



HARLEQUINS ORIENTEERING CLUB REGIONAL EVENT

(under BritO Rules)

DYMOCK FOREST

Ross on Wye

Sunday 28 February 2010

FINAL DETAILS

TRAVEL

Signed from SO 681 260 (OS Landranger map 162) on B4221 between M50 (Junction 3) and Newent. Please note 40 mph speed cameras through Gorsley Village. If coming from this junction you will turn left into Kempley Road soon after the Post Office. Road signs will indicate the turning. This lane is signed to Kempley and Dymock. If approaching from Newent along the B4221, look for orienteering road signs at 200 and 100 metres before the same junction, which from your direction, will be a right turn. Please note that the approach lanes are narrow and that if you wish to leave before 12.30 caution should be taken because of the possibility of incoming traffic. Please follow the directions of the marshals. If you intend to bring anything larger than a minibus, please contact the Organiser.

CAR PARK

Thanks to the owners, Mr and Mrs Stringer, the Assembly Area will be Haywood Farm Caravan and Camping Park, Gorsley. At the junction between Kempley Road and Swag Water Lane, a Car Park Marshall will direct you into the Caravan Park. A £1.00 landowner charge per vehicle will be collected after entering the gate. As far as is possible parking will be on hardstanding, as directed by the Parking Team. Helpers will be asked to park on a campers' track. Should the weather be very wet immediately prior to the event, parking will be difficult – given these conditions, please share transport if possible.

DOGS

Dogs in the parking area and near the string course should be kept on a lead. Owners to clear up after their dogs.

ENTRY ON THE DAY

Entries on the day welcome - subject to availability of maps and payment of a late entry fee. Sl e-card hire £1.

Late Fees:	BritO national, WM and SW local members	Others
	<u>BBC Thrillseeker participants</u>	
Under 21/full time students:	£5	£5
Senior Light Green and below:	£8	£10
Senior age classes, very short green & above	£11	£13

Registration open 9.30 – 11.45, Start times 10.00 – 12.30.

STRING COURSE

Entry on the day – FREE. The String Course will be in the forest, alongside the path from the Assembly Area to the start. Also look for the children's playground on top of the hill NW of the Caravan Park. (Parental supervision is necessary for this. Please don't allow children to play on any farm machinery)

FACILITIES

Enquiries, Registration, Download Point and toilets are located inside the Caravan Park Facilities Block. Please note there are no toilets in the forest. Results will be displayed outside the Facilities Block. UltraSport and The Butcher's Grill will be situated adjacent to these facilities in the owner's open barn where he usually keeps his tractors. First Aid will be located in a tent next to the String Course. (See above for location.)

ENQUIRIES

Open from 9.15 a.m. for pre-entry queries, car key deposit, information for beginners, fee collection from entrants owing money, details of nearby attractions and hospital.

SAFETY

All competitors take part at their own risk and are responsible for their own safety. Neither the landowners nor organisers can be held responsible for any loss or injury.

Carrying a whistle is compulsory – it will be checked.

NO WHISTLE means NO START. (NO EXCEPTIONS)

UltraSport will be in attendance should you wish to buy one.

Once you have started, you must report to the Download Point even if you do not complete your course.

If you are travelling alone and wish to be checked out of the forest, please leave your car keys at Enquiries in an envelope labelled with your name. If you are with friends and one of your group is well overdue, please inform an official at Enquiries.

Road Crossing: Blue, Short Brown, Brown and Black courses cross a minor road twice. This road is quiet and can be crossed at any point. Please take care. Warning signs will be placed on the road to alert any drivers but local people are not used to finding runners on these roads.

Lake and water safety: Since all courses pass near to the lake which is mapped, parents should ensure that young children are warned to stay away from the banks since the water is deep.

OUT-OF-BOUNDS

There are some sensitive areas and several patches of very rough land which are Out-of-Bounds and marked as such on the map. Some courses will pass near to one corner of such an area. The edges of the OOB near to this corner will be marked with tape.

TERRAIN & VEGETATION

Dymock Forest is undulating and slopes are generally gentle. It is a mixture of deciduous and coniferous woodland. Some 'slow run' areas are coppiced, and have less ground vegetation than some of the more open mature forest. Courses have been planned to use the best sections and the snow has knocked down some ground vegetation, but leg protection is recommended.

MAP

Surveyed 2007-2010 and drawn by Brian Hughes. Printed by Print5. Scale 1:10,000. Courses and control descriptions are pre-printed on the maps. Map size: A3 for Blue, Short Brown, Brown and Black. A4 for all other courses. Maps are waterproof.

MAP CORRECTIONS Brian Hughes has continued to make small adjustments to the map even into February this year. In the unlikely event of significant changes taking place before the end of the month, these will be displayed on the maps in the start lanes.

