



World Ranking Events

Middle Distance Balfour Thursday 31st July 2025

Long Distance Glen Dye Friday 1st August 2025

Bulletin 2 (Final Details)

Contact Information

Email info@scottish6days.com

Website (including full details for Scottish 6 Days 2025 and start lists) www.scottish6days.com

Postal address National Orienteering Centre Glenmore Lodge Aviemore PH22 1QZ, Scotland

Urgent on-the-day contact

WRE Middle Race Day Dave Coustick 07711 016781

WRE Long Race Day Colin Eades 07766 504905

Programme

Pre-event training There are no specific training opportunities provided.

27th – 29th July Days 1 to 3 of Scottish 6 Days 'Deeside 2025 '

31st July WRE Middle Distance Event

1st August WRE Long Distance Event

The Event: Scottish 6 Days 2025

WRE coincides with Day 4 and Day 5 of the Scottish 6 Days 2025. The Scottish 6 Days competition has typically three starts and one finish. The WRE uses a separate start, close to one of the 6 Days starts. The WRE shares the finish with the main event.

Race Numbers

Race numbers are the same as the number for the Scottish 6 Days. Any competitors who have not previously collected their race numbers will be able to do so in the Event Services area on the Day.

Clothing

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

Weather

August average weather in Aboyne area has daily min/max average temperature range 10-20°C, although temperatures can reach 25°C. Rain falls on average on 12 days in July. The current outlook for July and early August suggests conditions close to average, although temperatures are likely to be above average.

Late Entries

No further entries can be accepted

Timing system

SPORTident electronic punching will be used, with touch-free punching. All runners in WRE must use a SIAC. SIAC cards available for hire from Event Services. The finish is a run-through using a ground mat.

Start Procedure

The WRE is a timed start and competitors should arrive at the Pre Start in sufficient time ready to Start. If a runner is late for their start then they will be permitted to start in the next available time this will normally be midway between other starters. The late start time will be recorded but only used for race time calculations if the delay was caused by a fault of the organiser. [Note that the Scottish 6 Days is using a punching start – this does not apply to the WRE courses].

-4 minutes: Call up

-3 minutes: Loose control descriptions

-2 minutes: Safety check punch

-1 minute: Stand by map table

-10 seconds can put hand on map but do not pick it up

Start on long beep

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. There will be live GPS tracking for selected top runners. Live tracking will be available after the last start. The URLs will be available from Event Services.

Water

Water will be provided on the courses; water locations are marked on the maps. No water is supplied at the finish.

Results and Prize giving

Provisional results will be published on the Scottish 6 Days results web page. After the last finisher and a cut off time of 15 minutes to allow for protests, the WRE results will be declared Final and submitted to the IOF. There will be a flower ceremony after the completion of the protest period and resolution of protests.

Map Collection

Maps will be collected from WRE event competitors on finishing up until last start time. Other competitors maps will not be collected.

IOF Rule 15.6 applies

As there is no quarantine, the use of any map of the day's competition area by competitors or team officials is prohibited at the competition venue until permitted by the Organiser.

WRE competitors are reminded of the above rule and the fair play rules in place for the WRE event and this precludes examination of other competitors maps until the last start time has been reached.

WRE Complaints, Protests and Appeals

IOF Rule 27. Complaints applies to the WRE competition.

A complaint may be made to the Organiser as soon as possible. A 6Day/WRE complaint form will be available at Enquiries. A Complaint may initially be made aurally but must subsequently be written down.

Any complaint will be considered by the Day Organiser and the decision will be recorded on the form. If a competitor is unhappy with the decision of the Organiser then an Appeal may be raised which will be considered by the Jury.

The time limit for Complaints is 15 minutes after the full results have been published. As live results are available then this is deemed to be 15 minutes after the last finisher. After that time the WRE Flower Ceremony may take place if no Complaints or Appeals are pending.

Jury members

- Ted Finch (IOF Event Advisor and non-voting Chair)
- Other jurors to be selected from a pool, which is currently being formed

Day specific Information

WRE Middle Distance Balfour Forest

Directions

There are 2 car parks, A (west) and B (east). Campervans over 5m, EVs and any car with a passenger aged 70 and over or aged 11 and under should use car park A which is approximately 300m before the arena. Priority parking for helpers and those with special needs will be in the arena. All other cars should use car park B which is approximately 1.8 km from the arena.

Competitors can go directly to the start from Car Park B but must report to download even if they do not finish their course. However note the need to collect bibs and/or trackers in the arena where this applies (see above).

NB The bridge over the River Dee at Aboyne is closed to vehicles

If approaching from the west (e.g. Ballater, Braemar) leave the A93 Deeside Rd at Dinnet, cross the Dee bridge and turn left and continue east along the B976. Shortly after passing the closed Aboyne bridge turn right and follow for 2 miles (3km) for car park A. or continue straight on for a further 3 miles (4km) before turning sharp right for car park B.

If approaching from the east cross the river Dee at Potarch (unless you are already south of the river). Then travel west on the B993 for 2.5 miles (4km) and turn right onto the B976 for a further 0.5 mile (1km). Turn left and follow signs for car park B or continue for a further 3 miles (4km) before turning left to follow signs for car park A.

