



Southern Championships Weekend 2010



Final Details

General Information

NGOC and the WJS welcome you to this Southern Championships weekend. We hope that you all have a successful and enjoyable time.

Applicability of this Information

The following general information applies to both the Middle Distance event on Saturday afternoon and the Southern Championships on Sunday but not necessarily to the night event on Saturday evening.

Those wishing to take part in the night event should refer to the details at www.westernnightleague.org.uk and www.bristolorienteeing.org.uk. They should also contact the organiser of the event in advance so that they may have an idea of the numbers to be catered for.

Road Closure

Please be aware that the B4234 is currently closed between Whitecroft and Lydney due to roadworks. These are expected to finish on Friday 19th February but, if they over-run, they could complicate your approach on either day.

Dogs

Dogs will only be permitted in the Car Park and Assembly areas and must be kept on a lead at all times.

Entry Details and Changes

Please check your entry details, especially your SI number, against those displayed on Fabian4 at www.fabian4.co.uk or enclosed with these Final Details. To amend any errors or request changes please refer to the relevant sections for the separate events.

Queries

Any last minute queries or requests for clarification of points covered in these Details (other than entry queries considered above) should be addressed to the relevant Day Organiser.

Electronic Punching

SI (Sportident) electronic punching will be used for both events. Hired SI cards should be collected from the Enquiries tent on each day, your SI card will be collected at Download; you will not be using the same hired SI card for the whole weekend. Lost or unreturned SI cards will be charged at £35 for SI-Card 5 or £55 for SI-Card 6. The SI boxes flash and beep to indicate a successful punch; it is your responsibility to ensure that your visit to each control has been registered. If any box fails to flash and beep then you should punch your map with the pin punch attached to the control and report the failure at Download.

Maps

Maps for both days will be printed on waterproof paper but not bagged and blank copies will be on display in the Start lanes. Previous copies of the day's map will be displayed at Enquiries.

Cancellation and Refunds

Should a competitor wish to withdraw their entry, or cancellation of either or both days be forced on the organisers for any reason, then refunds will be at our discretion and subject to deduction to cover any committed expenses.

Safety

Competitors take part entirely at their own risk and should ensure that they have sufficient level of technical and physical ability to complete their chosen course.

You are strongly advised to carry a whistle and to wear full body cover. In extreme weather conditions the wearing of cagoules could be made compulsory, although the relatively low altitude and forested nature of the terrain make this unlikely. Car keys, suitably labelled and at your own risk, can be left at Enquiries if you are travelling alone; otherwise a buddy system will be in operation. Please also see the individual Day details for any safety notices specific to that day.

First Aid

There will be First Aid facilities available on both days. On Saturday this will be provided by qualified first aiders from the WJS coaching team and on Sunday by St. John Ambulance. The nearest hospitals with Minor Injuries Units are The Dilke Hospital on the B4426, 2km. E of Speech House (open 24hours) or Lydney Hospital on the B4231 at Lydney (open 08.00 – 23.00). A full Accident and Emergency service is available at Gloucester Royal Hospital.

Feedback

RouteGadget will be available via the event website, and competitors on all courses are encouraged to use this to help provide feedback on course design.

Middle Distance Races, Mallards Pike South, Saturday 20th February.

Welcome to an afternoon of Middle Distance races which are being staged by and on behalf of the Welsh Junior Squad (WJS).

Location

Mallards Pike South. GR SO637088 nr Coleford, Forest of Dean and situated east of the road between Speech House and The Barracks.

From the north: signposted from Speech House junction on the B4226.

From the south: signposted from The Barracks junction on Fancy Road.

Parking and Assembly

Parking is in a field GR SO624101. There is a £1.00 car parking charge per car. This will be collected immediately after you have parked. Entrance into the field is through a 3m wide gap any vehicles wider than this (e.g. coaches, large motor-homes) should contact the organiser. Assembly is within the parking area. Facilities will include traders, toilets, enquiries /registration, first aid and download.

Safety

The way to the start and from the finish will cross the main road that you will have driven along to get to the event. Please obey the marshals' instructions as cars tend to travel quickly along this stretch of the road. There is one large lake in the area, please take care. The area is popular with mountain bikers, horse riders and the general dog walking public. Please be aware of your surroundings while running down tracks and crossing tracks. Wild boars live in the depths of the forest. In the unlikely event that you should meet a boar on your run it will usually run away from you. On no account should a boar be approached.

