



BRISTOL ORIENTEERING KLUB
welcomes you to the

2019 SOUTHERN CHAMPIONSHIPS
inc. THE MIKE NELSON BOK TROT

Date: 31 MARCH 2019

Venue:
CHURCHILL INCLOSURE AND CANNOP PONDS FOREST OF DEAN

EVENT DETAILS

We acknowledge and are grateful to:

Gill and Peter Hands of the Speech House Hotel for use of the parking field.

The Forestry Commission for permission to run on Churchill Inclosure and Cannop Ponds

The event is a Major level (A) event in the British Orienteering single ranking system.

1. ENTRY DETAILS

Entry for the Southern Championship is by pre online entry only via www.fabian4.co.uk from Jan 3rd 2019. Entry fees are: Senior: £17, Junior £6. NB only BOF affiliated runners are eligible for this championship. Entries will remain at these rates until midnight Sunday March 24. Late online entries will be possible until midnight March 28 at fee of £20 seniors and £7 for Juniors according to map availability only.

Non Southern Championship colour coded courses - White, Yellow, Orange – will be available for pre-entry, and entry on the day at enquiries between 9.30 and 11:30. Entry fees are £6 Junior /£7 Senior up to March 24, after March 24 plus £1 for both online and entry on the day. Non BOF affiliated: Seniors +£1, Juniors no charge.

2. ELECTRONIC PUNCHING

At this event a 'mixed mode' SI (*Sportident*) electronic punching will be used whereby both standard SI cards and SIAC 'touchless' cards will be allowed. Standard SI cards will be available for hire at a charge of £1.50 (Adults only, Juniors free). There will also be a limited number of SIAC cards available while stocks last, at a charge of £2 for Juniors and £3.50 for Seniors. Runners on Championship courses who wish to hire an SI/SIAC card must do so online with their initial entry. For colour coded course runners wishing to hire an SI card, there is an adequate supply of standard SI cards available, which can be either hired on line or with their entry on the day. All hire cards need to be collected from the Enquiries/Registration tent. Lost or unreturned cards will be charged at £45 (SI standard card) and £65 (SIAC card).

3. TRAVEL, ARRIVAL AND PARKING

NB. In the event of bad weather with high winds, and if you are travelling from the east over the M48 bridge to Chepstow, please check that the bridge is open. If you have to use the newer bridge on the M4, you will need to add at least another 15 mins to your journey time.

The event area will be Churchill Inclosure and Cannop Ponds but the event parking is on Speech House Hotel field, postcode: **GL16 7EL**. Grid ref: **SO621118**.

Please be careful if you approach Speech House Hotel from the west i.e. from the junction of the B4234 and B4226, as there is an awkward right hand turn at the junction just before the hotel. It is easier to approach the car parking field from the east or south.

The event will be signed from GR SO628092 east of Parkend on the B4431 and GR SO630125 west of Cinderford on the B4226. The entry and exit point into the Assembly Field will be on the minor road on the west side of the hotel. Please obey the Vehicle Management Officials' instructions at all times.

Please note: if you approach Speech House via the minor road from the south you will pass the New Fancy FC car park which is the drop off point for buses from the main event car park. PLEASE DO NOT STOP AND DISCHARGE PASSENGERS AT THIS POINT, BUT CONTINUE TO THE MAIN EVENT CAR PARK. TRAFFIC TRAVELS FAST ON THIS STRETCH OF ROAD AND THERE WILL NOT BE A MARSHALLED CROSSING POINT.

The Speech House parking area is a large, flat, well-drained field. The main toilet provision will be at Assembly but there will be some limited toilet provision on the parking field. **Please do not use the hotel toilets unless you are resident in the hotel.**

NB. Runners will be bussed from the car parking field to the event area. The bus journey is short (<5 mins) but there is a walk of up to 15 mins from the drop off point to the Assembly area, which includes a marshalled crossing over a busy road. You should allow at least 45 minutes between leaving your vehicle in the car park and arrival at the assembly area.

