



SW Regional League

Soudley Ponds

Level: C (Regional)

Sunday 30th January 2022

NGOC are pleased to invite you to Soudley Ponds in the Forest of Dean.

Directions and Parking

Parking and assembly are on tracks within the competition area.

What 3 Words: engine.yummy.valley

Forest entry is at Grid Ref SO659109

The nearest useful postcode is GL14 2TU. If approaching from Soudley(the South) you will see the signs at the forest entry before reaching this postcode. If approaching from Littledean(the North) you need to go on past the Satnav postcode position, and carry on down the road towards Soudley until you see the signs at the forest entry

Please follow the instructions of the parking marshals. Please note that although it is not the most obvious route the road from Blakeney to Parkend is still closed.

There will be an uphill walk of between 300m and 600m to the Assembly Area.

Toilets will be located on the route to Assembly. The woods to either side of the parking tracks are out of bounds.

The Area

Mixed woodland consisting of steep slopes divided by a road running North/South through the area. There are many boulders and brashings which are slip hazards and may lead to injury. Please make sure that you wear suitable footwear.

Brambles and brashings are more predominant on the east side of the map which will only be visited by the Blue and Brown courses.

There will be two marked and manned road crossings. These are compulsory and the road is otherwise out of bounds.

Please do not cross any fences marked as uncrossable.

The ponds are suffering from Crayfish Plague at the moment and it is therefore most important that you do not enter any areas marked as out of bounds other than to use the paths between the ponds. Dogs must be kept on leads to prevent them from entering the ponds and the main stream which runs between them. There are many Forestry signs up to remind you of this.

Bio-Security: Please ensure that you clean your running shoes before coming to the event, and at the end of your run, before leaving the forest. Brushes will be provided.

The Map

This is printed on waterproof paper at 1:10,000 with 5m contours, A3 for Blue and Brown courses, A4 for the other courses, but at 1:7,500 for White and Yellow courses. Control descriptions will be printed on the map and will also be available loose at the Start.

Start and Finish

The Start is a 100m walk from Assembly with negligible climb - allow 5 minutes.

The Finish is close to Assembly and Download.

There are four start lanes – Brown/Blue, Green, Short Green/Light Green, Orange/Yellow.

White runners may pick up their maps and start, 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 and

with regard to social distancing for your start lane.
Touch Free punching will be enabled, but all runners must punch both Start and Finish.

Courses

Course	Length - Km	Climb - m	Controls	Suitable for
Brown	9.2	460	25	Experienced Orienteers only
Blue	7.4	360	23	Experienced Orienteers only
Green	4.2	210	15	Experienced Orienteers only
Short Green	3.3	130	13	Experienced Orienteers only
Light Green	3.1	115	13	Adult and Junior Improvers
Orange	3.0	120	9	Adult beginners and improving juniors
Yellow	2.0	40	11	Children
White	1.4	25	12	Children

All subject to final controlling.

There will be a string course located close 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: 1030 to 12:30 **Courses close:** 1400, meaning you must report back to download by 14:15. **If you are an inexperienced or slow runner then please make sure that you start in plenty of time to finish your course.** If you punch the finish after 1400 then you will be disqualified.

Fees, pre-entry (strongly preferred, via Fabian 4):

Start times/blocks will not be allocated therefore this will be a turn up and start event.



£9 Seniors, (£11 non-BOF seniors)

£3 Juniors, (£4 non-BOF juniors)

£20 family (2 adults plus any number of children), non-BOF supplement applies to any non-BOF members

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

Juniors free, or £1 for touch free hire

Entry on the Day, subject to map availability:

£12 Seniors (£14 non-BOF members)

£4 Juniors (£5 non-BOF members)

£24 Family

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, click [here](#) and add your name to the helper list, and then email NGOC_Volunteers@outlook.com 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.

Entries close at midnight on Thursday 27th January 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

	<p>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 and on leads, in Parking, Assembly and on courses.
Facilities	<p>Toilets on route from car parking to Assembly</p> <p>First Aid in the Assembly area</p> <p>Refreshments are not currently planned due to the high number of Covid 19 cases.</p>
Safety	<ul style="list-style-type: none"> • Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety. • All courses may encounter mountain bikers, walkers/runners, vehicles or animals. For your own safety and consideration of other users you should give way to all of these. If you encounter boar the safest course of action is to stand still until they have moved on. Dogs will cause them to become agitated but as these should all be on leads then this should not pose a problem. • 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. • It is compulsory for all unaccompanied juniors to carry a whistle and all other competitors are strongly advised to do so in case of injury. • You should yourself, and children if relevant, for ticks after your run • Cars travelling along parking tracks should be aware that competitors will also be walking along the tracks to get to the start and should therefore drive with care <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 participants, volunteers and members of the public. • Use hand sanitiser on arrival and departure. <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>
Officials	<p>Organiser/Planner: Shirley and Stephen Robinson shirleyrobinson18@btinternet.com</p> <p>Controller: Katy Dyer (BOK)</p>