Terrain

Typical Forest of Dean woodland with a good network of paths and varying degrees of runnability. There are many line features (ditches) and point features (platforms). The undergrowth has been much flattened by snow, but marshy areas are still very wet and slow going.

The Map

Surveyed 2009, some minor revisions 2010, 5m contour at 1:10,000 scale. All courses will be printed as A4 size. All courses are printed on waterproof maps. Control descriptions will be printed on the reverse of the map. Loose control descriptions will be available from Enquiries. White, Yellow and Orange courses will have text descriptions, all other courses will have IOF descriptions. There is no legend on the map.

Course Details

Course details are as follows, subject to final controlling

Course	Length (km)	Climb (m)	Controls
Black	6.4	160	21
Brown	5.3	130	20
Blue	4.1	85	18
Green	3.2	55	15
Light Green	3.2	50	11
Orange	2.2	15	8
Yellow	2.0	15	8
White	1.7	10	10

String Course

Unfortunately there is no string course available but there is a White course.

Walks to Start and Finish, Clothing Dump

SI clear stations will be situated at the Start.

All courses use the same start and finish. The Start is approximately 1.7 km from the Assembly field along forest tracks. The Finish is approximately 1.0 km from the Assembly area. Please follow the tapes to the start and from the finish. There will be a clothing dump very near the finish on the direct route to the start. Please bring your own bag, items left at owner's responsibility. Drinks will be available at the finish.

Start Times

Allocated start times will be posted on the www.fabian4.co.uk website.

We are adopting a 30 minute block starting procedure. Your start time on the Fabian web site will be the block start time.

Very Early: 12:30 – 12:59

Early: 13:00 – 13:29

Middle: 13:30 – 13:59

Late: 14:00 – 14:29

Very Late: 14:30 – 15:00

Please come along within your allocated time block and queue up to go.

White and Yellow course competitors will be able to see their courses, discuss with their parents etc before their start.

Entry on the Day

There is entry on the day for all courses subject to availability of overprinted maps. Costs are £9.00 for Seniors (£7.00 Senior BOF National members and WOA Local members) and £4.00 Juniors and Students. SI card hire £1.00 for Seniors. Entry on the day registration will be open between 12:00 and 14:00

Entry Amendments

Prior to the 18th February entries can be amended using the Fabian4 website. After this date any amendments must be done on the day. Amendments will be subject to map availability.

Finish, Download and Results

You must punch at the Finish control. The download will be in the Assembly field. **You MUST report to download even if you retire.** A Results display will be situated nearby and updated as often as possible.

Course Closure Time

Courses will close at 16.30 by which time you should have reported to download even if you have not completed your course.

Officials

Controller: Mark Saunders – BOK

Planner: Hannah Jenkins – SBOC

Organiser: Sarah Jenkins – SBOC jenkinsarah@btinternet.com 07511 585 687

Acknowledgements

Landowners: Forestry Commission.

Southern Championships, Lydney Park Estate, Sunday 21st February.

Welcome to the 2010 Southern Championships, hosted by North Gloucestershire Orienteering Club.

Safety

An area of ancient mineral mine workings, 'The Scowles', runs north-south through the area. Much of this area is extremely hazardous with sudden vertical drops and is marked on the map by purple cross-hatching. Competitors should not attempt to cross any areas marked as dangerous ground.

Location

Access to the event is via a track on the south side of the B4231, west of Lydney. It will be signed from the A48 roundabout at the south end of the Lydney by-pass at SO 624022 and all competitors are advised to make for this point. Later arrivals please take special care as M21 courses (only) cross this road. If approaching from the north, please use the by-pass and do not drive through the town. If you approach Lydney along the B4231 from Coleford and the west you will not be permitted to make a right turn into the event but will have to continue to

Lydney to turn and return. The access track is both narrow and rough and great care should be taken. Due to this narrow access, departures will NOT be permitted before 12.15.

Parking, Assembly and Spectator Facilities

Parking is in a gently sloping field with its entrance at the top and exit at the bottom. The landowner is anxious that we should take all possible steps to avoid damage to the grass surface so please drive gently and with minimum throttle opening when arriving and leaving and obey the instructions of the marshals at all times. A parking fee of £1 per car will be collected at the field entrance; please have your money ready.

Parking, the adjacent Assembly area and the Finish are all situated in the same field in a broad re-entrant with limited room for club tents alongside the run in. The Assembly area will contain all the usual event administration (Enquiries, entry on the day, dibber hire and trophy return) concentrated in or around one main marquee, with Download and Results computation in a separate tent. First Aid, toilets, traders (Ultrasport and Compass Point) and caterers (Scott's Event Catering trading as Wilf's and Tom's Burger Van) will also be situated here.

