



Final details
10th October

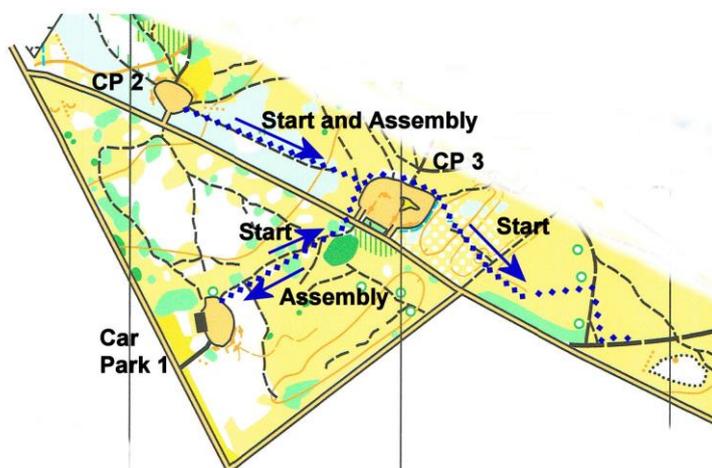
Harlequins Orienteering Club

Regional and West Midlands League Event at Highgate Common on Sunday 14th October 2018



Venue and Travel: Highgate Common is south west of Wombourne near the village of Swindon, nearest post code DY7 5BS (go about 500m south from here), GR SO 836895. Registration and download will be at the Visitor Centre.

Parking: On the car park at the Visitor Centre and on two other small car parks. Please share cars where possible.



We will first be parking cars at the Visitor Centre car park, Car Park 1. When this is full, competitors will be directed to Car Park 2 and then to Car Park 3. Please follow the instructions of the marshalls.

Unless they need to go to Assembly, e.g. to collect a hired dibber, competitors who have pre-entered the event can go straight from their car park to the start, following the blue dotted routes on the above map. These routes will be signed and taped.

Courses:

| | DISTANCE/km | CLIMB/m |
|-------------|-------------|---------|
| BROWN | 8.3 | 135 |
| BLUE | 6.5 | 80 |
| GREEN | 5.3 | 65 |
| SHORT GREEN | 4.0 | 55 |
| LIGHT GREEN | 3.6 | 55 |
| ORANGE | 2.9 | 30 |
| YELLOW | 1.9 | 25 |
| WHITE | 1.4 | 20 |
| NEWCOMERS | 4.6 | 50 |

The Newcomers' course is aimed at runners and others who wish to try orienteering.

We are offering an introductory briefing to newcomers:

- 0945hrs for adult newcomers
- 1015hrs for children and family groups

If you are unable to attend the introductory briefing, please mention that you are a newcomer and someone will be on hand to explain everything and answer any questions you may have.

Terrain: A diverse mixture of undulating sandy heathland and forest. Many areas are being cleared of encroaching birch and oak saplings to help the heathland regenerate and ensure the survival of many rare invertebrates. The Forestry Commission area is a mix of very open runnable pine plantation and some denser areas.

Map: 1:7500 recently updated by Alison Sloman

Punching: Electronic using Sportident (not SIAC enabled). SI cards may be hired for £1.

Entry: Many competitors have pre-entered, but entry is also available on the day. We have plenty of maps!

Registration 10.00 - 12.00 If you have your own dibber, please bring it to registration.

Fees: For entry on the day, Seniors £9 for British Orienteering members, otherwise £11. Juniors £5. Competitors on Newcomers course £6 including dibber hire (and the loan of compass and whistle if needed).

Start times: 10.30 - 12.30. Courses close at 14.30. The start is about 500m from Assembly and Car Park 2 (see above map). Start times have not been allocated and there will be a queuing start.

Dogs: Dogs welcome, please ensure that they are under control at all times. Please clean up after your dog.

Facilities: Toilets at the Visitor Centre. First aid at the Visitor Centre.

Safety: Competitors take part at their own risk and are responsible for their own safety. Whistles must be carried. Due to the vegetation in the area, full leg cover must be worn.

If you wish to give an emergency contact name and phone number, particularly if travelling alone, there will be a sheet to fill in at Registration. This will be destroyed after the event.

For the Green, Blue and Brown courses only, there is a compulsory road crossing that is visited twice. This will be manned but it is not timed out. Competitors must take care crossing the road and not run along the road.

There is another road crossing between Assembly and the Start (and Car Parks 2 and 3) and on the way back from the Finish. Younger juniors should be accompanied to the Start. Please would all competitors returning to Assembly from the Finish keep an eye on younger Juniors crossing the road.

Competitors should be aware of, and courteous to, other users of the common, such as horse riders, cyclists and dog walkers. Take the corners slowly on narrow paths.

There are two ponds in the area. Younger competitors should be warned to avoid them.

Officials:

Planner - John Leeson (HOC)

Controller - David Pal (WRE)

Organiser - Barbara Ford (HOC)

'Phone 01386 40246 or preferably email: baf.hoc@gmail.com