

KEY DETAILS

Please read this section if nothing else!

In the event of circumstances forcing us to cancel the event, an email will go out to you via Fabian4 and a message will also be posted on the website by 0800 on Sunday at the latest.

- Please only approach the village of Cranham from the east from the B4070 Birdlip to Stroud road.
- Do check for any updates concerning the major roadworks at the Air Balloon roundabout on the A417.
- Car parking will be signed on reaching the village.
- The car park is accessed by a short but steep track that may be slippery given the weather forecast. Please take care and give sufficient space to other vehicles.
- Parking is on the grassy outfield of the cricket club. Please follow the marshals' instructions.
- Do not drive on the shorter grass of the pitch area itself!
- Registration, Enquiries, SIAC card hire, First Aid, NGOC café, and Download are all in the cricket pavilion at the SW corner of the cricket club field.
- The NGOC café operates a cash-only honesty system. If you have no cash, you can pay via card at registration, subject to a minimum charge of £1.
- Toilets are at the back of the pavilion.
- Dogs are allowed in the area and on courses, but they must be under close control at all times and owners must clean up after them. Dogs must not be allowed to run loose on the cricket pitch.
- The Map: A4, Scale 1:10,000, 5m contours, for Brown, Blue, Green and Red courses, 1:7,500 5m contours, for Short Green, Orange, and Yellow courses. Brown and Blue will be double-sided.
- Control descriptions will be text for Yellow, text and pictorial for Orange and Red, and pictorial for all other courses. Loose control descriptions will be available in the start lanes, except for Red for which control descriptions are only on the map.
- SI Touch free punching is enabled, but all runners must punch both Start and Finish.
- Clothing must cover torso and legs – no shorts. Cagoules and headgear may be compulsory if the weather is bad – please come prepared. If this is compulsory, there will be notices at Assembly and the Start.

- Whistles must be carried by juniors running on their own and are highly recommended for all competitors.
- Safety bearing is to head South.
- Please be aware of other people in the woods (walkers with or without dogs, mountain bikers, horse riders) and be polite and courteous).
- The Start is about a 900m mainly downhill walk which entails following the main village road through the centre. It is a very narrow road in places, and great care is needed on this route. Children must be accompanied to the Start. Allow 15 – 20 minutes
- The Finish is about 500m from Assembly/Download. The route crosses the village road and then goes uphill back to the cricket ground. Care is needed when crossing the road, but visibility is good at this point. Allow 15 minutes.
- Both routes will be marked by red and white streamers.
- The layout of the event does not allow for a clothing dump.
- Start times: 1100 – 1230. Please note that we have quite a large entry on Green and Blue, so be prepared to have to wait a few minutes at the start.
- Courses close at 1400, when controls will be collected in.
- DO NOT forget to go to Download even if you have retired from the event. We need to know that you are all back safely!
- For NGOC members: If you wish to buy any club kit, you can see the options, and a size chart, on the Club Kit page. Email paul@ngoc.org.uk with details of any items, and relevant sizes, you wish to try, and we can have those available.

Enjoy the event! Have a good run! Above all have fun!