

Inverness Eagle Weekend 2026

SOUL 5 - Sat 05 Sep 2026

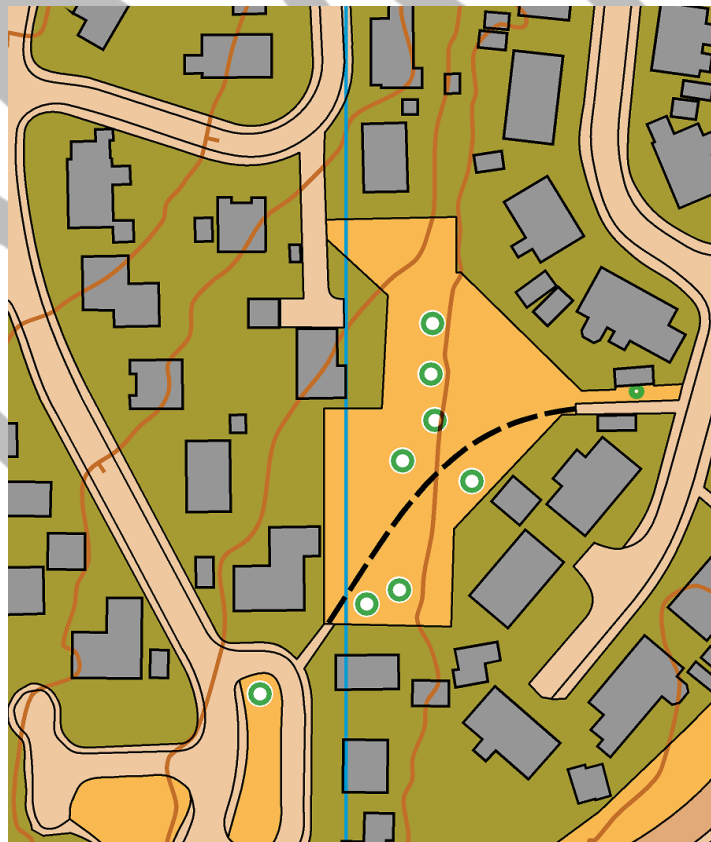


Final Details Rev 1 (26-Aug-26)

Inverness Orienteering Club would like to welcome you to the capital of the Highlands for the Eagle Weekend and to take part in the 2026 Scottish Orienteering Urban League Event 5.

The SOUL 5 event will be run on classic urban terrain on a newly mapped area "Scorguie & Muirtown". The area is a mixture of housing estates with cut-throughs as well as open areas and parkland and provides many route choice opportunities. The area is on a sloping hillside so route choice will be vital to keep height gain to a minimum. The courses have been planned slightly shorter than usual due to the climb.

The Planner is **recommending** Shoes with grips as steeper open areas and parkland will be crossed for optimum routes.



Map

The map is printed at 1:4000 with 2m contours and is brand new for this event. All maps will be single sided.

Timing

SportIdent (SI) electronic timing will be used. Units will be set for contactless punching (apart from the Start and Finish units).

Courses

There will be 7 courses in total. Provisional Course Lengths and Climb are shown - these may change slightly due to last minute planning updates

Course	Class	Length (Km)	Climb (m)	No. Of Controls
1	Men's Open	7.80	200	19
2	Women's Open / Men's Veteran	6.20	175	18
3	Women's Veteran / Men's Supervet	5.20	125	16
4	Women's Supervet / Men's Ultravet	3.90	90	13
5	Women's Ultravet & Hypervet / Men's Hypervet	3.40	75	12
6	Junior Men / Women	4.40	95	13
7	Young Junior Men / Women	2.90	60	13

Artificial Barriers will be in use on All courses - these are marked as thick Solid Red Lines. Marshalls may or may not be present at the barriers but please respect the mapping and do not cross these barriers - anyone found doing so will be disqualified.

Two areas (Nursing Home & Primary School) have been marked as OOB - Please do not enter the marked OOB areas.

A copy of the Course 7 (Young Junior Men / Women) map will be present at the Assembly Hall for Parents of Young Juniors to view and to decide whether the junior competitor should be shadowed or not. Shadowing is acceptable as per SOUL guidelines although we would ask if a parent is also running then please shadow after your run - this is a request and will not be enforced. Please also ensure that the junior competitor understand that the marked barriers must not be crossed. A Marshall will be present on Course 7 to aid at a road crossing.

Courses close at 13:30 so competitors can get to the Carse Event (if entered).

Event Centre & Parking

The event will be based at the Charleston Community Hub (IV3 8ET or What3 Words ///went.formed.sticks) and parking will be in the Charleston Academy main car park and / or the Charleston shopping centre car park, both of which are adjacent to the Community Hub building. Toilets are available in the Community Hub building.

Start & Finish

The Start is approximately 850m from the Community Hub building and Start Times will be from 1030 til 1200. Punching starts will be used so turn up when ready and the Start Team will set you off. Please Note: Runners from the same club on the same course will be started at least 4 minutes apart.

The walk to the start from the Assembly Hall will take between 10-15 minutes.

The Finish is very close to the Start and is passed on the way to the Start. There may be an opportunity to drop jackets etc. in the Finish vicinity for collection after your run.

Planner	Organiser	Controller
Colin Salisbury	Suzanne Robbins-Bird	Alan Halliday
INVOC	INVOC	MOR

Safety & Risk

A comprehensive Risk Assessment has been carried out by the event team. Participants take part at their own risk and are responsible for their own safety during the event. As this is an urban area, it is readily accessible to the public and several leisure activities may be encountered (dog walking, leisure walking, cycling and children playing). Please be considerate to members of the public and amend your running line as appropriate.

All courses will require minor side roads to be crossed. Visibility is generally very good as most houses have driveways with off-street parking. Although traffic is likely to be light, any vehicles will not be expecting you so please always look carefully before crossing and only do so when it is safe.

The reasonably busy "General Booth" road borders the competition area. This road has moderate traffic but does not require to be crossed by any courses so will NOT be marked as OOB on the.

Please check <http://invoc.org.uk/> before setting off in case of any last-minute information that may affect the event.

Insurance: Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:

1. Data will be recorded on computer. 2. Photos and/or names may appear on our website or in the media. We will seek permission where this involves young people. 3. Competitors are responsible for their own safety and for assessing their own abilities to complete the course. 4. Event results will be published on the internet and sent to British Orienteering. 5. Our data protection policy is here: http://www.invoc.org.uk/docs/DPN_current.pdf