



ORKNEY 2025

12 – 18 July 2025

International Island Games
Games Information

All details correct at time of print – June 2023.



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Welcome to Orkney International Island Games 2025

Our Mission

- 1 Provide a competitive sporting programme in excellent facilities.
- 2 Create a meaningful legacy for local sport and communities.
- 3 Involve communities and businesses as much as possible.
- 4 Celebrate the best of Orkney: place, produce and people.
- 5 Make the 2025 Games as environmentally friendly as possible.



Orkney



Based off the North East coast of Scotland.



The 20th International Island Games

From 12-18 July 2025 our beautiful island group will provide the perfect 'stage' for six days of competition, across 13 different sports.

Whether a competitor, coach or loyal team supporter, we can't wait to extend a warm Orcadian welcome to you.



Scotland

Sports

With our 13 proposed sports, we aim to showcase mainland Orkney whilst ensuring there is, at most, 30 minutes transfer from accommodation to sporting venue.



Archery

 Athletics	 Badminton	 Bowls	 Cycling
 Football	 Golf	 Gymnastics	 Sailing
 Shooting	 Squash	 Swimming	 Triathlon

Orkney 2025 would like to extend special thanks to our long-term volunteers and funders, without whom our Games would not be possible.



ORKNEY
ISLANDS COUNCIL

EventScotland™



Archery

Key Contact: Ian Brough – archery@orkney2025.com

Events

Men & Women's 1440 Recurve.
Men & Women's 1440 Compound.
Team 1440 Recurve.
Team 1440 Compound.
Men & Women's 720 Recurve.
Men & Women's 720 Compound.
Individual Head to Head Knockout.
Team Head to Head Knockout.

Location

The Outfield, Pickaquoy Centre.

Training & Warm Up

Practice will take place the day before the competition commences.

Competition Format

All events will consist of a qualification round. The results of which will be used to seed the Archers for the next part of the competition.

Equipment

All equipment should be as per World Archery Rules governing Target Archery.

40 foam targets inside an area covering 160m wide by 200m long.

On-site storage facilities for targets and individual Archery equipment.

Notes

Full Judges' Kit Inspection will be held on the first morning of the competition.



Athletics

Key Contact: Aly MacPhail – athletics@orkney2025.com

Events

Track: 100m, 100mH, 110mH, 200m, 400m, 400mH, 800m, 1500m, 5,000m, 10,000m, 4 x 100m, 4 x 400m.

Field: High Jump, Long Jump, Triple Jump, Javelin & Shot Put.

Road Race: Half Marathon.

Key Dates

Full track refurbishment in the Summer 2023.

Location

Athletics Stadium, Pickaquoy Centre.

Training & Warm Up

A Track & Field training schedule for each island will be available outwith session times. A warm up grass area has been identified directly next to the track and call room.

Equipment

All Track & Field equipment per event is certified to WA standard and will be supplied.

Competition Format

Orkney 2025 Athletics will consist of a six day Track & Field timetable as set out in the IIGA by laws with two sessions per day.

Notes

No Steeplechase, Race Walking, Hammer or Discus.

Badminton



Key Contact: Elaine Gray - badminton@orkney2025.com

Events

Men's Singles.
Women's Singles.
Men's Doubles.
Women's Doubles.
Mixed Doubles.
Team Competition.

Location

Pickaquoy Centre.

Notes

*TBC - Men & Women's Plate Event.

Training & Warm Up

Courts will be made available for visiting teams to practice prior to the competition. Once entries are received all Badminton Team Managers will be contacted to arrange a suitable time slot.

Equipment

All equipment necessary for the events will be supplied and top-grade feathered shuttlecocks will be used for the duration of the competition. Re-stringing service available at the event.

Competition Format

The competition will be controlled by the Tournament Referee and Umpires all of whom will be suitably qualified.

The committee shall draw up the seedings for both the Team Event and the Individual Events.

Bowls



Key Contact: bowls@orkney2025.com

Events

Women's Singles.
Men's Singles.
Women's Pairs.
Men's Pairs.
Women's Triples.
Men's Triples.
Women's Team Event.
Men's Team Event.