4. ASSEMBLY AREA

Facilities:

The assembly area will be located on the Churchill Inclosure part of the map and sited partly on forest tracks and partly under the forest canopy. It will include First Aid, Registration and Download tents, toilets, and ample space for club tents. Please check the layout diagram to identify where these facilities have been located. (Club Captains please note: the Final details will include info re an arrangement which will allow you to drop off your club tent near assembly.

Shelter:

There will be some tent space for runners who do not have access to a club tent in order to shelter in inclement weather and to leave their bags while running.

Refreshments and Equipment:

Hot/cold food and drink (see below) will be provided by Tom's Burgers and Orienteering equipment will be on sale courtesy of Ultrasport.

Please help to keep the assembly area litter free by using the black plastic dustbin bags provided.

5. START AND FINISH LOCATIONS

There are two starts. The Red Start, which will be used by the majority of runners, is located c.400m from assembly and the Blue Start used by the very long courses is located c.650m from assembly and involves a road crossing. The main assembly toilet provision will be located c.200m from assembly and en route to both starts.

6. SAFETY WARNINGS

Traffic and event area access:

The major safety warning concerns **the need to take care when crossing the road after the bus drop off to reach the assembly area**. Vehicles using this road tend to travel at speed. **Therefore only use the official crossing point, obey the marshals at all times, and keep within the taped routes proceeding and returning from the crossing point.**

The route to and from the bus drop off point is along forest tracks, which are frequently used by cyclists, walkers and dog walkers. Please be mindful of family cyclists on the track immediately after the drop off point and on the main track running NE/SW down to the road crossing point. Please exercise appropriate care and attention and be courteous to all other users of the forest.

Terrain:

The terrain contains some crags and minor water features, some ruined fences and Forestry Commission timber stacks in some parts. You are asked to take care in the vicinity of these features and not to climb on timber stacks, which can be unstable.

Animals:

NB. Wild boar are now established in the Forest of Dean and are sometimes seen with their young in the forest. Given the volume of human activity at our event, it is unlikely that any will be sighted as they are shy and will seek to avoid contact. However, if encountered they should not be approached under any circumstances. The appropriate action is to back away and detour around, allowing them space and time to mind their own business. Take particular care if young animals are present.

The forest supports many deer and sheep. Ticks are therefore prevalent and despite the time of year, you are reminded that full body cover is mandatory and that you should check yourself for tick bites after your run. NB. In the event of a mild winter this advice becomes even more relevant.

Accidents:

Whistles are advisory for all adult competitors and compulsory for all Junior competitors (here the 'no whistle, no go' rule will apply).

Weather:

Inclement weather can happen at this time of year but the event area is not exposed. Nevertheless competitors are advised to arrive prepared for any eventuality and to bring a cagoule or similar in the event of adverse weather, which might require the Organiser to make the wearing of a cagoule mandatory. Runners will be advised of the need for a cagoule before leaving the car park area.

7. TERRAIN

Cannop Ponds is typical Forest of Dean undulating, mixed deciduous and evergreen woodland with a number of ditches and streams, and evidence of mining in the NW and E parts of the map. There is a good path network, and despite some bramble growth run-ability is good.

8. WATER

You are asked to bring your own water and be responsible for your own hydration **before** and **after** your run. If you wish to bring a water bottle to the Start, you can dispose of it in the black plastic bin bag near Start.

9. FIRST AID

The main BOK First Aid team will be located in a tent in the Assembly area. The nearest hospitals for minor injuries are the Dilke Hospital on the B4426, 2km E. of Speech House (open 24 hrs) – tel: 0300 421 8640, or Lydney Hospital on the B4231 at Lydney (open 8.00-23.00) - tel: 0300 421 8722. A full Accident and Emergency service is available at Gloucester Royal Hospital - 03004 222 222.

10. MISSING COMPETITOR CHECK

The event will operate the 'buddy' system and you are asked to report any concerns of overdue runners to the Download team. They will interrogate the SI system to check and advise the Organiser as appropriate. Runners travelling on their own should leave a car key for safe keeping with officials in the Enquiry/Registration tent.

