



# NGOC League 2021

## Birdlip (Witcombe Woods and Barrow Wake)

Level: D (Local)

Saturday 3<sup>rd</sup> April 2021

NGOC are pleased to invite you to the first-ever orienteering event to be held in this newly mapped area. This has been postponed twice, so it's good to finally be able to put it on. We hope you will enjoy the fine views, intricate detail and runnable terrain, both open and wooded.

This area sits on the Cotswold escarpment between two of our other areas: Coopers Hill and Crickley Hill. You may be interested to know there are plans to build a "green bridge" to link Crickley Hill directly to Barrow Wake as part of the project to improve the nearby A417. This exciting prospect would allow future events to span both areas. You can see an image of the proposed green bridge here... [https://www.punchline-gloucester.com/images/user/25178\\_grassbridgea417.png](https://www.punchline-gloucester.com/images/user/25178_grassbridgea417.png)

### Directions and Parking

Parking and assembly are at [Barrow Wake viewpoint, GL4 8JX](#)  
[Streetmap](#)

What 3 words: [variously.disgraced.detergent](#)

The event will be signposted from the turn-off on the B4070. As this is a (free) public parking area, parking will not be marshalled. You should self-park either in the marked spaces beyond the cattle grid or on the right side of the road before you reach the cattle grid.

We are grateful to Witcombe Estate, Gloucestershire Wildlife Trust and to the kind local farmer for allowing us to run in their areas.

### The Area

Being on the escarpment, some steep inclines are unavoidable. However, the terrain is very runnable, with little undergrowth. There is a mixture of predominantly beech woodland and open grassland. Quarrying has left some interesting challenges for orienteers.

### The Map

New LiDAR-based map. This is printed on waterproof paper at 1:7,500 with 5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start. Yellow, Orange and Short Green will be at A4; Green and Blue will be at A3; Because of the awkward shape of the area, Brown will be double-sided A4, one side landscape and one side portrait!!

There are a lot of downhill mountain bike tracks in part of Witcombe Woods. These are not marked on the map, but instead the outline of the area is highlighted with bright yellow dashes to warn that there will be unmarked tracks with their inherent potential danger. Relevant only for the BROWN course.

We have decided that this map should be called Birdlip, which fits in with naming conventions of the adjacent areas of Cranham, Painswick and Sheepscombe.

### Start and Finish

The Start is a 1.5km walk from Assembly with no climb - allow at least 20 minutes. As there are 2 road crossings, all children under 16 MUST be accompanied to the Start.

The Finish is 150m from Assembly.

All runners will have allocated start times. Call-up is at -3 minutes. Please try to arrive at pre-start no earlier than 4 minutes before your start time. There is a long walk to the start, and there will be a warm-up area before the start, set out with a clock showing call-up time. Please maintain social distancing when warming up, and go forward to the start boxes when the clock at warm up shows your start time. It will be running roughly 4 minutes ahead of your allocated start time, but may not be a digital clock, so keep a careful eye on it and try not to be late, or too early, arriving at the Start.

There will be no more than 2 runners starting at any minute during the start window. If

you are late arriving at warm up you should go through to the start and be allocated a vacant slot in the start boxes. There is however no reason for you to be late, so pay attention!

## Courses

| Course      | Length - Km | Climb - m | Controls | Suitable for                          |
|-------------|-------------|-----------|----------|---------------------------------------|
| Brown       | 8.3         | 385       | 25       | Experienced Orienteers only           |
| Blue        | 5.8         | 325       | 19       | Experienced Orienteers only           |
| Green       | 4.5         | 180       | 18       | Experienced Orienteers only           |
| Short Green | 3.6         | 150       | 16       | Experienced Orienteers only           |
| Orange      | 3.0         | 150       | 11       | Adult beginners and improving juniors |
| Yellow      | 2.1         | 100       | 10       | Children                              |

Unfortunately, there will be no string course, due to a lack of un-used space near assembly.

**IMPORTANT NOTICE FOR JUNIORS:** All courses have ONE busy road crossing. This will be marshalled for a limited period only, between the first start time and 12.30. Because of this, children aged 15 and under who are running alone MUST select a start time between 11.00 and 11.45. Unfortunately, under 16s are NOT permitted to run the Brown or Blue courses.

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

## Timings and Fees

Starts: 11:00 – 13:30 **Please read the important notice above for juniors running alone.**

Courses close: 15:00, meaning you must report back to download by 15:15

Fees: £6/£2, by pre-entry only, via Fabian 4.

£7/£2 for non-BOF members

SI hire: £1 Seniors, or £2 for touch free hire, Juniors free



Entries close at midnight on Wednesday 31 March, or earlier if demand is such that parking and event management become an issue.

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.

## Refunds

Under British Orienteering COVID guidelines you may claim a full refund of your entry fee **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.** NGOC will carry the costs associated with the entry and cancellation transactions.

In this event you must email the Organiser requesting cancellation of your entry.

There are no refunds available for cancellation for any other reason.

## Dogs

Allowed, under control, in Parking, Assembly and on courses

## Facilities

Under current restrictions, the NGOC cafe will not be present. There are no facilities

## Safety

- Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.
- The longer courses may come across downhill mountain bikers. It is advisable to give way to them!
- A risk assessment has been completed, and a copy will be held at Registration in case competitors wish to consult it before their run.
- A first aid kit and trained first aiders will be available at Registration.

|                  |  |
|------------------|--|
|                  | <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> |
| <b>Officials</b> | Organiser/Planner/Mapper: Greg Best,<br><a href="mailto:permissions@ngoc.org.uk">permissions@ngoc.org.uk</a> 07989 276668  |