Location

Kirkwall Bowling Club.

Competition Format

This will be dependent on the level of entries. It is planned to have a sectional round robin, then a play over with the winners of each section.

Singles:

Each competitor shall play four bowls. The winner of each game shall be the 1st competitor attaining 21 shots.

Pairs:

Two competitors, a lead and a skip, shall play four bowls each, the lead playing 1st and then the skip as defined in the IIGA Laws.

Triples:

Three competitors, a lead, second and a skip. Playing as defined in IIGA laws.

Team:

This will be a scoring system based on where entries finish in their events, to be discussed with IIGA committee.

Training & Warm Up

There will be use of the grass green two days prior to event. We also have an artificial green that competitors can use for warm up at any point throughout the games.

Equipment

Each competitor shall provide their own bowls, all other equipment will be provided.



Cycling

Key Contact: Mervyn Walker - cycling@orkney2025.com

Events

Men & Women's Time Trial.
Men & Women's Team Time Trial.
Men, Women's & Team Criterium.
Men, Women's & Team Road Race.

Location

Locations Across Mainland Orkney.

Notes

*TBC - Mountain Bike Cross Country.

Equipment

Competitors are expected to have their own bicycle in addition to appropriate safety equipment.

Competition Format

Road Race:
A circular route around Orkney's West Mainland. Suggested distances: Women 60-75km (37-46.5 miles), Men 100-120km (62-74.5 miles).

Time Trial:
A one-way route along the east coast of West Mainland. Suggested distances: Women 30-40km (18.5-25 miles); Men 40-50km (25-31 miles).

Criterium:
Through Orkney's largest town, Kirkwall. Suggested distances: Women 30-40 minutes + 5 laps; Men 45-60 minutes + 5 laps.

Notes

* The Cross Country Mountain Bike competition venue is still very much in the planning phase - we hope to offer an exciting, new course close to Kirkwall across rough and steep terrain, designed to challenge even the very best competitors.



Football

Key Contact: Kirsty Brown (women's), Karl Adamson (men's) - football@orkney2025.com

Events

Mini-league round robin format.

Location

Across Mainland Orkney.

Training & Warm Up

Training pitches will be available to pre-book with footballs and cones provided for all competing teams.

Equipment

Warm up footballs provided pre-match at the venues.

Competition Format

The top team from each group will progress to a semi-final. All other teams will play a 'placing game' after the groups. If there are fewer than 16 teams, historical computations will be used in order to give teams as equal a number of games as possible.

Notes

Please bring footwear suitable for grass and all-weather pitches.

Golf



Key Contact: Stewart Fotheringhame – golf@orkney2025.com

Events

Women's:
Individual 72 hole scratch.
Team Event 72 hole scratch.

Men's:
Individual 72 hole scratch.
Team Event 72 -hole scratch.

Location

Orkney Golf Club in Kirkwall and Stromness Golf Club.

Training & Warm Up

Both clubs have warm up nets as well as and practice chipping & putting areas. The Kirkwall course also has a three bay indoor practice building.

Equipment

Competitors are expected to have their own clubs.

Notes

Golf trolleys will be available.

Competition Format

The Individual events will be decided by the lowest aggregate score. Team events will consist of four players per team with the best three scores from each round (taken from the Individual events) to count for Team medals. In the event of a tie for any medal in the players will take part in a sudden death playoff until a winner is found.

Gymnastics



Key Contact: Elspeth McLellan – gymnastics@orkney2025.com

Events

Women's Four-Piece.
Men's Six-Piece.

Gymnastics Competitions:

Set & Team Two-Piece Event.
FIG Overall Competition.
FIG Apparatus Finals.

Location

Stromness Academy.

Training & Warm Up

There will be alternate training and competition days with dedicated area(s) for warm ups on the competition days.

Equipment

To ensure all equipment is FIG approved, the intention is to upgrade all current apparatus prior to the start of the Games.

Notes

Equipment for the men's competition will be hired in from Gymnova.

