

Triple Gloucester Weekend, 3–4 Feb. 2018

FOREST EVENT DETAILS (v2.0)

Middle Distance Race, Sat. 3rd Feb.

Classic Distance Colour Coded Event, Sun. 4th Feb. (SW Galoppen Series and Avon Schools event)

These Event Details are now been updated from those previously published.

There have been some significant changes to the details for Event 1 and a few minor updates and clarifications elsewhere. Details for the String courses on both days are also now included.

Although the complete weekend consists of three events, these Details cover the two forest races (Events 1 and 3) only. Separate Details will be published covering the Saturday evening urban race (Event 2). Please continue to check for Final Details in the week before the event.

Event Officials:	Event 1	Event 3
Organisers	Roger Coe & Hilary Nicholls (NGOC)	Roger Coe & Hilary Nicholls (NGOC)
Planner	Richard Purkiss (NGOC)	Tom Mills (NGOC)
Controller	Mark Saunders (BOK/SWOC)	Mike Farrington (HOC)

Enquiries to Roger Coe: randvcoe@btinternet.com or 01594 510444

General Information for both events

(To be read in conjunction with that listed under the individual events)

Event Classification

Each event is classed as a Regional Event and will attract ranking points, subject to the standard rules for ranking calculations.

Electronic Punching

Both days will use Sportident electronic punching. The controls in use will support all SI card types but contactless punching will not be enabled. Competitors wishing to hire SI cards can do so at Registration.

Hire or loan cards not returned at the end of the event will be charged at £35.

Entry Closure Date and Entry on the Day

Online entries are strongly preferred at Fabian4.co.uk. Pre-Entries finally close at midnight on Thursday 1st. Feb. Planned EOD will be available on Sunday only for the White, Yellow, Orange, Light Green courses. Limited EOD will be available on both days for all other courses but only pre-entry will guarantee you your first choice of course.

Entry Fees

Details of entry fees, including pre-entry cut-off dates and discounts available for those entering all three weekend events, can be found at <http://www.ngoc.org.uk/entry-information/>

Event Location

Both events will be based in a large field behind the Speech House hotel, which is situated at a junction with a minor road running S from the B4226 mid way between Coleford and Cinderford, at SO620120 (postcode GL16 7EL).

Parking and Assembly (including traders, catering and toilets) will be in the one the field which has separate vehicle entrance and exit gateways. Vehicle and pedestrian flows will be kept apart as far as possible within the field but please take care. In particular pedestrian routes to the Start (both events) and from the Finish (Event 1 only) will use a taped off lane through the vehicle exit gateway.

Please note that the hotel toilets are reserved for the use of patrons only.

A £1 per vehicle parking fee will be collected each day close to the field entrance - please have the correct money ready to avoid holding up following competitors and passing traffic.

The ground in the Assembly and parking field is fairly robust but please drive slowly and sensibly if conditions are likely to be wet, fan out if possible when leaving and approaching the field entrances and exits and obey the marshal's instructions at all times. There will be no alternative parking for large/heavy vehicles so please avoid bringing one larger than you need on the day.

Enquiries, Registration and Download

Enquiries, EOD Registration, dibber hire and Download will be located in the green pavilion building in the NW corner of the field each day and will be open from at least half an hour before first starts. You can also deposit your car keys here if you wish. *No O shoes are to be worn inside the pavilion.*

Runners wishing to change course details or pre-entered SI card numbers must complete a change slip at Enquiries.

You must report to Download even if you do not finish your course as failure to do so may result in an unnecessary 'Missing Persons' search.

Medical and Emergency Contact Details

Any competitor who wishes to do so may leave a sealed envelope with these details at Registration and reclaim it after their run. Any envelopes not so collected will be destroyed after Event 3

Student Entry Fees

Students up to the age of 25 who have paid full entry fees can claim a refund of the excess over junior rate by presenting their student ID to Registration/Enquiries.

Start Procedure and Times

Competitors will queue to use a punching start. Those who pre-enter will be offered the opportunity to state their preferred time slot but this is precautionary only (due to short day lengths) and, unless entry numbers are particularly high, time slots will not be allocated and you will be able to go to the Start whenever you are ready.

