

# Harlequins Orienteering Club

We welcome you to the Compass Sport Cup Qualifying Round on the Malvern Hills on  
**Sunday 24<sup>th</sup> January 2010**

## FINAL DETAILS

Planner: Clive Caffall, Controller: Mark Dyer, Organiser: Rollo Rumford

This event is using Si electronic punching. If you have not got your own Si equipment you may hire one on the day for £1 from Registration.

The Assembly Area (Parking, Registration and Download) will be in the Industrial Estate next to **Colwall railway station** at Grid **SO 757426**. This is 2 ½ miles south west of Great Malvern and well signposted. Competitors will be moved by 35 seater coach or a minibus to and from the START /FINISH areas near the Worcestershire Beacon. The journey to the drop off point will take up to 10 minutes and you should allow up at least 10 minutes to walk up to the START so please ensure you catch a coach early enough to meet your start time.

**Terrain Update & Safety:** The Malvern Hills have some steep slopes and stony ground as well as being very exposed and cold on the top. There are a number of large crags and you should take great care when near these. Conditions can be icy and windy. On the lower slopes, there are patches of both runnable, slow run and fight woodland. There are numerous tracks including one running south along the ridge from the summit. The Malvern Hills are used by dog walkers and mountain bikers so care should be taken when crossing or using any tracks. Please note that there are some new temporary electric fences on some parts of the area. Please use the gates to move in / out of these areas as much as possible. Close the gates after you to prevent sheep and cattle escaping.

**Start times** have been allocated and Club Captains have been provided with Start lists. They are also displayed on the HOC website and on display near Registration. Runners are expected to keep to these times which are allocated in accordance with Club Captain's instructions and the rules of the competition. A PUNCHING START will be in operation; competitors arriving late will be allowed to start at the next free time which provides a 4 minute gap to a club mate running on the same course. On some course this could result in a long wait. Call up will be – 3 minutes.

Very Early: (helpers) 1015 -10:29

1030 -12:29

Very Late: (helpers) 12:30 -12:45

**Control Descriptions** These will be available at the Pre-Start for all courses. Control Descriptions are also printed on the front of the map.

**Course Closes at** 1445

**Coach departures** Departure times for coaches from the railway station car park are planned to be one every 15 minutes. In addition to the coaches, there will be a 15 seater minibus, as a back up.

**Coach return journey** The drop off point near the START is also the pick up point for the return journey. Please wait at the drop off point for a returning coach to arrive.

**Clothing Dump** There will be a **manned** clothing dump on route to the START from the drop off point and on route from the FINISH to the pick up point. The clothing dump will be located in the open so please carry a bag to keep your clothes clean and watertight.

**SI Clearance** Clearing and checking of SI cards will be done at the START

**Maps** Maps for all courses are A4 in size, printed on waterproof paper and un-bagged.

**Drinks** Post run drinks – orange squash and water will be available near the manned clothing dump.

**First Aid** First Aiders will be in attendance near the Finish. For serious accidents or emergencies the nearest **A&E** department is in Worcester at the Royal Worcester Hospital on the Newton Road, Worcester WR5 1DD Telephone: 01905 763333. Location Maps will be available from First Aiders and Enquiries.

**Download** Competitors are reminded to download at Download in the Assembly area after their run.

**Retirements** Competitors who retire **MUST** report to Download in the Assembly Area. .

**Lost** In the unlikely event a competitor gets lost, the summit track should be followed to the south where it eventually joins the main road at the Wyche Cutting. The coaches will be travelling past this point every 15 minutes.

**Toilets** Toilet facilities are available in the Assembly area close to Registration. There are no facilities between the drop off point and the Start.

**Refreshments** A hot drinks and food stall will be available in the Assembly area next to Registration and Download.

**EOD Fees** for Light Green, Orange and Yellow course only                      Seniors **£7**      Juniors **£2.50p**  
No EOD for CSC courses but clubs may substitute an eligible runner by contacting Download with the details of the new runner ( Name, BO number and Si Number). The same start time will be allocated.

**SI Hire** Si cards can be hired from Registration for £1.

**Whistles** are compulsory at all HOC events.

**Cagoules and suitable full body cover** are strongly recommended on the Malvern Hills at this time of year. Cagoules may be made compulsory - Organiser's decision on the day - look out for signs in Assembly.

**Results** will be displayed and regularly updated in Assembly and published on the HOC website by 10pm Sunday 24<sup>th</sup> January.

## **ALL COMPETITORS COMPETE AT THEIR OWN RISK.**

Data Protection Act: The personal data you give will be used by the event organisers only for the purpose of processing and publishing entries and results.