Competition Format

The competition format may depend on which facility is available to use and whether both men and women's events can be held on the same day. If they can, we anticipate the competition format to be:

Day 1 – Training Day.
Day 2 – Set & Team (Two-Piece) Event.
Day 3 – Training Day.
Day 4 – FIG Overall Competition.
Day 5 – FIG Apparatus Finals.

Sailing



Key Contact: Ian Rushbrook – sailing@orkney2025.com

Events

ILCA 7 (formerly Laser Standard Rig)
ICLA 6 (formerly Laser Radial Rig)
Sailing Team Event

Location

Training Centre – Hatston Slip
Orkney Sailing Club
Clubhouse – ‘Girnel’, Kirkwall

Training & Warm Up

A practice race will take place before the events.

Equipment

Equipment ICLA class dinghies to be provided by the host island, with two hulls per island and two sets of ICLA 7 rigs and two sets of ICLA 6 rigs.

Competition Format

Up to two ICLA 7 Class competitors and up to two ICLA 6 class competitors per island will be permitted entry to the event. Both classes will race 10 races with one discard. The team event is the best three places in both classes for each race sailed. Provisionally two ICLA 7 and two ICLA 6 races per day.

Shooting



Key Contact: Steve Charlesworth – shooting@orkney2025.com

Events

Automatic Ball Trap (ABT):
Individual Open & Team Open.
Olympic Skeet (OS):
Individual Open & Team Open.
English Skeet or English Sporting.

Location

Orkney Clay Pigeon Club.

Training & Warm Up

Practice sessions at the competition range will be built into the programme.

Equipment

Competitors will bring their own equipment. Competition ammunition will be provided free of charge.

Competition Format

Team and individual competitions in each discipline.

The competition will be controlled by the Director of Shooting and Judges, all of whom will be suitably qualified.

Notes

New ABT and Skeet Traps will be used in the competition. A storage container will be used as an Armoury.

Squash



Swimming



Key Contact: Matthew Wylie – squash@orkney2025.com

Events

Men & Women's Singles.
Men & Women's Doubles.
Mixed Doubles.
Team Event.

Location

Pickaquoy Centre.

Training & Warm Up

Courts will be made available prior to the competition commencing for practice and training sessions.

Equipment

Only approved WSF balls will be used throughout the competition and will be provided. Regulation eye-wear must be worn for all double events and is expected to be provided by the competitor.

Competition Format

Both the Men's and Women's Singles events shall be played using the Monrad System. In the case of more than 32 players, a preliminary knock-out system will be adopted. Matches are the best of five games. Best of three may be used for all matches except the final, semi-finals and third/fourth place play off if the entry is greater than 32 players.

Key Contact: Helen Rothnie – swimming@orkney2025.com

Events

Men + Women's Events:

50m all strokes.
100m all strokes + individual medley.
200m all strokes + individual medley.
400m freestyle + individual medley.
800m freestyle (HDW).
1500m freestyle.

4 x 50m freestyle + medley relay.
4 x 100m freestyle + medley relay.

Mixed Event:

4 x 50m freestyle relay.

Location

Pickaquoy Centre.

Training & Warm Up

Pre and post-competition training available at the 25m six-lane pool at the Pickaquoy Centre in Kirkwall and in the four-lane 25m pool in Stromness.

Training times available on competition days between sessions.

Warm ups will take place in the competition pool prior to heats and finals session on each of the competition days.

Equipment

Track-start diving blocks.
Backstroke ledges.
Swiss Timing Quantum electronic timing system.

Competition Format

Competitors will take place in heats, with the top six progressing on to the final.



Triathlon

Key Contact: Bob Newton – triathlon@orkney2025.com

Events

Men's Individual Triathlon.

Women's Individual Triathlon.

Men's Team Triathlon.

Women's Team Triathlon.

Location

Various Locations around Stromness.

Notes

The Athlete information desk will be based at the Warehouse buildings, Stromness.

Training & Warm Up

Indoor swim facilitated at Stromness Leisure Centre. Open water familiarisation in the Stromness Marina. The bike and run routes are available for competitors to access ahead of the event.