There will be a 4 minute call up with loose pictorial control descriptions available at -3 minutes and blank maps on display at -2. Runners on TD1 and TD2 courses, will pick up their course maps and written control descriptions in the pre-start area.

Results

Results will be posted throughout each event day will be published on the event website as soon as possible after the event. Results from all the events will be input into the British Orienteering Ranking Scheme.

First Aid

Event First Aid will be provided by our club first aid team, supported with grateful thanks by members of BOK, and will be located near the pavilion in the Assembly field

The nearest hospital with a minor injuries unit is The Dilke Memorial Hospital, Speech House Road, Cinderford, GL14 3HX , (open 08.00 – 23.00; Tel: 0300 421 8640), approximately 2km. E along the B4226.

The nearest A & E hospital is Gloucester Royal Hospital, Great Western Road, Gloucester, GL1 3NN, (Tel: 0300 422 2222).

Drinks

Drinks will not be provided, either on your course or at the Finish. Please bring your own or purchase them from the caterers at the event.

String Courses

String courses will be available on both days, with the Start which is common to both days, some 275m. from the Small gate at the E end of the Assembly field - a different gate from that leading to the main starts.

Dogs

Dogs are permitted in the parking/assembly field only, and must be kept on a lead at all times. Please ensure that you clear up after your dog. Dogs are not permitted on the courses on either day.

Event Safety

Competitors are primarily responsible for their own safety, although the organisers have carried out risk assessments for all three events and put in place suitable precautions to minimise the impact of any hazards identified. Amongst these precautions are the following warnings which all competitors should read and observe :-

Full body cover – legs and torso, as defined by BOF – is mandatory for all runners on all courses. Runners in shorts will be refused permission to start. In the event of extreme wet, cold or windy weather the carrying of cagoules may be made compulsory. In this case notices will be placed at the entrance to parking and at the beginning of routes to the Start.

A whistle is compulsory for all Juniors and strongly advised for all.

On both events you may come across pits, unfenced crags and steep slopes which are slippery when wet. Whilst courses have been planned to keep you away from the most dangerous areas you should be aware and take care.

The Forest of Dean is a working forest and there has been much recent timber extraction. There has also been recent weather damage. You may come across brashings, timber from recent fellings and fallen trees and branches. You are reminded to keep away from timber stacks which may be or can become unstable.

You may encounter boar, deer and other wild animals. They are normally timid creatures who will avoid human contact but if you come across them suddenly they can show signs of aggression, especially if they are accompanied by young. In the event of such an encounter, do not shout or wave your arms but back slowly and quietly away and find another route.

Due to the prevalence of boar and deer, tick-borne disease is a risk, although a small one especially at this time of year when the undergrowth is low. Abiding by the full body cover rule is important and you should check yourself and your family carefully for ticks after your run. Lyme disease is a particularly unpleasant disease that can be caused by tick bites – further information at <http://www.lymediseaseaction.org.uk/> Be aware of and courteous towards other forest users. These may include horses and horse-drawn vehicles as well as cyclists and pedestrians.

A safety bearing of NW will bring competitors to one of the busy public roads bounding the area on its N-S or E-W sides which when carefully followed N or W will return them to Speech House Hotel

On both events most courses will encounter the Family Cycle Trail (an old railway line running generally N – S through the area) at least twice. This is a fast and level route popular with the general public and bikes may be moving quickly and loath to give way to runners. Mountain bikers may also be encountered anywhere else on your course. **Please be especially vigilant.**

Triple Gloucester Event 1

Middle Distance Race, Sat. 3rd Feb.

Terrain

The area is predominantly flat white forest with an intricate ditch stream network. This is an actively managed forest and there are many fallen individual trees that are a result of felling that are not mapped, although any large patches have been mapped as ficht. Longer courses will visit areas of intricate contour detail amongst varying vegetation.

The Blue and Brown courses will visit the Hill on the East side of the lake where the terrain is a complete contrast, fast steep-sided white forest with many platforms.

The path network consists of mainly large forest tracks and the longer courses have been planned to avoid them.

