

## The Moray Mix – A Scottish Orienteering Urban League (SOUL) event on Saturday 23 October and a Scottish Orienteering League (SOL) event on Sunday 24 October.

Moravian Orienteers welcome you back to 'The Moray Mix' with an urban (SOUL) event in the town of Lossiemouth on Saturday 23 October and a forest (SOL) event in Lossie Forest on Sunday 24 October.

### Lossiemouth SOUL – 23 October 2021

**Trophy Presentation:** SOA will be holding a presentation for a number of competition trophies after the event on the grassy square in front of the social club at 3.30pm. Please support this occasion.

**Discipline:** Urban Event.  
**Level:** Level C.  
**Punch type:** SI (SI Air enabled).  
**Entries:** The event closed to entries on Monday 18 October (11.59pm). There will be no entries on the day.

### Course Information:

Lengths are measured along the optimal route.

Course 1	Men Open (M18+, M21+), Open 1	9.3km	31 controls
Course 2	Men Veteran (M40+), Women Open (W18+, W21+), Open 2	7.8km	29 controls
Course 3	Men SuperVet(M55+), Women Vet (W40+), Open 3	6.9km	26 controls
Course 4	Men UltraVet (M65+), Women SuperVet (W55+), Open 4	5.5km	21 controls
Course 5	Men HyperVet (M75+), Women UltraVet (W65+), Women HyperVet (W75+), Open 5	4.0km	14 controls
Course 6	Men Junior (M16-), Women Junior (W16-), Open 6	3.8km	15 controls
Course 7	Young Junior Men (M12-), Young Junior Women (W12-), Open 7	2.3km	15 controls

Course 6 and Course 7 use quiet residential footpaths or paths alongside minor roads with good visibility.

**Parents/guardians of junior competitors (under 16) must ensure that juniors understand the road hazards and decide whether shadowing is appropriate for each individual.**

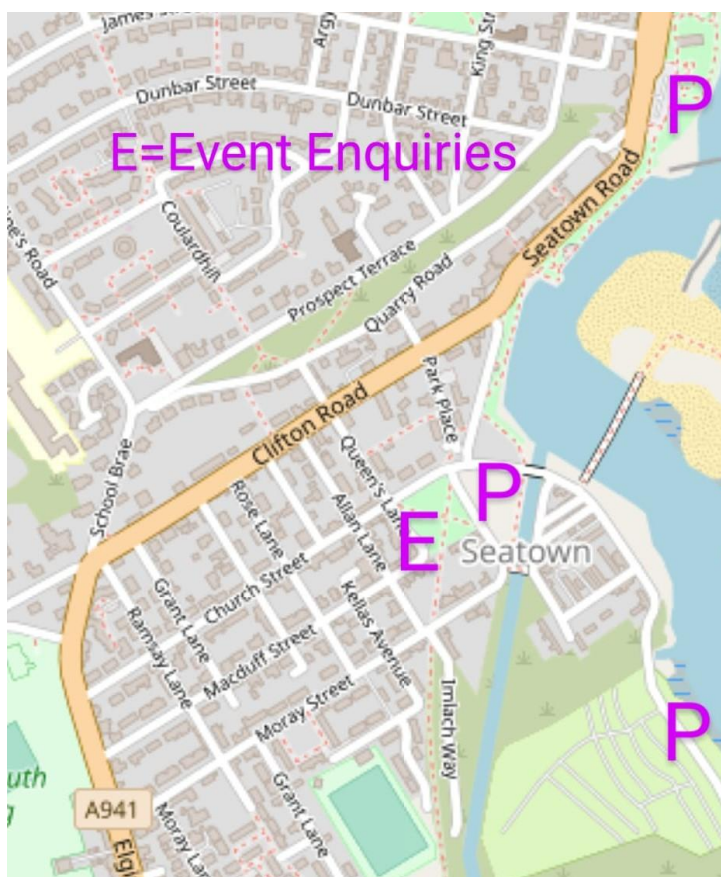
**Registration:** 12-3pm at Lossiemouth Sports and Social Club on Queen's Lane, IV31 6DR.  
**Start Times:** 1pm–3pm.  
**Course Closes:** 4.30pm.

