



NGOC League 2021

Cooper's Hill

Level: D (Local)

Saturday 1st May 2021

NGOC is pleased to invite you to the delayed orienteering event, held in this classic area. Plans have had to change less than 2 weeks before the event. This area is restricted by several out-of-bounds fields within the woodland. My intention was to finish in a large field but we have been forced out of that. The route near the start and finish share a track; please could orienteers stay to the left along here and give way to walkers. I have sited some controls along the slightly cramped route in order to ensure you are all going in the correct direction, that's why you may not have all controls at the top technical difficulty on TD5 courses but they will aid you keeping left! Subsequently additional fences have been erected by the Gloucestershire Wildlife Trust so more shared path.

Directions and Parking

Parking and assembly are at Prinknash Abbey, signed from the A46 Painswick Road.

[Streetmap](#)

What 3 words: [assume.gift.castle](#)

The event will be signposted where you turn-off on the A46. Prinknash is signposted from the A417.

We are grateful to Prinknash Abbey for the use of their ground for parking. We are grateful to Witcombe Estates and to Gloucestershire Wildlife Trust for allowing us access to run in their respective areas.

The Area

Being on the escarpment, some steep inclines are unavoidable. The terrain is mainly quite runnable, though undergrowth should be avoided. The courses have been planned to avoid crossing roads.

Do not run along roads.

The Map

Slightly revised LiDAR-based map. This is printed on waterproof paper. The map will be A4 and

1:10 000 for the Green, Blue and Brown, with a **double sided** map for Brown *only*.

Yellow, Orange and Short Green will use **1:7 500**. All maps have 5m contours. Be aware there may be some unmapped bike paths, especially in the SW part of the area, used only by Blue and Brown.

Start and Finish

The Start is a 600m walk from Enquiries and Download which is just before the road crossing - allow at least 15 minutes. The car park is a tarmac area about 50m (altitude) lower than the Enquiries. Walk on the grass verge on the left hand side of the access road as you go up the hill.

There is a main road crossing on the way to the Start, under 16's MUST be accompanied.

There is a bottle neck at the start kite, which is located on the left side of a single wide track which joins two separate parts of the permitted area. Please keep left, and again keep to the left when returning along the same track near the end of your course. Try to keep your Covid safe distance even while out on your run, considering other runners and members of the public.

Yellow course only: there is a control which competitors must punch twice, once early on in their course and also when they pass it near the end of their course.

The Finish is adjacent to the route to the start, 400m from download.

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 walk to the start, you may use a warm-up area in the wood to the left of the track to the start. Open woodland with a few paths downhill of the route to the start. 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	7.9	365	25	Experienced Orienteers only
	Blue	5.9	275	18	Experienced Orienteers only
	Green	4.1	205	12	Experienced Orienteers only
	Short Green	2.8	110	12	Experienced Orienteers only
	Orange	2.9	160	12	Adult beginners and improving juniors
	Yellow	2.5	115	13	Children
	<p>We will use SI Timing, in contact and touch free modes. All runners must punch the Start and Finish controls.</p> <p>Novices may require additional support which will be difficult to provide in a COVID-secure manner. This event is not targeted at complete beginners who are not accompanied by an experienced member of their household and/or bubble. Novices may consider the Orange or Yellow.</p> <p>Sadly we have not found a suitable area for a string course.</p>				
Timings and Fees	<p>Starts: 11:00 – 13:30 Please accompany Juniors to the Start and back from the Finish.</p> <p>Courses close: 15:00, meaning you must report back to download by 15:15</p> <p>Fees: £6 Seniors, £2 Juniors by pre-entry via Fabian4 £8/£2 for non-BOF members</p> <p>SI hire: £1 Seniors, or £2 for touch free hire, Juniors free</p> <p>Entries close at midnight on Wednesday 28 April, or earlier if demand is such that parking and event management become an issue. There is no entry on the day, all entries must be completed in advance via Fabian4. (Click Enter Online above) (I have tried to edit the hyperlink, but you may need to click on orienteering tab, then scroll to 01-05-21)</p> <p>Hired dibbers may be picked up from a table at Enquiries and Download. 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. Leave your hired dibber in the box at download when you have finished.</p>				
Refunds	<p>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.</p> <p>In this event you must email the Organiser before the event requesting cancellation of your entry.</p> <p>There are no refunds available for cancellation for any other reason.</p>				
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	<ul style="list-style-type: none"> There is a road crossing on the route to the start/finish. There will be marshals to advise seniors competitors but Parents MUST accompany their children on the walk both to the start and back from the finish. Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety. Carry a whistle for your 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 Enquiries and Download in case competitors wish to consult it before their run. A first aid kit and trained first aiders will be available at Enquiries and Download. <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> 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. Observe social distancing at all times, including keeping their distance from other 				

	<p>participants, volunteers and members of the public.</p> <ul style="list-style-type: none">• Use hand sanitiser on arrival and departure. <p>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.</p>
Officials	<p>Permissions/Mapper: Greg Best permissions@ngoc.org.uk 07989 276668 Organiser/Planner: Samuel Taunton sjtaunton@gmail.com 07815 565667 Controller: Paul Taunton</p>