SPECIAL SYMBOLS

Hide: black cross (x) on map
 cross (x) on pictorial descriptions

These hides are mostly in the form of a wigwam of branches against a tree. Many knolls are ant hills - about 0.5 metres high. They have been mapped using the knoll symbol and control descriptions also describe them as knolls.

CONTROL DESCRIPTIONS All age class courses have pictorial descriptions using standard IOF symbols, except for junior classes running white, yellow and orange courses which have text descriptions. Control descriptions will be available in the start lanes (- 3 minutes). Please note they will NOT be printed on waterproof paper.

COURSES

Subject to final controlling.

Colour	Distance in km	Climb in m	No. of controls	M classes	W classes
Black	10	230	28	M21	
Brown	8.3	220	25	M35 M40	
Short Brown	7.0	210	23	M50 M45 M20 M18 M21S	W21
Blue	5.5	165	19	M60 M55 M16 M40S M35S	W40 W35 W20 W18
Short Blue	4.5	155	15	M65 M50S M45S M20S M18S	W50 W45 W21S
Green	3.6	120	14	M70 M55S	W60 W55 W16 W40S W35S
Short Green	3.3	110	13	M85 M80 M75 M65S M60S	W70 W65 W45S W20S W18S
Very Short Green	3.1	100	11	M75S M70S	W85 W80 W75 W70S W65S W60S W55S W50S
Light Green	3.2	105	11	M14 M16B	W14 W16B
Orange	3.1	90	11	M12 M21N M14B	W21N W14B W12
Yellow	2.4	70	8	M10 M12B	W10 W12B
White	1.8	60	9	M10B	W10B

ROUTE TO START

The path to the start leaves via a gate NW of the Assembly Area. (It is near the children's playground at the top of the hill) The walk to the start is 1.25 km, a walk of about 15-20 minutes. Follow the tapes and direction signs.

CLOTHING DROP All competitors should beware of a car on the forest road on the way to the start. Eric and Lesley Brown have agreed to transport any clothing left at the clothing drop (200 metres from the start) to a clothing pick up station (100 metres from the finish) so that you won't have an additional walk to retrieve it. You will pass the CLOTHING PICK UP STATION on your way to the CLOTHING DROP. (Please see plan at the end of these details.)

CAGOULES Should weather be extremely severe, notices in the Assembly area and near the gate entering the forest will state that cagoules are compulsory. Otherwise you may use your own discretion.

STARTS The SI clear stations will be in the pre-start area.
If you have forgotten which colour course corresponds to your age class a table of details will be displayed in the pre-start area so that there is no need to ask the start officials.

All starts are punching starts. Start blocks will be issued. When you are ready to run, please line up in the lane allocated to your course colour. When you are first in line, a start marshal will check you have cleared your SI card and that you have a whistle and will ask you to proceed to the start boxes (minus 4 minutes). At minus 3 minutes you will enter the next box and pick up your control descriptions. At minus 2 minutes you enter a box where blank maps (with any late map corrections) will be displayed. At minus 1 minute you enter the final box where a start official will advise you of the position of the maps and of the start banner. At the start signal, competitors punch the SI Start unit and follow the forest track round the corner to their left to the lines of bags for their respective courses. **Please check you have taken the correct map for your course.** White and yellow course runners can take their control descriptions and maps from boxes in the first start box after their whistles and SI cards have been checked. Anyone arriving late should speak to a start official.

SI CONTROL FAILURE Each control has a pin punch. If an SI unit does not respond, punch the edge of your map and report the failure at both the Finish and Download.

FINISH The location is prominent and visible from the final control. There will be a taped route from this control. After finishing, turn left and follow the tapes down the track for 100 metres to the clothing pick up. From there to arrive at the Assembly Area you will retrace, in reverse, the route you took to the start.

MAP COLLECTION Maps will not be collected. Competitors who have finished are asked not to show any courses to any competitor yet to start.

CLOSURE OF COURSES Courses close at 14.30 hrs. but controls will be collected progressively. If you think you will be unable to complete your course before this time, please retire directly to the Finish.

RESULTS Results will be displayed on a line outside the Facilities Block during the event. Final Results will be displayed on the Harlequins website as soon as

possible after the event. Go to www.harlequins.org.uk or leave a stamped addressed envelope at enquiries.

CANCELLATION If the weather is severe, please check www.harlequins.org.uk If the event has to be cancelled or postponed, HOC reserves the right to retain all or part of the entry fee to cover committed costs.

OFFICIALS Organiser: Penny Hemsted. Planner: Andy Hemsted
(Telephone for both is 0121-382 6168 – If a matter is non-urgent, it would be appreciated if phone calls could be before 21.00 hrs)
Controller: John Bennison (COBOC)

SAFE JOURNEY HOME For competitors returning home via the M50 please take care. The slip roads leading onto the motorway at junction 3 are very short. Drivers may have to wait for a gap and then accelerate quickly. Please take care as traffic travels very fast. We hope that you enjoy this new area and that you arrive home safely.