**Event Centre:** Lossiemouth Sports and Social Club on Queen's Lane, IV31 6DR.

Download and an Enquiries Desk for Course 7 junior map collection and hired dibber collection will be in the Social Club. There are no facilities for changing or leaving clothing. Please do not linger in the building more than necessary as we still need to follow COVID restrictions which discourage gathering inside buildings.

**Directions and Parking:** Travelling in to Lossiemouth on the A941 from Elgin, turn right on Church St and follow the road until just after it swings right. Turn right into the Lossiemouth East Beach Car Park (1min walk across the square to the Social Club). When this car park is full, continue on Church St to further parking on the river in front of Lossiemouth Bay Caravan Park (7mins walk to the social club). This car park has a height restrictor so not suitable for motorhomes. There is further parking at the car park on the east side of Pitgaveny St (7mins walk to the Social Club) on the river front in the other direction.

Parking is available on the residential streets near the Social Club, but please use the car parks if possible. All three carparks are free to use. A map is provided below.



**Toilets:** There are toilets in the Social Club. Further toilets are on the river front on Seatown Road (3 mins walk) and at the Pitgaveny St parking (7 mins walk).

**Start:** Start times between 1pm and 3pm will be pre-allocated, and available on SI entries, at the enquiries desk and at the Start. Please adhere to your start times due to SOUL rules.

Those who do not need to collect a course 7 map or hired dibber should proceed directly to the start, which is signed from the Social Club.

The distance to the start is 1km (about 15 mins walk including road crossing) along a marked route from the Social Club. There is one main road to cross and juniors must be accompanied. Please cross at the marshalled pedestrian crossing. Do not arrive at the start more than 10 minutes before your start time. Entry to the start box will be at -3 minutes. You must know your course number (see table above) and pick up the correct map from the labelled boxes. Punching starts will be used. SI AIR will be enabled but you must punch the start and finish controls.

The Finish is passed on the route to the Start – it is approximately 400m between the two. There is a good play area across the road from the Finish which may be of interest to those with split starts.

**Warm up:** There will be a small warm up area on grass adjacent to the Start. Please stay in the marked area.

**Late starters:** Late starters will be allocated to available time slots. Please report to the start official but please do try to adhere to your allocated start time.

**Loose Control Descriptions:** Loose descriptions will be available in the -3 start box.

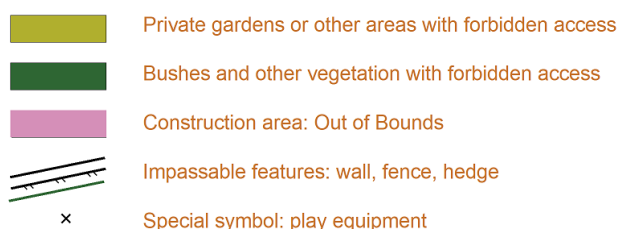
**Controls:** Most controls will have the flag and SI unit gripped together and suspended from an obliging lamp post, tree or fence. There are a few on stakes gripped to an object. Note that a few 'open area' control descriptions have the control on a lamp post on, or adjacent to, the open area.

**Terrain:** The event is entirely urban, with Courses 1–5 crossing a main road to visit the complex housing estate to the south of the High School. This has many alley ways between blocks of housing with communal parking areas. Please take extra care as some of the alley ways are very mossy. Note the 5m contour interval.

**Map:** The map scale is 1:4,000 with 5m contours for all courses. Map size will be A3. Courses 1-3 have parts 1 and 2 printed back to back.

The map has been produced to the old ISSOM specification and not updated to the more recent ISSprOM 2019 spec. The main impact of this is that the numerous shrubberies and flower beds are mapped using the "old" green-black colour – these areas must not be crossed whether or not it is physically possible to do so (which varies seasonally, and randomly, according to local authority management activity). Areas mapped with the 100% green symbol are "fight" i.e. difficult to cross, just as they would be on a forest map.

