



# NGOC League 2022

## Edge – Middle Distance Race

### Level: D (Local)

### Saturday 15<sup>th</sup> January 2022

NGOC are pleased to invite you to our first-ever orienteering event to be held in this pleasant, newly mapped area. This is located high up on the Cotswold Edge, between two of our other areas: Standish and Painswick.

There will also be a separate night event on the same area, starting at 17.30.

**Directions and Parking**

Parking is in a field belonging to Stoneridge Farm on the road between Edge and Whiteshill. Parking is included in the entry fee. Nearest postcode is [GL6 6PR](#).

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Assembly is just across the road in the shelter of the woods.

Note that the WNL night event on the same area later in the day will use a different parking area. Hence, if attending both events, you will need to move your car between events.

**The Area**

The area is quite compact, but big enough for a middle-distance event. It consists of two separate parts – both pretty runnable. Edge Common (also known as Rudge Hill) is part of the National Nature Reserve and managed by Natural England. This is largely rough open grassland with plenty of features, many left by quarrying. Across the road is National Trust deciduous woodland, a long thin piece of woodland with a flattish top, but a very steep side – this is the Cotswold escarpment. Again, there is plenty of evidence of quarrying from days gone by.

We are grateful to Natural England and the National Trust for giving us permission to run in their respective areas.

**Bio-Security:** Everyone is required to clean their shoes thoroughly before and after running. Shoe cleaning stations will be positioned conveniently for both Start and Finish, so please ensure that you use them. It is of increasing concern to the Forestry Commission, and it is important not only that we comply, but that we are seen to do so.

**The Map**

The new LiDAR-based map was another lockdown project. Due to the compact size of the area, be aware that the map is at **1:4000 with 2m contours**. It is printed on waterproof paper and all courses will be at A4, except Brown at A3. Control descriptions will be printed on the front of the map and will also be available loose at the Start.



**Start and Finish**

The Start is next to Assembly. As there is a road to be crossed, all children under 16 MUST be accompanied to Assembly from the car park and back again afterwards.

Note: All courses except Brown will follow a 130m taped route to the start flag. Unusually, the Brown Course will NOT have the same start flag – for them the triangle on the map is the map issue point.

The Finish is 500m from Assembly, and involves a road-crossing that will be marshalled. Once back at Assembly, children should wait for someone to take them back across the road to the car park.

Courses	Course	Length - Km	Climb - m	Controls	Suitable for
		Brown	5.0	175	33

Course	Length - Km	Climb - m	Controls	Suitable for
Blue	4.5	170	28	Experienced Orienteers only
Green	3.9	150	27	Experienced Orienteers only
Short Green	2.7	125	20	Experienced Orienteers only
Orange	2.0	65	12	Adult beginners and improving juniors
Yellow	1.7	50	9	Children

String course for young children

**IMPORTANT NOTICE FOR JUNIORS:** Unfortunately, under 16s are NOT permitted to run the Brown, Blue or Green courses, due to there being 2-3 un-marshalled road crossings.

**WARNING:** Take extra care to visit your controls in the correct order. There are a lot of controls in a small area, so mistakes could easily happen.

We will use SI Timing, in contact and touch free modes. However, the Start and Finish controls must be physically punched in the traditional way.

### Timings and Fees

Starts: 12:30 – 14:00

Courses close: 15:30

(Note that times are later than usual to tie in with the night event)

**Competitors punching the finish control after the 'courses close' time will be disqualified, so make sure you select a start to give yourself enough time!**

Fees	Pre-entry	Entry on the Day	Non-member supplement
Adults	£7	£10	£2
Juniors	£3	£4	£1
Family (2 adults + their children)	£16	£20	As above for any non-members in the group



### SI dibber hire:

Standard dibber £1 Adults, Juniors free

SIAC dibber: £2 Adults, £1 Juniors

Entries close at midnight on Thursday 13<sup>th</sup> Jan. **Pre-entry is strongly preferred.** Entry on the day only while maps last, but note the premium price to discourage this. We should by then be able to accept credit/debit card payments, but this is not guaranteed so bring cash just in case.

Pre-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.

**You can earn a discount - half the above entry fee - on entry to a future NGOC event by helping out at this one. Just email [NGOC\\_Volunteers@outlook.com](mailto:NGOC_Volunteers@outlook.com) if you are able to help. You don't have to have any experience – just enthusiasm and recognition that without helpers these events wont happen – nor do you have to be a club member. Everyone is welcome to help out on the day.**

### 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.

<b>Dogs</b>	Allowed, under control, in Parking, Assembly and on courses
<b>Facilities</b>	Regrettably the NGOC cafe will not be present, as we feel we should wait and see how the current Covid situation pans out. There will, however, be a second tent at Assembly for use as a shelter if the weather is inclement. Please use it sparingly, and be aware of the need for social distancing.
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.</li> <li>• The longer courses will have 2 or 3 un-marshalled road crossings. Take care!</li> <li>• The 3 longest courses will have controls in a large quarry area. Note that this is occasionally used by loud, off-road motorbikes. Hopefully, they will not be about on the day of the event, but if so, it is easy to avoid them by keeping towards the edge of the quarry, at little or no time-loss. Courses have been planned with this in mind.</li> <li>• Docile cows roam freely on the common. Give them space.</li> <li>• A risk assessment has been completed, and a copy will be held at Registration in case competitors wish to consult it before their run.</li> <li>• A first aid kit and trained first aiders will be available at Registration.</li> </ul> <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, <a href="mailto:permissions@ngoc.org.uk">permissions@ngoc.org.uk</a> 07989 276668