Equipment

All competitors are to provide their own clothing, and equipment including bicycles.

Competition Format

Deep water start, leading to a 2-lap circuit in the marina. Bike course of 5 x 8Km laps, turn point by Transition. Run course of 4 x 2.5Km laps through Stromness. Finish at Stromness Harbour.



**Inspire.
Encourage.
Involve.**

Sports Venues



Kirkwall

Pickaquoy Centre:

Archery
Athletics
Badminton
Squash
Swimming

Kirkwall Bowling Centre
Orkney Sailing Club
Orkney Golf Club

Orphir

Orkney Clay Pigeon Club

Stromness

Stromness Academy:
Gymnastics
Triathlon
Stromness Golf Club

Mainland Orkney

Football Pitches:

10 Football pitches will be utilised in various locations.

Roads:

The Cycling events will take place on the west of the mainland and Kirkwall town.

Pickaquoy Centre

Swimming

- A six lane 25m swimming pool with moveable floor.
- A tiered spectator seating area overlooking the main pool.
- A glazed spectator seating area overlooking the leisure pool.
- A relaxing Health Suite including sauna, steam room and spa.
- Village style changing area.
- Private showering cubicles.

Athletics

- A floodlit, all weather 400m, six lane track /eight sprint lanes with two javelin runways, one triple /long jump pit and one shot put circle.

Badminton

- Eight wooden semi-sprung flooring courts, six of which will be used for the competition overlaid with badminton court mats.
- Spectator seating available.

Squash

- Home to three glass-backed courts, identical to those which featured at the 2014 Commonwealth Games in Glasgow, with retractable walls which allow two doubles courts to be created.
- Two spectator areas – a seating area directly in front of Centre Court and a balcony that gives spectators a great view of all the action.

Archery

- Outdoor grass shooting area located on the Pickaquoy Rugby/ Football pitches approximately 300m from the main building.
- 12 covered gazebo/tents with seating, giving shelter for use by Archers & Judges.
- Designated spectator area.
- On-site storage facilities for targets and individual Archery equipment.



Located in Kirkwall town centre and a short drive from the airport and can be accessed by foot, bus or car from the pier.



The Pickaquoy Centre, know locally as the 'Picky' is recognised as a first class sports facility and was opened in 1999.



Kirkwall Bowling Centre

Lawn Bowls

- Kirkwall Bowling Club, Eight-Rink Championship grass green, Six-Rink artificial surface and Club House.
- Toilet facilities for male, female and disabled.
- Use of rooms close-by for additional space to facilitate changing and storage of bowlers' equipment.



Kirkwall Bowling Centre is located in Kirkwall Town Centre, a couple minutes walk from the Cathedral.



The club benefits from being immediately next door to the Bishop and Earls Palace in Kirkwall, where the 12th-century palace provides a striking backdrop for bowls competitions.

Orkney Golf Club

Golf

- One of two golf courses which will be used for the Games.
- Significant work has been undertaken to refurbish the course including a complete rebuild of the 1st and 3rd greens and surrounds.
- Modern clubhouse and good short game facilities.
- The eighteen hole course offers a challenging and fair test of golf, course length a little shy of 6000yds.



Orkney Golf Club lies on the side of Wideford Hill, situated 1 mile west of Kirkwall.



The eighteen-hole course opened in 1923, with the current day clubhouse in operation since 1992. The course offers beautiful panoramic views across Kirkwall and the Northern Isles.

Orkney Sailing Club

Sailing

- Orkney Sailing Club welcomes all visitors to the port of Kirkwall whether in a visiting yacht or just a tourist in the Islands.
- The Hatston Slip Training Centre will host the competition.
- Toilets, showers and kit-hanging facilities are available.
- The club has a very conveniently located social club on the harbour front in a listed building known as "The Girmel" in Harbour Street.



Orkney Sailing Club is based in the port of Kirkwall.



The club was founded in 1889 and has welcomed visitors from all over the world, proving a popular destination to stop off en-route to Shetland or Norway.