Course Details

The course lengths have been planned to the British Orienteering 2010 guidance on winning times, although in some cases the stated length ratios have been modified. The course details are as follows, subject to final controlling:

Course	Classes	Length (km)	Climb (m)	Controls	Map Scale	CD Length (mm)
1	M21E	13.8	650	33	1:15k	240
2	W21E	9.0	450	25	1:15k	180
3	M21L	12.0	560	34	1:15k	240
4	M18E/M20E/M35L/M40L	9.5	425	27	1:15k	180
5	M18L/M20L/W21L/M21S	8.0	350	21	1:15k	150
6	W18E/W20E/W35L/M35S/W40L/M40S	6.7	310	19	1:15k	140
7	W18L/M18S/W20L/M20S/W21S/M21V	5.1	240	14	1:15k	110
8	M45L/M50L	8.9	400	23	1:10k	200
9	M16A/M55L/M60L	7.6	360	21	1:10k	180
10	W45L/M45S/W50L/M50S/M65L	5.6	240	20	1:10k	180
11	W16A/W35S/W40S/W55L/M55S W60L/M60S/M70L	5.0	240	15	1:10k	130
12	W18S/W20S/W21V/W45S/W50S/W65L M65S/W70L/M75L/M80L	4.4	200	15	1:10k	150
13	W55S/W60S/W65S/M70S/W70S W75/M75S/W80/M80S	3.1	155	14	1:10k	120
15	M14A/M16B	4.7	225	14	1:10k	120
16	LGREEN/W14A/W16B	3.4	170	13	1:10k	120
17	ORANGE/M12A/W12A/M14B/W14B	3.3	110	10	1:10k	110
18	YELLOW/M10A/W10A/M12B/W12B	2.4	105	10	1:10k	120
19	WHITE/M10B/W10B	1.8	70	10	1:10k	120

Note: Competitors on courses 1 and 3 require an SI-Card 6, as these two courses have a larger number of controls than can be recorded by a SI-Card 5. **If competitors on these courses have an SI-Card other than a 6 they should take it to Enquiries before their run to exchange it for a loan Card 6, free of charge.**

Terrain

Apart from the open fields at the start and finish, and a 100m compulsory field crossing on some courses, the area is almost all wooded. Some parts of the area are managed for forestry and others primarily for shooting, so the nature of the woodland is highly variable, including mature coniferous woodlands with a ground cover of pine needles, mature deciduous woodland with in some places a significant growth of bramble still surviving the snow, thinned conifer plantations with some brashings, chestnut coppice and young plantations of varying ages.

The variations in the underlying geology have resulted in widely varying terrain features across the area. The generally softer coal measures in the east result in rounded slopes and few rock features, although there are many pits and depressions where coal has been worked and occasional small sandstone quarries. Some of the limestones in the central area have been weathered to create a complex karst terrain of impassable crags (10m high or more) and deep solution collapses, some of which have been enlarged by ancient iron mining. An outcrop of strong quartz conglomerate near the start and in the west of the area gives many rock features, including a ground surface littered with boulders and many small crags.

The Map

The map has been updated for this event by Bob Teed, with final revisions being made in January 2010. Although felling was in progress in one area at the time the maps went to press no control sites are expected to be affected. The map scales are as shown in the table above. Maps are litho printed on water-resistant paper for all courses. The map at 1:15k scale is approximately A4 and that at 1:10k scale is slightly smaller than A3. Pictorial control descriptions are printed on the front of the maps for all courses.

All map symbols IOF except:

- × Hide
- mine shaft
- ⓪ mine (disused)
- ▲ platform
- ▣ water tank
- distinctive tree
- thicket

Power lines are not
shown on the map

There is no Legend on the map, other than for the special symbols shown above.

Control Descriptions

Loose control descriptions will be available at the start, in the -3 minutes box ONLY. To assist competitors the approximate length of the descriptions (in mm) is given in the table above. All courses, 1-19, use IOF symbolic descriptions. Written descriptions will only be available for competitors on the White, Yellow and Orange colour coded courses.

Late Entry and Entry on the Day

Late entries to championship courses will be available on-line, subject to map availability, until a **final pre-entry deadline** of Tuesday 16th February. Cost £18 (subject to member discount

of £2) for seniors and £6.50 for juniors. Pre-entry for colour coded courses will close at the same time.

Entry on the day is available for colour coded courses only.

