

Welcome to JHI Weekend - Middle Distance - SOL6 - Scottish Junior Cup 3

Interlopers Middle Distance Final Details

The Ward Junior Home International (JHI) is an annual competition between junior teams from England, Ireland, Scotland and Wales. Interlopers organise the JHI Relay at Loch Vaa with Women starting at 10:45 and Men at 11:00, winners expected at 12:20 and 12:35.

To reward spectators and celebrate use of this fantastic area Interlopers are holding a Middle Distance event to follow the relay, with start times expected to be between 13:00 and 14:00 and courses closing at 15:30.

MAP

Area: Loch Vaa. World class area used for the WOC Relays in 1999.

Map Scale 1:10,000. 5m Contour Interval

Map recently updated for the Event and includes current magnetic north deviation.

PLANNER'S COMMENTS - MIDDLE DISTANCE

The middle distance courses use some of the best areas of the forest, consisting of mature coniferous plantation and native, mixed, deciduous woodland and lochan.

Permanent paths are mapped but are intermittent and sometimes difficult to see. They are left on the map as navigational aids. There are numerous other paths not worth mapping, most of which are intermittent, so beware. Cattle graze the woodland at certain times of the year so temporary trods can be found everywhere in the mixed, deciduous woodland. Other leisure users also use the area around Loch Vaa so respect them while out on your course.

Bracken is partially mapped and seasonal, varying from year to year. Not all of it is mapped or accurate. The planner has avoided these areas where practicable to maximise fair route choice. This is dying back now that we are into October.

There are some fence crossings on some of the courses and these do not pose difficulty. A few crossing points are marked where gates exist or easier crossing is available.

Beware of farm debris in a few locations. Scrap farm equipment and dumped wire exist in various places and are unmarked on the map.

Courses are planned to comply with TD standards. Beware, this is a technical area and the Light Green will be true TD4 standard at the upper end. We have printed off plenty of spare Orange course maps. Anybody wishing to transfer their entry to the Orange can do so free of charge, even once they have picked up their map if it looks too difficult. The Light Green can also be shortened by omitting controls 6 & 7 if the course is proving too tough.

Cattle use the mixed deciduous block for seasonal grazing. We are assured they will not be in the forest on the day of competition.

The area supports a healthy population of ticks. You are warned.

We hope you enjoy what is a fantastic experience of quality terrain and courses.

Mike Stewart - Planner

DIRECTIONS AND LOCATION

Nearest Town: Aviemore

Nearest Postcode: PH22 1QD (this covers a wide geographic area)

Turn off the A95 at Avielochan and head east for 600 metres on track.

Turn off A9

Grid Reference: NH903167

What3Words: [///husband.pickup.slab](https://www.what3words.com/s///husband.pickup.slab)

Parking field

Grid Reference: NH910164

What3Words: [///munch.crouch.stoops](https://www.what3words.com/s///munch.crouch.stoops)

Public transport:

<https://bustimes.org/stops/6700237>

<https://bustimes.org/stops/6700238>

TOILETS

Portaloos will be available

DOGS

Dogs are allowed in the Car Park and Assembly areas but must be kept on a lead at all times as there may be livestock in adjacent fields

OTHER FACILITIES

ScotJos will provide a Cake Stall, please support!

Compasspoint will be in attendance for any kit requirements

MIDDLE DISTANCE ASSEMBLY, START AND FINISH

Assembly for the Middle Distance will be in the Car Park field. The route to start will be marked, being 1km / 25m climb. The route passes the finish at 750 metres.

Start times between 13:00 and 14:00.

Courses close at 15:30 at which time controls will begin to be collected in.

Everyone must report to Download in the assembly field, whether they finish their courses or not.

ELECTRONIC TIMING

SportIdent (SI) electronic timing will be used, with SI Air enabled. If you have your own SI dibber, please bring it. Otherwise SI dibbers can be hired free of charge, but with £30 charge if lost. This must have been requested when booking your place for the event.

FIRST AID

First Aid will be in attendance

COURSES

Course	Distance	Climb	Controls
Brown	5.4km	190m	14
Blue	4.2km	155m	15
Green	3.0km	110m	13
Light Green	2.8km	130m	12
Orange	2.5km	75m	15
Yellow	2.1km	70m	10

Courses close 15:30

EVENT OFFICIALS

Planner: Mike Stewart

Controller: Richard Oxlade

Organiser: Graham McIntyre

WEATHER

The forecast for Saturday on 05/10 is for light cloud and light wind with a maximum temperature of 12 degrees.

SAFETY NOTICE

Participants take part at their own risk and are responsible for their own safety during the event. By entering the event you are accepting this condition.

Parents/guardians should explain all safety aspects to all children and vulnerable persons in their care and if you are in any doubt about their ability to stay safe only allow them to participate with a carer.

A risk assessment has been carried out by the organiser.

Please note:

- Vehicles use the roads, driveways and car parks, so you must watch out for vehicles, give way and follow the Highway Code before, during and after the event ie: to and from your car as well as during the event.
- The area is used by the general public, including dog walkers and cyclists. Please respect their right to use the area and make room to pass safely. You are required to abide by the Scottish Outdoor Access Code (see http://www.outdooraccess-scotland.com/sites/default/files//docs/know_the_code_leaflet.pdf), and if necessary give way or stop running temporarily for safety reasons, e.g. some cyclists, dogs, etc.
- If you or one of your dependants have an underlying medical condition that might occur during the event, please brief the organiser in advance and leave a sealed written record at the event registration (to be destroyed afterwards).
- The area in a few places can be rough underfoot, steep and slippery. You are required to wear full leg cover, and recommended to use grippy footwear, watch for hazards, take care when crossing them and only go where you are able to cope.
- You are encouraged to carry a coat if there is a risk of bad weather and a whistle in case of injury (if injured give 6 long blasts, wait a minute, repeat).

