



# NGOC League 2021

## Toadsmoor Middle Distance Race

Level: D (Local)

Saturday 19th June 2021

### Final Details

NGOC are pleased to invite you to a middle distance orienteering race in the beautiful Toadsmoor Valley near Stroud. A range of courses are available to suit all levels of experience. Being a middle distance event this is a great test of navigation in an area rich with features and varied terrain. The area is traffic free so is suitable for unaccompanied junior orienteers although it is advised that less experienced orienteers are accompanied.

#### Directions and Parking

Parking and assembly is in a field near Middle Lypiatt. You are strongly advised to approach either from Stroud via Old Bisley Road or via The Camp if travelling from the North. Other routes are steep and narrow making it difficult if you meet oncoming vehicles. The event will be signed from Old Bisley Road. The road is quite narrow but there are passing places should you meet oncoming vehicles.

What 3 words: ///camps.orange.fillings

Google Maps: <https://goo.gl/maps/btuwk1gFhcEKeJUub7>

NGR: SO874042

**Note:** the centre of Stroud is closed for the Saturday Market until 4:30pm. Use Dr Newton's Way, turn left onto London Road (past Waitrose on your left), turn right onto Cornhill which becomes Parliament Street and then Old Bisley Road.

#### The Area

Open woodland, grassland, tracks, springs and streams make for varied terrain on the western side of the Toadsmoor Valley. The steepest parts of the area have been avoided with routes planned to make the most of the flatter, more undulating areas - it's not flat though!

#### The Map

This is printed on A4 waterproof paper at 1:5000 with 5m contours. Control descriptions will be printed on the front of the map and also available loose at the Start.

The map is drawn to ISSOM, with huge thanks to Greg Best for recent updates.

#### Start and Finish

The Start is a 600m, approx. 10 minutes walk, from Assembly. **Competitors must follow the taped route to and from the start / finish area.**

All runners will have allocated start times. Call-up is at -3 minutes. Please try to arrive at pre-start no earlier than 4 minutes before your start time. Space in the start area is limited so please try not to arrive too early or late.

#### Courses

Course	Length - km	Climb - m	Controls	Suitable for
Brown	3.5	220	25	Experienced orienteers
Blue	2.9	200	25	Experienced orienteers
Green	2.6	160	20	Experienced orienteers
Short Green	2.0	100	18	Experienced orienteers
Orange	1.7	100	13	Beginners and improvers
Yellow	1.7	70	14	Beginners

Unfortunately there will be no string course.

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

**Impassable fences and walls are clearly marked and must only be crossed via gates / stiles and not climbed over. There are some newly planted saplings in places (protected by deer guards) - please take care to avoid them.**

<p><b>Timings and Fees</b></p>	<p>Starts: 11:00 – 13:30  Courses close: 15:00, meaning you must report back to download by 15:15</p> <p>Fees: £6 Seniors, £2 Juniors  £8/£2 for non-BOF members  SI dibber hire: £1 Seniors, or £2 for touch free, Juniors free</p> <p>Entry is by Fabian4 and close at midnight on Wednesday 16 June. No entry on the day.</p> <p>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.</p>
<p><b>Refunds</b></p>	<p>Under British Orienteering COVID guidelines you may claim a full refund of your entry fee <b>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.</b> 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>
<p><b>Dogs</b></p>	<p>Dogs are allowed but must be kept under control.</p>
<p><b>Facilities</b></p>	<p>There are no toilet facilities available. Under current restrictions, the NGOC cafe will not be present.</p>
<p><b>Safety</b></p>	<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>• 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.</li> <li>• Some of the courses cross an area of active badger setts with uneven ground. This is crossable but will be marked with tape as a warning to take care.</li> <li>• There may be sheep ticks due to deer being in the area. Competitors are advised to check for any ticks and remove as soon as possible.</li> <li>• <b>The safety bearing is due West to reach the path or tracks which runs along the edge of the area.</b></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 your actions may appear in the eyes of landowners or members of the public.</li> <li>• Observe social distancing at all times, including keeping your 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>
<p><b>Officials</b></p>	<p>Organiser/Planner: Doug Wilson - horseshoe.daw@gmail.com 07881951858</p> <p>Adviser: Simon Denman, NGOC</p>
<p><b>Thanks</b></p>	<p>We are very grateful to Lord and Lady Drayson for permission to park and the various landowners for allowing use of the area.</p>