ALL COMPETITORS MUST DOWNLOAD AFTER THEIR RUN. PLEASE DO NOT LEAVE THE EVENT WITHOUT DOWNLOADING EVEN IF YOU DO NOT COMPLETE YOUR COURSE. FAILURE TO DO THIS MAY ACTIVATE A SEARCH AND RESCUE OPERATION INVOLVING THE POLICE.

11. START TIMES/COURSES CLOSING TIME/SI CLEARING

There will be a timed start and runners' start times will be available online before the event and on display in Assembly. Please check your start time and make sure that you arrive at the Start in good time. Light Green, Orange, Yellow and White course runners entering on the day will be subject to a queuing start and given a time slot according to availability on their course.

Clear stations will be available immediately before the Start at the end of the Warm Up area. Please clear data from previous runs before entering the start boxes.

There will be a – 4 minute call up for each start slot.

Start times will be from 10.30 to 13.00. The courses will close at 14.30.

12. CONTROL DESCRIPTIONS

The event will be using IOF control symbols (written descriptions for White and Yellow courses) and control descriptions for each course will be available in the Start lanes in the -3 minute box only.

13. MAP INFO AND ELECTRONIC PUNCHING

Maps:

The map is at a scale of 1:15,000 for courses 1 and 2 and 1:10,000 for all other courses. Other map details TBC.

Maps will be printed on waterproof paper and base maps will be on display in the start lanes.

Electronic punching:

The SI boxes flash and beep to indicate a successful punch. It is your responsibility that your visit to each control has been registered. If a box fails to beep and flash, you should punch your map with the pin punch attached to the control and report the failure at Download.

14. COURSE LENGTHS, CLIMBS AND NO OF CONTROLS:

Courses/Classes

| Course | Classes | Length | Climb | Map Scale | Controls |
|--------|--|--------|-------|-----------|----------|
| 1 | M21E | | | | |
| 2 | W21E M18E M20E M21L M35L M40L | | | | |
| 3 | M45L M50L | | | | |
| 4 | W21L M18L M20L M21S M55L | | | | |
| 5 | M16A M60L | | | | |
| 6 | W18E W20E W35L W40L M35S M40S | | | | |
| 7 | W45L W50L M45S M65L | | | | |
| 8 | W16A W18L W20L W21S W55L M18S M20S M50S M55S M70L | | | | |
| 9 | W35S W60L M60S M75L | | | | |
| 10 | W40S W45S W50S W65L W70L M65S | | | | |
| 11 | W18S W20S W55S W60S W75 M70S M80 | | | | |
| 12 | W65S W70S W80 M75S M85 M90 | | | | |
| 13 | W85 W90 | | | | |
| 14 | M14A M16B | | | | |
| 15 | W14A W16B | | | | |
| 16 | W12A W14B M12A M14B Orange | | | | |
| 17 | W10A W12B M10A M12B Yellow | | | | |
| 18 | W10B M10B White | | | | |

15. STRING COURSE

Entry is free.

16. RESULTS AND FEEDBACK

SC/MN results as well as EOD W, Y, O course results will be available on the day and posted in the Assembly area. Complete results will be confirmed within 24 hours after the event on the website.

Routegadget will be available via the event website and competitors are encouraged to use this to provide feedback on course design.

17. 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 shall if necessary convene an Event Jury.

18. DOGS

Dogs are permitted on the Assembly Area only on a lead and under strict control. Dog owners are required to ensure that the forest and car park areas are clear of dog deposits.

19. ACCOMMODATION

For those who wish to make the most of a weekend in the Forest of Dean, there are campsites, hotels and B+B accommodation. Check the website:
www.visitforestofdean.co.uk/accommodation/.

20. EVENT OFFICIALS

Planner: Paul Gebbett (BOK)
Controller: Ray Collins (WCH)
Organiser: Howard Thomas (BOK)

21. QUERIES

Any last minute queries or requests for clarification of points covered in these details should be addressed to:

Howard Thomas: tel –07789700715;
Email - h.thomas234@btinternet.com

MN/SC Organiser
28.12.18