Orkney Clay Pigeon Club

Shooting

- Orkney Clay Pigeon Club occupies an area of hilly ground close to the village of Orphir.
- There are toilet facilities on site.
- New ABT and Skeet Traps will be used in the competition.
- A storage container will be utilised on-site as an Armoury throughout the competition.



The Orkney Clay Pigeon Club is based just outside the village or Orphir, about a 10-min drive from Kirkwall.



The Club was formed in 1985 through the amalgamation of the Ness Gun Club and the Kirkwall Clay Target Club.

Stromness Academy



Gymnastics

- The Gymnastics facilities include a games hall, gym hall, training area and changing facilities. All equipment for the women's competition will be upgraded between now and the Games.



Triathlon

- Triathlon will be based in Stromness.



Stromness Academy is located in the west of the Mainland, a short 20-min drive from the main town.



Rebuilt in the 1980s, the school was moved to the outskirts of the town, including extensive sporting and social facilities. In 2010, a large extension opened housing a new fitness suite.

Stromness Golf Club



Golf

- One of two golf courses which will be used for the Games.
- Some upgrade work has taken place at the course to add several bunkers and new trees.
- Modern clubhouse and good short game facilities.
- At just over 4800yds, the course is a fair but tough challenge.
- With undulating greens, the course offers breathtaking views that will certainly keep your mind off the score.



Stromness Golf Club can be found at the southern entrance to the harbour town.



Established in 1890, the course is one of the best on offer on Scotland's Islands with views not only of the town but also across to the islands of Hoy and Graemsay as well as the world famous Scapa Flow.

Across Mainland Orkney



Cycling

- Road Race: A circular route around Orkney's West Mainland.
- Time Trial: Will follow a one-way route along the east coast of West Mainland.
- Criterium: Through Orkney's largest town, Kirkwall.
- Mountain Bike Cross Country: TBC.



Football

- Up to 10 grass pitches in various locations across Orkney mainland and connected South Isles will be utilised for the Games.
- The Grammar School in the heart of Kirkwall will be the main hub for Football, offering a high standard grass pitch as well as an all-weather pitch.
- The two 3G pitches on the Island will be available for training and as a back-up if required.



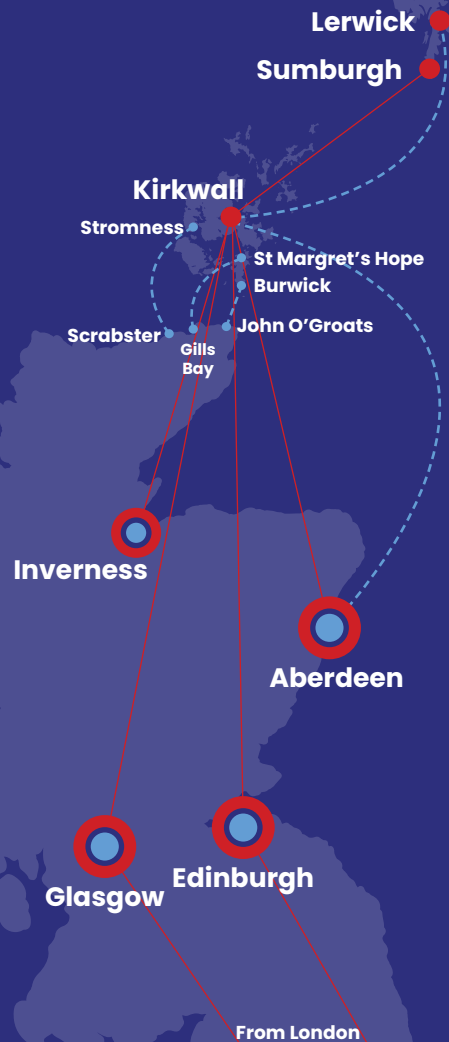
Transport

You can choose to travel to Orkney by ferry or flight from a variety of destinations, with plenty of options available when you're planning your visit.

Sea -----

Air -----

 Connections to other UK and International Airports



Ferries & Flights

There are three main ferry routes to and from Orkney. NorthLink Ferries sail between Aberdeen and Kirkwall, with an onward connection to Lerwick in Shetland too. The company also operates a shorter crossing between Scrabster and Stromness.

