


23/02/20 – Beat the Trail 1 – Lightmoor | North Gloucestershire Orienteering Club



Date	Event	Signed From	Parking	Organiser
Sun 23rd Feb Register 10:30 – 10:50 Starts 11:00 – 11:15 Courses close 14:30	Beat the Trail 1 – 2020 Lightmoor (Forest of Dean)	GL14 3HX  What3Words: group.ecologist.free	SO642121 In Forest Products Timber Yard GL14 3HU	Pat Macleod equipment@ngoc.org.uk

Rescheduled from Sun 16 Feb.

Our 2020 Beat the Trail events kick off in the Forest of Dean, around the area of the old Lightmoor Colliery. This is a longer trail than most, but it has relatively little climb, and offers plenty of route choices, both on paths and through some very pleasant and runnable forest.

What does it involve?

Beat the Trail is a trail race with a twist: we allow (and encourage!) you to take shortcuts to

shave minutes off your time. There are **9 checkpoints** along the way that you must visit, but the route you take between them is up to you.

- You can take the **waymarked route**: this is about **15.6km** (9.3miles) in length, with 265m of climbs.
- By choosing **more direct paths** between checkpoints, you can get round in about **11.3km**.
- And if you're feeling daring you can **cut through the woods** in one or two obvious and easily navigated bits, and get it down to about **9.6km** (though without losing much of the uphill stuff).

To record your visits to the checkpoints, we'll issue you a SportIdent (SI) timing chip when you register. We'll explain how the system works before you start – it's very easy to use.

The map

You'll be given a 1:15,000 scale, 5m contours, A4 size **map**, printed on waterproof paper, and with the waymarked route shown clearly in red, together with the 9 checkpoints.

The map will show you where you are allowed to go, and where you aren't, and it will also show you how runnable the terrain is off-piste. We'll explain the symbology of the map before you start, if you are not familiar with our map style. It's not too difficult!

Of course you do not have to use the map – you can simply follow the waymarked trail if you wish. It will be marked fairly lightly with sawdust, but there should be enough marking for you not to worry about getting lost.

Timings

Registration is open from **10:30** to **10:50**. Look for the table marked Trail registration when you have parked up and found the registration shed.

There will be a briefing at 10:50, and then a short walk to the Start to get away between 11:00-11:15.

- You can start with the crowd, as in a typical race; or individually, if you don't want to give away your advantage when you have spotted a better route to take! You have an individual timing chip so your time only starts when you 'dib' the start control.
- And you can take it at whatever pace suits you. Just make sure you're back by 14:30, when we close the course and start collecting in the checkpoints.

Note: After you finish, or if you retire without completing the course, you **MUST** report to download so that we don't have to send out a search party to look for you.

Fees

The entry fee is **£8**, or £4 for juniors.

This includes timing chip hire, a waterproof map (which you can keep as a souvenir), and also a contribution to parking at Lightmoor works, for which we will be making a donation to a charity of the landowner's choice.

Directions and Parking

Follow the B4226 road, which runs between the Speech House and Cinderford. At a point 250m east of the Dilke Memorial Hospital turn southwards, following the permanent signs for “Forest Products Limited” and continue about 500m along the tarmac access road to the entrance of the Lightmoor Works. Please take care, as competitors will be using this access road to walk to the start.

You may see other vehicles in a parking area to the right of the access road just before you reach the works gate: DO NOT park in that area, as it is reserved for anglers of the Royal Forest of Dean Angling Club (RFODAC), who have a match on the same day as our event.

Parking and assembly are within the timber yard: please follow the directions of the parking marshals. We are grateful to Mr. John Freeman for permitting us to park within his property.

Please do not climb on timber stockpiles.

The Area

The trail covers most of the core part of the Forest of Dean between the Dilke Hospital near Cinderford, Mallards Pike lakes, and Speech House hotel. The waymarked route follows a mix of hard forest tracks, decent footpaths, and a few very wet and muddy paths where the resident boar have churned up the ground. Good **trail shoes** and a change of socks are advised!

Much of this part of the forest is very runnable, with little in the way of brambles and brashings, and there are some excellent opportunities for you to cut the corners and go through the woods.

Safety

Please take great care driving from the main road, along the tarmac access road to parking/assembly, as all orienteering competitors will be walking to the start along this road, and some competitors on the longest courses will be crossing it. Please drive slowly – there is a poorly-marked but very effective speedbump which may catch you out if you drive too fast!

If adverse weather is forecast we may require competitors to carry cagoules. If that is the case, the requirement will be posted on notices in the car park. The start team would then check that runners do wear (or carry) cagoules.

Juniors must carry whistles for emergency use, and they are recommended for seniors. Whilst there is no minimum age limit for the trail, we strongly advise that under 16s should be accompanied, unless they are experienced orienteers, and that under 14s do not attempt it. It is a long course, lightly waymarked, and with poor cellphone coverage across much of the area. Please note also that the courses will close at 14:30, meaning that you must have reported back to download by that time, so you cannot afford to spend all day out there!

In the unlikely event that you get completely lost, the organiser’s phone number will be on the map, and you may be able to get a signal to call for help. If you can’t, your best bet is to retrace your steps until you get to the previous checkpoint, or you find a waymark on the trail. The waymarks will be on your left as you follow the trail, so turn so as to place it on your left, and you’ll be back on course!

A comprehensive risk assessment has been completed and is available at Registration for

inspection if required. Nevertheless, please note that all competitors take part at their own risk.

We hope that more normal conditions will return by the date of the event, but please take special care crossing marshes and streams on your course, though there are none on any of the obvious routes on the Trail!

The spoil heaps to the southeast of the assembly/parking are a magnet for illegal motorbike riders. The area they use is fenced, and marked out-of-bounds to competitors, but it is possible you may encounter bikes using forest tracks to travel to or from this area. Please listen out for motorbikes and take care if you hear one approaching.

There are a few fast downhill mountain bike trails in the event area, and you will be running at times on the family cycle trail. The trail is gently sloping with good visibility but please look out for bikes.

Competitors are advised to be courteous to members of the general public that they may encounter on their courses.

Competitors are advised that wild boar are present in the area. If you meet a boar please back away and run around to avoid confrontation.