



# NGOC League 2021

## Lightning Tree Hill – Middle Distance

Level: C (Regional)

**Saturday 13th November 2021**

NGOC are pleased to invite you to Lightning Tree Hill in the Forest of Dean. This is a middle distance race with shorter courses which visit some interesting parts of the area not used at the NGOC 50 weekend in January 2020.

Permission for this event has been granted on strict condition that participants:

- Clean shoes thoroughly before and after the event
- Do not walk or run through streams or watercourses, but use existing crossing points
- Keep out of any areas marked as out of bounds on the event map
- Keep away from machinery and do not climb on log stacks.

We will provide shoe cleaning stations en route to the Start, and immediately after the Finish. Please use both as you pass

<b>Directions and Parking</b>	<p>Parking and assembly are at Steam Mills Recreation Ground on the A4151, Steam Mills Road. Nearest post code (Steam Mills Primary School) <a href="#">GL14 3JD</a>.</p> <p>What 3 words: <a href="#">bats.walnuts.incisions</a></p> <p>We are grateful to Cinderford Town Council and Rank Outsiders AFC for the use of the Recreation Ground and facilities.</p> <p><b>**Please do not attempt to cross the fence surrounding the field and pitch: it is there to keep the boar out as they have damaged the football pitch in the past.**</b></p>
<b>The Area</b>	<p>Lightning Tree Hill is a broad ridge running nearly North-South from the edge of Cinderford town. Along the lower western edge is a belt of heavily mine-worked but generally runnable coniferous plantation, and the higher parts of the ridge have been largely clear-felled over the last 20 years, and left to regenerate naturally, resulting in extensive areas which are either deer-fenced (and so inaccessible) or pretty much impenetrable from an orienteering point of view. The eastern slopes, visited by the longer courses, have also seen some more recent clear felling, and are a patchwork of coniferous and deciduous forest blocks of mixed runnability.</p>
<b>The Map</b> Note changed map scale	<p>This is printed on waterproof paper at <b>1:7,500</b> A4 size, with 5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start.</p> <p>Redrawn in 2019 based on Environment Agency 2018 1m LIDAR, by Pat Macleod, to ISOM 2017 standard with 5m contours.</p> <p>There are no special symbols on the map. However, a Nature Reserve is marked by means of an uncrossable fence and the Do Not Cross purple line symbol. Failure to observe this restriction may result in disqualification, and future permission to use this area being withdrawn.</p> <p>There is no reason for any competitor to enter the Nature Reserve on their course.</p> <p>Pylon lines are not mapped. Some small seasonal watercourses are not mapped.</p>
<b>Start and Finish</b>	<p>The <b>Start</b> is a 1.5km walk from assembly with 80m of climb – allow 30 minutes</p> <p>The <b>Finish</b> 800m from the car park, following the same routes as the walk to the start.</p>

**Safety notice: the routes to the start and from the finish are partially along the pavement on Steam Mills Road which is quite busy with traffic. The route passes a petrol station so please take care on that section and watch out for cars entering and leaving the forecourt. Children must be accompanied to the start and from the finish.**

**There will be a football match on the day of the event: kick-off is at 2pm so please take care when returning to the car-park after your run as there will be other cars entering the field.**

When you enter you can choose a 30 minute start block. Please try to arrive at the start within your chosen block. There are three start lanes – Brown/Blue, Both Greens, and Orange, with Yellow runners picking up their maps and starting when ready, independently of the start procedure. You can move into the first start box, where Clear and Check are located, if there is no one waiting for your lane before you. In that event, please queue appropriately for your start lane.

Touch Free punching is enabled, but all runners must punch both Start and Finish.

<b>Courses</b>	<b>Course</b>	<b>Length - Km</b>	<b>Climb - m</b>	<b>Controls</b>	<b>Suitable for</b>
	Brown	4.8	140	22	Experienced Orienteers only
	Blue	4.1	115	17	Experienced Orienteers only
	Green	3.5	105	14	Experienced Orienteers only
	Short Green	2.8	50	13	Experienced Orienteers only
	Orange	2.2	40	10	Adult beginners and improving juniors
	Yellow	2.1	20	9	Children

Regrettably there is no string course.

We will use SI Timing, in contact and touch free modes. All runners must however punch the Start and Finish controls.

<b>Timings and Fees</b>
<p>Starts: 10.30 – 12:30            Courses close: 14:00, meaning you must report back to download by 14:15</p> <p>Fees: £6 Seniors, £2 Juniors, by pre-entry only, via Fabian 4 £8/£2 for non-BOF members            SI hire: £1 Seniors, or £2 for touch free hire, Juniors free</p> <p>Entries close at midnight on Thursday 11<sup>th</sup> November 2021.</p> <p>Hired dibbers may be picked up from a table at registration. Each will be bagged in a small plastic bag, with the runner name on a slip inside. Please take the dibber and leave the bag in the box for reuse.</p>



<b>Refunds</b>
<p>Under British Orienteering COVID guidelines you may claim a full refund of your entry fee <b>if you or a member of your household has COVID-19 symptoms, or because they have been asked to isolate by NHS Test and Trace.</b> NGOC will carry the costs associated with the entry and cancellation transactions.</p> <p>In this event you must email the Organiser requesting cancellation of your entry.</p> <p>There are no refunds available for cancellation for any other reason.</p>

<b>Dogs</b>
Allowed, under control, and in fields, on leads, in Parking, Assembly and on courses

<b>Facilities</b>
Toilet available in pavilion.

<p><b>Safety</b></p>	<ul style="list-style-type: none"> <li>• Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.</li> <li>• The longer courses encounter large crags which should be approached with care.</li> <li>• You may encounter wild boar in the forest. They will usually depart very quickly but if they do stand their ground, back away and find an alternative route.</li> <li>• A risk assessment has been completed, and a copy will be held at Registration in case competitors wish to consult it before their run.</li> <li>• A first aid kit and trained first aiders will be available at Registration.</li> </ul> <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> <li>• Act as ambassadors for the sport of orienteering at all times and consider how their actions may appear in the eyes of landowners or members of the public.</li> <li>• Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.</li> <li>• Use hand sanitiser on arrival and departure.</li> </ul> <p><i>Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.</i></p>
<p><b>Officials</b></p>	<p>Organiser/Planner: Judith Taylor <a href="mailto:jude.taylor65@yahoo.co.uk">jude.taylor65@yahoo.co.uk</a> NGOC  Assistant Planner: Rosie Taylor NGOC  Controller: Joe Parkinson NGOC</p>