



NGOC League 2021

Stroud Urban Race

Level: C (Regional)

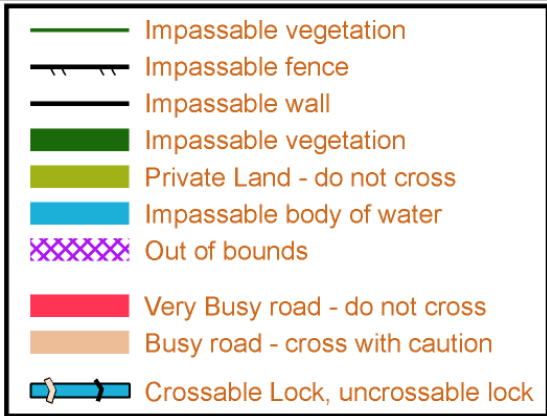
Sunday 4th July 2021

NGOC are pleased to invite you to an urban orienteering race based at the award winning [Stratford Park](#) and exploring the beautiful market town of Stroud. We'll have courses suitable for everyone of all ages, from absolute beginners to experienced orienteers:

- Four Adult courses of that venture out into the streets of Stroud and surrounding districts.
- Two traffic-free junior courses around Stratford Park



<p>Directions and Parking</p>	<p>Parking will be at the South Gloucester and Stroud college car park adjacent to the park. See map.</p> <p>Parking Fees are:</p> <p><i>Up to 1 hour £1.50</i> <i>Up to 2 hours £2.20</i> <i>Up to 3 hours £3.30</i> <i>Up to 4 hours £4.40</i> <i>Up to 5 hours £6.00</i></p> <p>The machine takes cash only and no change is given. Alternatively, you can pay with the JustPark app or by calling 01453 488020. Quote location code 179045.</p> <p>Assembly/Hired dibber collection will be in Stratford Park. Follow the signs from the carpark to the assembly (5 min walk)</p> <p>N.B. The carpark gates will be locked at 15.30.</p>
<p>The Area</p>	<p>Junior courses keep within Stratford Park which includes parkland, a lake, some woodland and various sporting facilities. Longer courses will venture into the old town centre whilst the brown will also take in parts of Pagan Hill, Cairns Cross and Ebley.</p> <p>A mixture of shopping area, residential streets, canals, parks and woods and grassland.</p> <p>N.B. All of the course include off-road sections which may well be slippery after rain (see safety).</p>
<p>The Map</p>	<p>ISSOM standard printed on A3 waterproof paper at 1:4000 with 5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start. Blue and Brown will both be double-sided.</p> <p>Adult courses are divided by the main Swindon to Cheltenham railway and on Sundays there is one train per hour in each direction. There are 2 unmanned railway crossings but courses have been designed so that these are not the best route choices. Competitors choosing to use these crossings could be unlucky and face at least a 5 min delay.</p> <p>There is a small miniature railway within the park but it is not operating on the day and may be crossed.</p> <p>Some roads in the town are busier than others of course. The busiest ones are highlighted in a darker shade of brown to highlight the greater need for safety and likely longer time to cross. In these cases, it is advised to cross using traffic islands where possible. There is one busy road that is over-printed in red, so must not be crossed.</p> <p>There are a number of locks crossing the canal. These are all non-crossable except one on the brown course (see legend below)</p> <p>The following symbols will appear on the map legend.</p>



There is a community pond event being held on the same day. The area is marked **out of bounds** – please avoid.

Start and Finish

The Start and Finish are both less than 50m from Assembly/Download.

All runners will have allocated start times. Call-up is at -3 minutes Please try to arrive at the pre-start np earlier than 4 minutes before your start time. There will be a warm-up area before the start, set out with a clock showing call-up time.

Please maintain social distancing whilst 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 to the start and be allocated a vacant slot.

Courses

NOTE: Course lengths shown are based on the shortest possible but not necessarily sensible route between controls.

Because there is less of a technical navigation challenge in urban orienteering, all courses are suitable for adult beginners.

Course	Optimum Route	Climb	Controls	Suitable for
Brown	8.9km	210m	19	Adults
Blue	7.5km	160m	18	Adults
Green	5.8km	150m	17	Adults
Short Green	4.4km	100m	14	Adults
Orange	3.5km	95m	15	Adults and Juniors
Yellow	2.3km	60m	14	Juniors

There will be no string course, but there are plenty of other attractions in the park for young children.

We will use SI Timing, in contact and touch free modes. All runners must however physically punch the Start and Finish controls.

IMPORTANT NOTICE FOR JUNIORS: Unfortunately, because of the nature of urban orienteering with its many road crossings, those under 16 are only allowed on Yellow and Orange, unless accompanied by an adult.

Timings and Fees

Starts: 11:00 – 13:30
 Courses close: 15:00, meaning you must report back to download by 15:15



	Adults	Juniors
BOF members	£6	£2
None Members	£8	£2
Standard SI dibber hire	£1	free
Contactless SI dibber hire	£2	free

Entries close at midnight on Wednesday 30 June. No entry on the day.
<https://www.fabian4.co.uk/>

Hired SI 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 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

Must be kept on leads at all times.

Facilities

The Stratford Park Leisure Centre Cafe, 50m from (start and download) will be open selling hot and cold food and drinks.

Winston's ice cream van

Toilets are available adjacent to the carpark.

The Stratford Park outdoor pool will be open but pre-booking is required.

Children's play area.

Safety

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

Adult courses will encounter traffic on roads and car parks: take care!

All of the courses include both on-road and off-road sections. All sections may be slippery after rain. In the event of wet conditions, please wear appropriate footwear.

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 your actions may appear in the eyes of landowners or members of the public.

Observe social distancing at all times, including keeping your 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: Steve Lee – stevelee.ngoc@gmail.com Controller: Phil Warry BOK
Thanks	Many thanks to Stratford Park Leisure Centre and South Gloucester and Stroud College for allowing us to hold the event.