



NGOC 2022 New Year's Day Score

Lightning Tree Hill

Level: D (Local)

Saturday 1st January 2022

Welcome to NGOC's 2022 event programme, which kicks off with our traditional one hour score race. This year it's on the eastern part of the Lightning Tree Hill area, which was fully remapped and enjoyed at our 50th anniversary celebration event in January 2020

Directions and Parking

Parking is along the forest track, both before and (mostly) after assembly. Please obey the marshals' instructions to park safely. As competitors may run across (or along) this track, we ask that you do not leave in a hurry if one of the first to go through the mass start.

The nearest postcode is [GL14 3JL](#)
What 3 words: [fortified.lectured.gossiped](#)

The easiest approach is northwards along George Lane, from the A4151 in Littledean. The junction of George Lane and the A4151 through Littledean will be signed. Travelling from the West, shortly after leaving Cinderford you will enter Littledean, where you turn left onto George Lane in front of the Belfry Hotel. Travelling from the East, turn right at the mini roundabout in Littledean, continuing to follow the A4151, before turning right onto George Lane immediately after the Belfry Hotel on the right. Follow George Lane for about 0.7 miles, before turning right onto a forest track on the brow of the hill. This will lead you to assembly.

The Area



Assembly and the start and finish lie on the north-western side of Chestnuts Hill, an area of generally very runnable deciduous woodland, with a good track/path network and plenty of small contour features such as depressions and platforms. The event also covers the eastern slopes of the Lightning Tree Hill ridge, which are steep in places and have a mixture of coniferous and deciduous woodland. The areas are joined by some flatter areas in between, with a network of paths and some small roads.

Left: The Lightning Tree, sadly no longer standing.

The Map

1:10,000, waterproof. Control descriptions will be on the map and available loose from a table at Assembly.

Format

This is a one hour score event, competitors having 60 minutes to visit as many 'controls' or checkpoints as they can and get to the Finish within that time. Each control has a points value - 10, 15, 20 or 25, dependent upon how difficult it is to find, and/or how far it is from other controls. There will be a total of 520 points available.


You incur a penalty of 10 points per minute or part minute beyond the allowed 60 minutes!

As there are minor roads separating the northern and western parts of the area from the start/finish, **any under 16s competing without an adult must remain on the eastern side of these roads** (where 20 of the 30 controls lie).

There are 10 controls forming a loop of Yellow standard (mostly worth 10 points, but two worth 15), remaining to the east of the roads.

We will use SPORTident (SI) timing, with touch free punching enabled. Runners with standard (contact) dibbers must 'punch' controls in the normal manner. Runners with touch free dibbers must ensure that the dibber is activated before starting, by 'punching' the Check station before starting.

The start and finish controls are NOT enabled for touch-free punching (so there is no danger of starting or finishing early unintentionally). These must be punched by all

	competitors regardless of dibber type.
Timings and Fees	<p>Assembly open (for enquiries, registration and hired SI card and control description collection): 10:15 – 10:50 Pre-start briefing: 10:55 Mass start: 11:00</p> <p>The start is a short walk (less than 200m) from Assembly. The Finish is close to Assembly and can be seen on route to the start. After finishing, please take care not to block paths or tracks, being aware of other competitors running for the finish from any direction (including past Assembly).</p> <p>Pre-entry is strongly preferred, via Fabian4, and available until midnight on Thursday 30th December 2021, so only 1 day before the event. Entry on the day is available but carries a £3 premium (£1 for juniors) so it's well worth making the effort to enter online.</p>  <p>Fees: £7 Seniors (£9 for non-BOF members), £3 Juniors £4 for non-BOF members). Family(2 Adults, any number of children) £16. Entry on the Day £10 Seniors, £4 Juniors, same non member additional fees as above.</p> <p>SI Hire: £1 seniors (or £2 for touch-free), free for Juniors (or £1 for touch free) (£35 charge if you lose a standard dibber, £50 for a touch free one!).</p> <p>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.</p> <p>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 if you are able to help. For this event we just need some control collectors, and perhaps help with registration, but for future events we'll be looking for more help with more jobs.</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 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	Provided that COVID-19 regulations allow, and that we deem it responsible given the situation after Christmas, the NGOC café will return for this event.
Biosecurity	Please practice straightforward biosecurity measures, by cleaning your footwear before arriving at, and when departing from, the event.
Safety	<p>A whistle is compulsory for juniors and advised for seniors. Full torso and leg cover is required. In the event of excessively poor weather, be prepared to bring a lightweight waterproof hooded top or similar.</p> <p>Please note the following important safety points regarding this event:</p> <ul style="list-style-type: none"> • Parking is along a forest track and competitors may choose to cross (or run along) this track. As it could take 10 or 15 minutes for everyone to get through the "mass" start, we ask that you do not drive out of the forest until everyone should have finished. To allow for late finishers, please drive slowly and carefully as you leave.

- As there are minor roads separating the northern and western parts of the area from the start/finish, any under 16s competing without an adult must remain on the eastern side of these roads (where 20 of the 30 controls lie).
- Competitors crossing roads must cross with care, using extra caution if they may be icy.
- You may encounter wild boar in the forest. They will usually depart very quickly but if they do stand their ground, back away and find an alternative route.
- Please be courteous to other forest users.
- Do not climb on any timber stack or equipment related to forestry work.
- A risk assessment has been completed, and a copy will be held at Assembly for competitors to consult before their run.
- A first aid kit will be available at Registration and trained first aiders will be taking part and available at Assembly at the end.

If you have not taken part in an orienteering event before please view www.ngoc.org.uk/about-orienteering/getting-started.

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: Caroline Craig (caroline.craig4@gmail.com and 07966 689053)