Pentland Ferries run sailings between Gills Bay and St Margaret's Hope, with its purpose-built catamaran the most environmentally-friendly passenger ferry of its type in Scotland. Both NorthLink Ferries and Pentland Ferries accept foot passengers and push bikes too.

John O'Groats Ferries also operate a passenger-only service between John O'Groats and Burwick in Orkney during the summer months.

Route	Time
Scrabster - Stromness	90 mins
Aberdeen - Kirkwall	6 hours
Lerwick - Kirkwall	6 hours
Gills Bay - St Margret's Hope	60 mins
John O'Groats - Burwick	40 mins

Visit:



www.northlinkferries.co.uk
www.pentlandferries.co.uk
www.jogferry.co.uk

There are opportunities to charter flights to Kirkwall Airport, which has a maximum capacity of ATR 72 (see page 30 for more information). Or for larger aircraft, charter flights are available to Aberdeen airport with onwards travel to Orkney with Northlink ferries, which is how the Orkney delegation travelled to Guernsey 2023.

Flights to and from Orkney are operated by Loganair. The airline manages scheduled flights to Kirkwall from Aberdeen, Edinburgh, Glasgow, Inverness and now London Heathrow. These airports all have excellent links to the rest of the UK and the wider world.



Flights to and from Orkney are operated by Loganair:
www.loganair.co.uk

Route	Time
Aberdeen - Kirkwall	50 mins
Dundee - Kirkwall	50 mins
Edinburgh / Glasgow - Kirkwall	60 mins
Inverness - Kirkwall	45 mins
London Heathrow - Kirkwall (with connections)	3-4 hours
Sumburgh - Kirkwall	35 mins

Accommodation

Orkney 2025 will offer a range of accommodation package options to suit all budgets. We will work in partnership with an experienced Accommodation Management Agency to manage, contract and allocate all accommodation for the delegates of the Orkney 2025 International Island Games.

Please be aware that due to the limited accommodation on our small island, competitors will likely be accommodated by sport rather than by Island. The allocation of accommodation to each Member Island will be based on its delegation size and requirements. Decisions will be made fairly and in consultation with the Member Islands where possible. The Organising Committee will have final decision on the allocation process.

Taking into consideration the Games are taking place over peak season when Scottish schools are on holiday, and being two years from the event, prices mentioned here are an estimate and should be used only as a guide.

Accommodation Packages



Hotels



Bed & Breakfast



Self Catering








Hostel



Dormitory



 From £200pp	<p>We will be offering a range of rooms at hotels in Kirkwall, Stromness and across the Orkney Mainland.</p> <ul style="list-style-type: none"> • Single, twin, triple or double rooms are available and should be specified when booking. • Breakfast is included in the price and provided by the hotel. • Prices will likely start from £200 pp per night.
 From £150pp	<p>Similar to the Hotel option but with rooms provided in smaller establishments across Kirkwall, Stromness and Orkney Mainland.</p> <ul style="list-style-type: none"> • Single, twin, triple or double rooms are available and should be specified when booking. • Breakfast will be included. • Prices will likely start from £150 pp per night.
 From £100pp	<p>There are many self-catering units across Orkney's Mainland. These will be a great option for those sports being held outside Kirkwall.</p> <ul style="list-style-type: none"> • Single, twin, triple or double rooms are available and should be specified when booking. • No meals will be included, full cooking facilities will be available in the accommodation, with supermarkets in Kirkwall and Stromness. • Prices will likely start from £100 pp per night.
 From £65pp	<p>Existing, modern school halls of residence will be made available to delegates in a fantastic bright and modern facility close to Kirkwall.</p> <ul style="list-style-type: none"> • Twin, triple or quad rooms with 2, 3 or 4 single beds. • Toilet and showering facilities will be either ensuite or close by. • Lockable rooms or lockers will be provided. • Breakfast and possibly evening meal will be included. • Prices will likely start from £65 pp per night.
 From £50pp	<p>Dormitories will be offered in various schools and community halls across the Orkney Mainland in some cases will offer the opportunity to be located close to the sporting venues.</p> <ul style="list-style-type: none"> • Toilet & showering facilities will be made available, possibly outside. • Lockable lockers for small high value items will be provided. • Wardrobes or chests of drawers will not be available. • Prices will likely start from £50 pp per night, including breakfast.