If you are coming from Aboyne by car you should initially travel west on A93 for car park A, crossing the Dee at Dinnet then following instructions as above. From Aboyne to car park B travel east on A93 to Potarch and then follow instructions above.

If cycling from Aboyne cross the Dee and turn left for 300m then follow signs to car park A and continue past there to the arena. We DO NOT recommend walking along this road as it is very narrow and will have a lot of orienteering traffic.

Vehicular traffic must arrive by 12:30 and will not be permitted to leave before 13:00.

Parking

Car Park A

GR: NO 543 963

W3W: yell.blockage.cube

Car Park B

GR: NO 557 970

W3W: feasting.swimmer.neutron

Arena

300m from car park A, 1.8km from car park B

Event Services

- In Arena. This will contain: Help point; Download; First Aid; Toilets

Classes	Estimated Winning Times
M21E	30 - 35 minutes
W21E	30 - 35 minutes

Terrain

Balfour Forest is largely runnable, varied, plantation forest with some rough open ground. There are several complex contoured areas. Parts of the plantation forest have been recently thinned, with much evidence of the workings being visible. There are many unmapped extraction lanes. There may be deep heather and bracken on some courses. Recent storm damaged windblown trees have been mapped with an orientated dark green uncrossable symbol

Warm-up / model area (open 0930-1300)

On the route to the start adjacent to the start. The route is shared with competitors going to the starts for the Scottish 6 Days. The area is an extract of the competition map, with controls. Maps to be collected/dropped off at the warm-up area, using the receptacle provided. Rubbish bags will be provided for water bottles etc.

Start

For all starts leave the arena and follow the minor road east for 800m. Turn off the road and follow a wide track for 100m, then the routes diverge with the White Start being 100m (40m total ascent) up another track, and the Green, Blue and Red starts 200m (50m total ascent) up a separate track. There will be a separate warm-up area for elite classes at the Red Start

Start times and GPS Trackers

Men from 1000-1330, - Women from 1119-1245

2 minute intervals, in reverse IOF World Ranking order (rankings as of 11/07/2025).
Start times have been published on the web site (<https://scottish6days.com>).

GPS Tracking

GPS trackers issued at a tent close to the exit from the arena to the start.

This will apply for Men with start times from 1226 to 1330 and Women from 1217 to 1245

Please provide your own GPS carry vest or sign out and return a ScotJos vest.

Top seeded WRE runners starting in the time zones above should collect trackers from tracker issue tent in the arena prior to going to the start.

Control Descriptions

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

Controls

All WRE controls and all Scottish 6 Days controls have three digits (eg 145, 201 etc.).

The final control is separate from the Scottish 6 Days, but the run in arrives at the same finish line.

Course details ¹length of descriptions from the start triangle to the final control, inclusive

<i>Class</i>	<i>Course number</i>	<i>Start</i>	<i>Length (km)</i>	<i>Climb (m)</i>	<i>No. of controls</i>	<i>Scale</i>	<i>Map size (mm)</i>	<i>CD size (mm)</i>
M21E	1E	Elite	5.9	265	19	1:10 000	320x225	155x63
W21E	2E	Elite	4.7	215	14	1:10 000	320x225	120x63

Map Balfour Forest

Previous maps by Deeside Orienteering and Leisure Maps (DOLM) based on photogrammetric plot by Stirling Surveys. Revised for Royal Deeside 2025 by DOLM 2024/25. © MAROC.

Link for Previous Map

<https://www.maroc.routegadget.co.uk/rq2/#321>

Safety

BOF Rule 1.7.1: All competitors take part entirely at their own risk.

Livestock may have grazed recently in the Arena and surrounding fields, so please employ all hygiene precautions

The area contains ticks and Lyme Disease is present in Scotland. Please remove ticks after your run.

Officials

Planners

Ben Stansfield (FVO), Klaas Wynne (CLYDE)

Day Organisers

Dave Coustick (FVO), Rob Truswell (FVO)

Controllers

Roger Coombs (MAROC), Chris Low (MAROC)

IOF Advisor

Ted Finch (FVO)

Day specific Information

WRE Long Distance Glen Dye Forest

Directions

Parking is off a minor road (labelled the Old Military Road on some maps) at Cuttishillock, 1 mile (1.5km) south of the (B976). This short section of road will be used by residents and vehicles approaching the event before 1230 hrs and exiting after 1300 hrs.

If approaching from Ballater and Braemar follow the A93 eastwards to Dinnet and cross the Dinnet Bridge to the B976 (South Deeside Road). Turn left and follow the B976 for 13 miles (22km) past the closed Aboyne Bridge and through Birse, Ballogie and Finzean to Feughside. Turn right and follow the minor road. After 1 mile (1.5km) turn left to follow an unmetalled track for a further 500m to parking.

