 ... 501 for the women

These will be the **bibs that you will have all week** – and will reflect your seeding and start order.

Start Procedure

There will be 2 minute start intervals. WRE start times will be seeded based on IOF [world ranking](#), as on 10th July 2023. Competitors with no world ranking will start before all the ranked competitors. Start Lists will be published on <https://scottish6days.com>.

The Start will be a Silent Start. Competitors need to present themselves at the Start in good time.

Competitors enter the Start at –4 minutes. Loose description sheets are available at –3 minutes. No blank competition maps are displayed.

The Start is a timed Start. Competitors may take their competition map on the Start Beep.

In accordance with IOF Rules any competitor late for their start will be permitted to start as follows.

- A competitor who is less than a minute late at the Start Line may start immediately.
- A competitor who is more than a minute late at the Start Line may start at the next available minute with no other starter on their course.
- Late starters only will need to punch a SI unit as they start. This start time will only be used if the competitor was delayed due to a fault of the organiser. Late starting competitors must raise the problem with the organiser as soon as they finish so that their race time may be changed if it is valid to do so.

Finish

The Finish will be SI Air (touch free) enabled. Competitors are responsible for using the SI unit correctly to record a Finish Time.

Results

Provisional Results will be published as competitors Finish. If competitors wish to raise a Complaint they should do so as soon as possible. This can be initially informally by speaking to the Organiser at the Finish and then formally in writing. A Complaint form will be available at the Information point. The organiser will adjudicate the Complaint as soon as possible and inform the competitor of their decision. If a competitor does not accept the organiser's decision, then they can raise a Protest within 15 minutes of being informed of the organisers decision. The Protest will be considered by the Jury and their decision passed to the competitor and the organiser.

Final Results will be published 30 minutes after the last finisher subject to resolution of any complaints and protests.

Prize Giving

The Flower Ceremony will be held near the Finish once the Final Results are published. This will be approximately 15:00

IOF advisor

Ted Finch (Forth Valley Orienteers)

Jury Members

Ted Finch (IOF Event Advisor) will be non-voting Chair. Other Jurors to be selected from a Pool, which is currently being formed.

All competitors must follow [British Orienteering's Participant Code of Conduct](#).

Fitness to Attend

Of course, competitors must not attend the event if they have been advised to self-isolate / quarantine.

Transport

- By car, the event is easy to reach from Inverness, Aberdeen and from the Central Belt.
- By public transport to Forres (Journey Planner: www.travelinescotland.com):
- Nearest train station is Forres. Train times can be found at Trainline.

- Bus services can be found at [Stagecoach Forres](#)
- Nearest Airports are Inverness (50 minutes by car) & Aberdeen (2 hours by car).

Accommodation

There is no specific event accommodation, but there are many self-catering, B & Bs and hotels available nearby. See the [Accommodation link](#).

Weather and hazards

The average daily high in July is 14°C and the average monthly rainfall is 102mm.

Competitors should respect other participants and the general public including dog walkers and horse riders who may be in the area. Ticks, which can cause Lyme Disease, are prevalent in Darnaway forest so it is important to check yourself and your family members and pets for ticks after your run and remove them as soon as possible using a suitable tick removing tool. Advice can be sought from First Aid team.

Current information on Lyme disease can be found on [The NHS website](#), and there is a lot of useful information published by LymeDiseaseUK at <https://lymediseaseuk.com/>.

Visas

Overseas visitors may need a visa to enter the United Kingdom, and the Government's [visa information website](#) provides details of when visas are required. Competitors who require visas are advised to contact the Event Organiser at coordinator@scottish6days.com for the required reference information and are advised to submit their form to the United Kingdom Embassy or Consulate as early as possible.

Embargoed areas

A map of the embargoed areas is available here: [Embargoed Area](#)

No orienteering of any kind should take place within the embargoed areas until the competition date. Furthermore, competitors should not gain familiarity by walking around the area, with or without a map. If a competitor has unfair familiarity with the terrain, for example through living within the embargoed area, it is their responsibility to declare themselves non-competitive. Anyone who believes another competitor has gained an unfair advantage can make a complaint to the Event Organiser, at coordinator@scottish6days.com

The British Orienteering rules on embargoes can be found on page 30 of the [BO Rules of Orienteering](#).