Official Accommodation & Travel Partner

www.nirvanaeurope.com

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

Additional Information

Official Accommodation & Travel Partner

Nirvana will have a large diverse range of travel and accommodation options available to support the Orkney 2025 International Island Games. From meeting a team's accommodation requirements through to offering assistance with chartering aircrafts and any additional travel support, Nirvana will be able to help every step of the way.

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

For more information, email:

orkney2025@nirvanaeurope.com



Motor Homes

A great way to make the most of your visit to Orkney, especially for competitors in individual sports could be to hire a motor home.

They are available both on-island and on the Scottish mainland (see ferry section for crossing to the islands) and we recommend booking as soon as possible.

There are several campsites that welcome motor homes, including Orkney Caravan Park, Kirkwall Bay and Point of Ness Campsite.



Car Hire

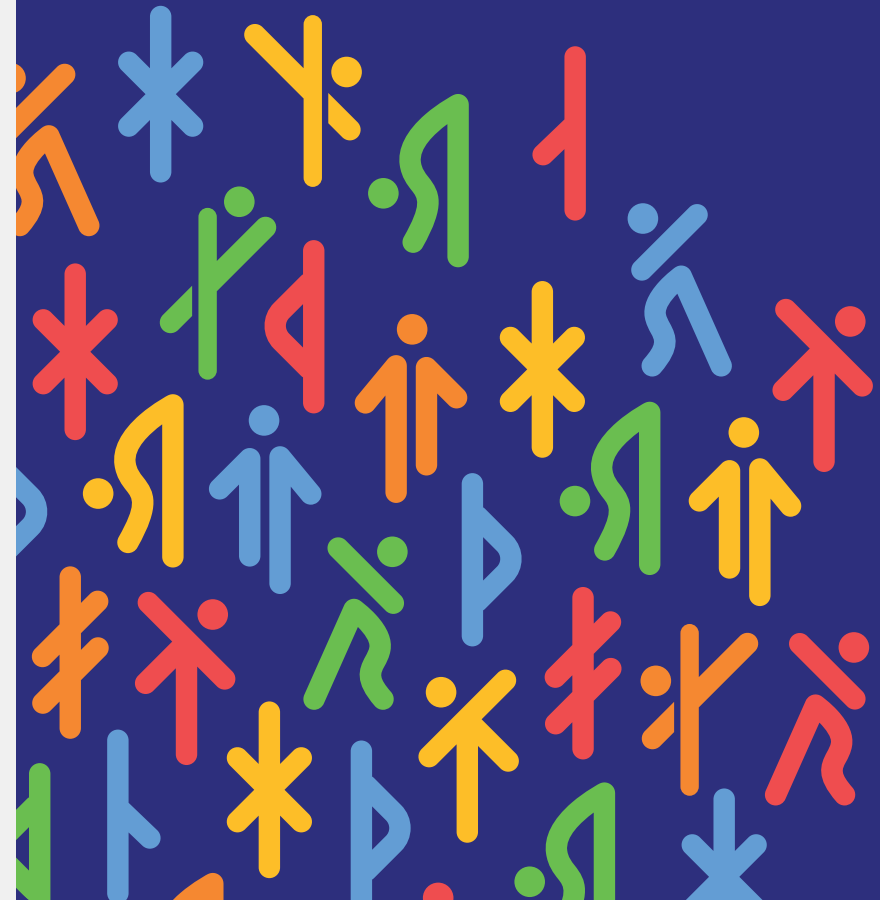
There are a range of hire car companies in Orkney; we recommend booking as soon as possible:

www.shearersorkney.co.uk
www.orkneycarhire.co.uk
www.driveorkney.com
www.avis.co.uk



Visit Orkney

Learn more at:
www.orkney.com





ORKNEY 2025

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