



NGOC League 2022

Lydney Park

Level: D

Sunday 27 February 2022

NGOC are pleased to invite you to Lydney Park We are grateful for permission from Lord Bledisloe and Lydney Park Estates to park and run within the Estate.

Directions and Parking

Parking and assembly are along tracks inside the Lydney Park estate, with access signed from the B4214 Lydney – Bream Road. Approaching Lydney, do not take the by-pass, but head in towards the town, and turn up the hill by the Tesco store. The forest entry point is about 1 mile from the centre of Lydney.

What 3 words: [///gearing.formless.proven](http://gearing.formless.proven)

Grid Reference: SO621041

Parking space is very limited, so please do try and car share if you can.

A one way circuit will be in operation, with the exit from the event onto the A48 on the Southern outskirts of Lydney. Most of the parking and exit tracks are also public rights of way. Please take care to look out for non-orienteeing walkers, and give way to them if required.

The Area

The area permitted for us to use is only the eastern half of Lydney Park estate not the full area which was previously used for orienteeing, about 10years ago. The management of the woods has been affected by disease of various types, and cutting out affective parts of the woods has opened up the access of light in a patchwork fashion and the corresponding undergrowth. The complexity of old iron working is just the same, but great care should be taken as many black pit symbols on the map are shafts of varying depths.

Full body cover is recommended, and whistles are to be carried.

Dogs permitted on leads in parking area.

The Map

This is printed on waterproof paper at 1:10,000, A4 size, with 5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start.

There are 3 compulsory road crossings affecting the Brown and Blue runners.

The Green course will only use the main crossing point.

The main road crossing between Controls 44 and 69 will be manned – please remember to dib BOTH controls when going out and again when coming back. Your time between the controls (up to a maximum of 2 minutes) will be deducted from your overall time. Traffic on the road is fast and frequent, so take particular care crossing the road, and obey all marshal instructions.

The other two crossings are unmanned on a quiet road, but are still compulsory. **Please take care as although traffic on this road is very much lighter than the main road it can still be fast.**

The fence which the crossings go through is out of bounds and marked on the map as a solid purple line.

Start and Finish

The Start is a 600m walk from Assembly with 25m climb - allow 10 minutes.

The Finish is 300m back to Assembly and down load with zero climb.

There are three start lanes – Brown/Blue, Both Greens, and Orange, with Yellow runners picking up their maps and starting when ready, independently of the start procedure. You can move into the first start box, where Clear and Check are located, if there is no one waiting for your lane before you. In that event, please queue appropriately for your start lane.

Touch Free punching is enabled, but all runners must punch both Start and Finish.



Courses

Course	Length - Km	Climb - m	Controls	Suitable for
Brown	7.3	250	26	Experienced Orienteers only
Blue	6.2	185	24	Experienced Orienteers only
Green	4.8	120	20	Experienced Orienteers only
Short Green	3.6	70	14	Experienced Orienteers only
Orange	2.8	55	12	Adult beginners and improving juniors
Yellow	2.4	40	11	Children

All subject to final controlling.

There will be a great string course starting next to assembly.

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 – 13:00

Courses close: 14:30, meaning you must report back to download by 14:45, or risk disqualification

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

Entries close at midnight on Friday 25th February. **Pre-entry via Fabian4 is strongly preferred.** Entry on the day is available 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.

A helper discount is available for those offering to help on the day. These events don't happen without volunteers willing to help out on the day, so if you are able to do so, before signing up to enter, email NGOC_Volunteers@outlook.com to let him know you can help, and ask for the helper discount code that you can apply when entering. You don't have to be an NGOC member to help, but you do need to be a BOF member to be covered insurance wise.

Hired dibbers may be picked up from registration.

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

Dogs are permitted on leads in the Parking area, but not on courses

Facilities

Under current restrictions, the NGOC cafe will not be present.

Safety

- Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.
- 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.

COVID code of conduct. It is vital that all attendees at the event:

- 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 participants, volunteers and members of the public.
- Use hand sanitiser on arrival and departure.

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.

Officials

Organiser/Planner: Bob Teed, email robertteed@btinternet.com
 Controller: Paul Taunton