Maps do not contain a full legend: only the OOB items and the special symbol x (= play equipment), as per the illustration below:



The competition area includes numerous narrow alleyways which have been exaggerated on the map to aid readability – on the ground they are still very narrow, sometimes <1m: please be careful and avoid collisions with members of the public and other competitors.

Previous editions: The Lossiemouth town map was first used for the second Moray Mix in 2011 <https://www.moravian.routegadget.co.uk/rg2/#48>. The Boyd Anderson Drive estate has subsequently hosted the Euromeeeting sprint in 2013 and the Scottish Sprint in 2017.

**Finish and Download:** Remember to punch the Finish control if you are using SI Air. Please follow the marked route back to Download in the Social Club. You MUST download even if you do not complete the course. Please do not linger at/near the social club unless you are staying for the SOA Trophy Presentation at 3.30pm.

**Clothing:** Shorts and road shoes are suitable for all courses, but this is northern Scotland at the end of October so please dress appropriately. If the weather is very severe, a waterproof top may be compulsory and there will be a sign to this effect on the beginning of the route to the Start.

**First Aid:** First Aid is at the Social Club. The nearest A&E hospital is Dr Gray's Hospital in Elgin (10mins drive). A map to find the hospital can be obtained at Enquiries, if required.

**Dog Rules:** On leads in the car park. No dogs on the courses.

**Safety:** Competitors take part in this event at their own risk. Competitors must be aware of and take care to avoid other path users and road traffic on the courses. Please be aware of trip hazards, slopes and steps, slippery paths (some are very mossy), uneven surfaces, litter including broken glass and dog fouling.

### **COVID-19 Guidance (Updated September 2021)**

In terms of the SOA COVID-19 event guidance, the key elements to minimise the risk of transferring the COVID-19 virus are to:

- Ensure that people who are symptomatic, have tested positive with COVID-19 or have been told to self-isolate do not attend an orienteering event or activity until they have completed their period of self-isolation.
- Control events by keeping people outdoors and by avoiding circumstances throughout the event or activity where people may gather.
- Keep people 1m or more apart from each other.
- Collect participant contact data to support the Scottish Government's Test & Protect service if a case is detected after an event or activity.
- Minimise contact between participants and event equipment during the event or activity.
- Disinfect and/or quarantine event equipment before and after use.

There are, therefore, no entries available on the day and start times will be allocated to all competitors. Competitors must not come to the event if they have symptoms of COVID 19 or have tested positive for COVID 19 or who have been asked to self-isolate.

Competitors are asked to leave for their allocated start time at the time specified in the final details and to leave the event as soon as they have completed their course and downloaded.

There will be no coaching support at the event. Therefore, competitors are asked to choose a course which matches their fitness and experience. Advice on which event to enter can be found via British Orienteering: [https://www.britishorienteering.org.uk/newcomers\\_guide](https://www.britishorienteering.org.uk/newcomers_guide).

Competitors must maintain and abide by the 1m social distancing rule throughout the event, including at registration and walking to and from the start and finish locations, unless competitors are of the same family/support bubble. The 1m distance rule applies while competing on the course and takes precedence while at a control where other competitors may be present. Competitors are to move away from any control promptly and to maintain at least 1m spacing at download. Competitors should also remain 1m distant from members of the public.

There will be no key drop box, so competitors must make arrangements for the storage of their key whilst they are competing.

Hand sanitiser will be available for use by competitors and volunteers at the registration area. Controls will be quarantined for at least 72 hours before the event and will be placed by an individual wearing disposable gloves and/or with sanitised hands. Competitors are to minimise contact with SI boxes, including Clear, Check and SI AIR test boxes, and the download equipment.

### **Officials:**

Planner. Elizabeth Furness MOR.  
Organiser. Liz Campbell MOR (0776 391 7088, [andrewandlizcampbell@outlook.com](mailto:andrewandlizcampbell@outlook.com)).  
Controller. Marsela McLeod INVOC.