Hazards

One control visited by competitors on the Orange, Light Green, Green and Blue courses is situated close to a man made water pit which will be marked off with hazard tape. Please take care

Course Details, subject to final controlling

Course	Length (km)	Climb (m)	Technical Difficulty	No of Controls
Brown	6.0	130	5	24
Blue	5.3	120	5	20
Green	4.3	55	5	19
Short Green	3.3	40	5	13
Light Green	3.0	40	4	12
Orange	2.2	35	3	8
Yellow	1.8	35	2	8
White	1.2	10	1	6

Map and Control Descriptions

The map is 1:10,000 with 5m contour, based on previous maps and updated for this event. Pre-printed with courses on waterproof paper. Control descriptions (text for White and Yellow courses; IOF symbols otherwise) are printed on the face of the map. Loose descriptions will also be available at the Start.

Route to, Start and Course Closure Times

The Start will be open from 12.00 – 14.00. Courses will close and control collection start promptly at 15.30 due to restricted daylight hours.

The Start is a 1.4 km walk from the S corner of the Assembly field almost entirely along level forest roads. The field exit is shared with exiting vehicles - please keep to the taped lane.

Bags will be provided near the start for the disposal of empty drinks bottles.

There will be a 4 minute call up with loose pictorial control descriptions available at -3 minutes and blank maps on display at -2. Runners on TD1 and TD2 courses, will pick up their course maps and written control descriptions in the pre-start area.

Route from Finish

A 700m walk back to the Assembly field using the same gateway you used on your walk to the Start.

Clothing Dump

A clothing dump will only be provided in the event of severe weather conditions. If applicable, it will be situated near the Finish and its use will add 600m to your walk to the Start and will be 750m from the Start.

In the event that one is supplied, notices will be displayed at the vehicle entrance to the field and at the pedestrian exit to the Start.

Download

Located next to Registration. Please ensure you report to Download for safety reasons even if you have retired.

String Course

A string course will be available some 275m. from the Small gate at the E end of the Assembly field - a different gate from that leading to the main Start.

Triple Gloucester Event 3

Classic Distance Race, Sun. 4th Feb.

(SW Galoppen Series and Avon Schools event)

Terrain

Mixed deciduous/pine woodland with a range of different features found in a previously industrial area. Areas of contractor activity have been avoided where ever possible. Recent snow and winds have inflicted damage to the pine resulting in some brashings. Root stocks/individual fallen trees have not been mapped due to the increasing number which would create a very cluttered map. Use of ditch features has been kept to a reasonable minimum. The area is relatively flat on the Western side with some increasing climb towards the East.

Hazards

Slippery surfaces if the usual winter weather prevails plus some small swollen streams if particularly wet. As with any forest there are remnants of old fences in odd places. Whilst only one has been discovered so far, be aware and careful of these trip hazards.

Course Details, subject to final controlling

Course	Length (km)	Climb (m)	Technical Difficulty	No of Controls
Black	12.4	185	5	27
Brown	10.1	170	5	21
Blue	6.2	95	5	16
Green	4.8	60	5	12
Short Green	3.8	55	5	10
Light Green	3.8	50	4	10
Orange	3.3	30	3	8
Yellow	2.0	25	2	8
White	1.6	25	1	7

Map and Control Descriptions

The map is 1:10,000 with 5m contour, based on previous maps and updated for this event. Pre-printed with courses on waterproof paper. Control descriptions (text for White and Yellow courses; IOF symbols otherwise) are printed on the face of the map. Loose descriptions will also be available at the Start.

Route to, Start and Course Closure Times

Starts from 10.30 – 12.30. Course Closure 14.45

The Start is a level 500m from the S corner of the Assembly field, the last 200m along a narrow muddy path. The field exit is shared with exiting vehicles - please keep to the taped lane.

There will be a 3 minute call up with loose pictorial control descriptions available at -3 minutes and blank maps on display at -2. Runners on TD1 and TD2 courses, will pick up their course maps and written control descriptions in the pre-start area.

Route from Finish

Follow the tapes 450m back to the Assembly field. The route passes through the Cyril Hart Arboretum which is surrounded by a deer/boar proof fence. Please make sure the entrance and exit gates are closed behind you.

Clothing Dump

Due to the proximity of the Start and Finish to Assembly no clothing dump will be supplied.

Download

Located next to Registration. Please ensure you report to Download for safety reasons even if you have retired.

String Course

A string course will be available some 275m. from the small gate at the E end of the Assembly field - a different gate from that leading to the main Start and on the route back from the Finish