If approaching from Aboyne follow the A93 for 7 miles (11km) eastwards from Aboyne, passing through Kincardine O'Neil to Potarch Bridge. Turn right to cross the bridge then immediately left to follow the Old Military Road for 4 miles (6km), signposted towards the Cairn O'Mount. At Feughside turn right and immediately left to follow the minor road for 1 mile (1.6km) to the turn off for parking

If approaching from Banchory cross the Dee Bridge at Banchory and follow the B974 (South Deeside Road). After 3 miles (5km), at Strachan, continue straight on onto the B976 and after 2 miles (3km), at Feughside, turn left to follow the minor road 1mile (1.6km) to the turn off for parking.

If approaching from Fettercairn follow the B974 Cairn O'Mount road to Strachan. Turn left and follow the same directions as traffic approaching from Banchory. Please note that the minor road on the left at the AA box is closed for the event.

Vehicular traffic must arrive by 12:30 and will not be permitted to leave before 13:00.

Parking

GR: NO 646 910

W3W: tunnel.workroom.shadows

Post Code: AB31 6LU

Arena

Approximately 150m from the entrance to the car park

Event Services

- In Arena. This will contain: Help point; Download; First aid; Toilets

Classes

M21E

W21E

Estimated Winning Times

88-92 minutes

88-92 minutes

Terrain

Glen Dye is a large open conifer plantation with a variety of rock features, moraines, contour and water detail. The longer courses will extend into a newly mapped extension of lower visibility, runnable forest with good rock detail. Parts of the forest have been thinned and felled recently leaving extraction lanes that have not been mapped for the purposes of clarity. Also, recent storm damaged windblown trees have been mapped with an orientated dark green uncrossable symbol. Some areas of heather, bracken and bog myrtle may also be encountered. There are piles of timber alongside some recently felled areas that must not be crossed - the most prominent of these are mapped as solid green lines. Those who think that they know Glen Dye well can expect a few surprises.

Warm-up / model area (open 0930-1330)

Adjacent to the Elite Start. The model area is an extract of the competition map, with controls. Maps to be collected/dropped off at the warm-up area, using the rubbish bag provided. Rubbish and recycling bags provided for water bottles etc.

Start

Routes to all starts leave the arena to the South. After 300m, all pass through a gate after which the route to the Elite start turns North for a further 300m (20m climb). The Red, White, Green and Blue starts are a further 500m (total ascent 30m), which includes a short (<100m) section up a moderately steep bank. 100m before the starts is a flat waiting area in open land; Red start is North of this area, and White, Green and Blue share a common start south of the waiting area. There is no shelter or shade in the event of bad weather or strong sunshine.

Start times

Men from 0951-1409

Women from 1207-1358

'3 minute intervals, based on IOF World Ranking order (rankings as of 11/07/2025). A small degree of randomization has been applied to avoid an identical order to the Middle distance race.

Start times have been published on the web site (<https://scottish6days.com>).

The WRE is a timed start and competitors should arrive at the Pre Start in sufficient time ready to Start. If a runner is late for their start then they will be permitted to start in the next available time this will normally be midway between other starters. The late start time will be recorded but only used for race time calculations if the delay was caused by a fault of the Organiser. [Note that the Scottish 6 Days is using a punching start – this does not apply to the WRE courses].

GPS Tracking

GPS trackers issued at a tent close to the exit from the arena to the start.

This will apply for Men with start times from 1233 to 1409 and Women from 1316 to 1358

Please provide your own GPS carry vest or sign out and return a ScotJos vest.

Top seeded WRE runners starting in the time zones above should collect trackers from tracker issue tent in the arena prior to going to the start.

Control Descriptions

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

Controls

Some controls for the WRE are shared with the Scottish 6 Days, including the final control (code 100). All WRE controls and all Scottish 6 Days controls have three digits (eg 145, 201).

Glen Dye Course details ¹length of descriptions from the start triangle to the final control, inclusive

<i>Class</i>	<i>Course number</i>	<i>Start</i>	<i>Length (km)</i>	<i>Climb (m)</i>	<i>No. of controls</i>	<i>Scale</i>	<i>Map size (mm)</i>	<i>CD size (mm)</i>
M21E	01E	Elite	13.5	375	28	1:15 000	295x215	270x65 203x65 ¹
W21E	02E	Elite	10.4	340	24	1:15 000	295x215	250x65 175x65 ¹

Map Glen Dye Forest

Previous maps by Deeside Orienteering and Leisure Maps (DOLM) and Stirling Surveys. Revised and extended for Royal Deeside 2025 by DOLM 2024/25. © GRAMP.

Link for Previous Map

[2024-07-31 Glen Dye SS 31-7-24](#)

Safety

BOF Rule 1.7.1: All competitors take part entirely at their own risk.

Livestock may have grazed recently in the Arena and surrounding fields, so please employ all hygiene precautions.

The area contains ticks and Lyme Disease is present in Scotland. Please remove ticks after your run.

Courses cross one minor road which is closed to vehicle traffic during the event. There may be bicycles on this road, so cross with care.

Officials

Planners

Rob Hickling (BASOC) & Ian Hamilton (GRAMP)

Day Organisers

Colin Eades (INT) & Janette Macleod (BASOC)

Controllers

Trevor Hoey (FVO) & Paul Caban (INT)

IOF Advisor

Ted Finch (FVO)