Entry Amendments.

Up to and including 18th February entries can be amended using the Fabian4 website. After 18th February changes will be possible only on the day (Fee £3; Juniors £1) and only to dibber numbers or to correct errors.

Colour Coded Courses.

White, Yellow, Orange and Light Green courses will be available for entry on the day. Fees will be £8.00 for Seniors (subject to BOF member discount of £2) and £3.00 for Juniors. Registration will be from 10.00 – 12.30 and start times for these courses will be available from 10.30 – 13.00

String Course

A free String Course will be available between 10.00 and 13.30 close to the western side of the parking area.

Trophy Return

If you are returning a trophy, please hand it in at the Administration tent before starting your run. If not apparent from the trophy itself, please attach a label indicating who has returned it and the age class to which it relates.

The Start and Start Procedure

The Start is a 500m walk from Assembly on a route from near the keeper's lodge in the SW corner of the car park field – allow 10 minutes. SI Clear stations will be situated at this point A warm up area will be situated after some 350m and, due to limited space at the pre-Start, you are requested not to proceed beyond this point until the clock on display here shows your start time. This clock will be set 10 minutes ahead of race time, giving you 6 minutes to cover the final 150m downhill to the Start before your four minute call up. There will be no clothing dump or transfer arrangements.

Competitors on age based courses will have a strict timed Start. Latecomers should report to the Start officials and will be started at their discretion when there is a vacant slot. Official start times will not be adjusted for lateness although actual start times will be noted.

Competitors on colour coded courses will have a punching start.

Start Times

Start times will be from 10.00 – 13.00. Start Lists will be posted on the event website no later than Tuesday February 16th and updated regularly for late entries and changes. Start lists will also be posted on the Results display on the day of the event and available at Enquiries

Marked Routes

Competitors on courses 18 (Yellow) and 19 (White) have a compulsory taped route from the start flag, across a compulsory crossing point on a stone wall, to their common first control.

For competitors on most longer courses, controls have been sited before and after a short compulsory route across an open field, to ensure the use of two temporary stiles which have been erected.

Road Crossings

Competitors on courses 7, 11, 13 and 15 to 19 do not cross any public roads.

Competitors on all other courses should take care at two unmanned crossings of a minor road. The first crossing, common to all courses, is immediately after the compulsory route across the field and just prior to a drinks station. The return crossing is not at a fixed location, but there is reasonable visibility all along the section where runners are likely to cross.

Competitors on the M21E & M21L courses only will cross the main Bream to Lydney road twice, crossing and returning at the same manned crossing. There are controls sited on each side of the main road crossing and times for the crossing up to a maximum of 1 minute will be removed, to ensure that competitors can cross safely with no need to rush. Marshals have

been instructed to note any competitors attempting to gain an unfair advantage by delaying unnecessarily. M21E & M21L courses also twice cross a second unmanned minor road.

Drinks Stations

As noted above, most long courses pass a drinks station at the road crossing after the marked route across the field. The majority of these courses also pass near a second drinks station in the forest.

Finish, Download and Results.

Please ensure that you punch at the Finish and then proceed to the adjacent download tent. A Results display will be situated nearby and updated as often as possible.

Finish Drinks

Finish drinks will not be supplied. Please make your own arrangements.

Course Closure Time

Courses will close at 15.30 by which time you should have reported to Download even if you have not completed your course.

Map Collection

There will be no map collection. You are trusted not to show your map to any competitor yet to run.

Prize Giving

The prizes will be presented to those eligible to compete for the Southern Championship at 14.30, or as soon afterwards as the provisional results are available, adjacent to the main Administration tent. Competitors are only eligible for a trophy in the age class which they have entered.

Complaints and Protests.

BOF Rule 9 applies. Complaints, oral or written, can be made only at Enquiries in the Assembly area. The Organiser will respond with a decision as soon as practicable. If you wish to protest against that decision, you must do so in writing as soon as possible; a suitable Protest form is available at Enquiries. Your protest will be passed to the Controller who will if necessary convene the Jury.

Officials

Organiser: Roger Coe (NGOC) randvcoe@btinternet.com 01594 510444
Planner: Paul Taunton (NGOC)
Controller: David May (SLOW)
Map Advisor: John Pearce (DEVON)

Acknowledgements

Landowners : Lydney Park Estate (Mr R Frankton and Mr J Theobold)
Forestry Commission
Mr M R Watts
Mr T Scott
Mr and Mrs D James
Mr W B Price
St John Ambulance, Gloucestershire (Coleford Division)