



SWOA Relay Series 2021

Selsley Common

Level: D (Local)

Saturday 21st August 2021

NGOC are pleased to invite you to newly mapped Selsley Common, with stunning views over the Stroud valleys as well as the Severn Valley in the distance.

Selsley common is a Site of Special Scientific Interest, sporting rare flora and fauna and at times grazing cattle.

After your run, why not visit the nearby attractions such as [Stroud farmers market](#) where you can buy local produce or your lunch, or why not visit the unfinished Gothic Revival masterpiece [Woodchester mansion](#).

Directions and Parking

Parking is at [Boundary Court Farm, GL5 5PL](#)
[Streetmap](#)

What 3 words: [variously.disgraced.detergent](#)

The event will be signposted from the A419 Stroud Sainsbury's roundabout. The main parking area is on the drive to Boundary Court Farm at the south end of the common.

We are grateful to Stroud District Council for giving us access to the common and to the kind local farmers for allowing us to park alongside their driveway.

The Area

The terrain is very runnable, mostly grass with many paths crossing the common. There are remains of several smaller quarries with plenty of loose stones, so watch your steps when running through them.

The western side towards the Severn is very steep, but the courses have been planned to avoid the worst of it.

The common is very popular with walkers with and without dogs, and the Cotswold way crosses it, so please show respect for anybody else using it on the day.

The Map

New LiDAR-based map, made by Tom Cochrane. This is printed on waterproof A4 paper at 1:4000 with 5m contours. Control descriptions will be printed on the front of the map only (no loose ones will be available).

There's one small area marked as out of bounds, due to it being littered with broken bottle remains, so please avoid this area.

Start and Finish

The Assembly, Start and Finish are next to another and approximately 1.0km walk away from the parking area - allow at least 15 minutes to get there.

As there is a road crossing, all children under 16 MUST be accompanied to the Assembly. You will hopefully be able to see the NGOC banner from the parking areas.

When arriving at assembly please pick up your bib, pins and map, so please allow time for this. Bear in mind that everybody else will be arriving at the same time, so there is likely to be a queue.

Format

It's a 2x2 relay, with two runners of any age or gender forming a team. Each runner will run 2 different courses, with a rest period in between while the team-mate runs theirs (i.e. Runner 1 Leg 1 whilst Runner 2 rests, Runner 2 Leg 1 whilst Runner 1 rest, Runner 1 leg 2 whilst Runner 2 rests and finally Runner 2 leg 2).

On arrival, everybody should first collect their bib and pins and fix it to their front. First leg runners will have a Blue bib, second leg runners will have a Red bib. Next everybody should collect their first map, which will be folded and sealed. These can only be opened once it's their time to run. Everybody should clear their dibbers before each run.

There will be a meeting area for people who do not know their team mate.

It is a mass start at 11am, and there will be a taped out Start pen, with a clock showing the current time. The first leg runner from each team should enter the starting pen in good time for the mass-start.

The second leg runners should enter the Start pen in good time before their partner returns. They will then wait there for them to arrive.

In-coming runners will tag their partner and then proceed to dib the finish control. They will then go to download, receive their second sealed map, then clear ready for their next leg.

Despite Covid-19 restrictions being lifted, please respect social distancing when warming up, waiting for your teammate finishing their leg, or after you are finished.

Mass Start: 11:00
Courses close: 14:00

Courses

Courses are short since each person will run twice. Lengths have been determined to attempt to level the playing field between age groups, such that the winning time for each should be broadly aligned. Proof will be in the pudding though!!

Provisional course details, subject to final controlling:

Course	Length - Km	Climb - m	Controls	Intended for
Brown	3.0 + 3.0	100 + 110	11 + 12	M18, M20, M21, M35, M40, M45
Blue	2.5 + 2.4	80 + 100	11 + 10	M50, M55, M60, M16 and under W18, W20, W21, W35, W40
Green	2.1 + 2.0	75 + 75	8 + 8	M65, M70 W45, W50, W55
Short Green	1.8 + 1.7	50 + 40	8 + 8	M75 and older W60 and older
Orange	1.5 + 1.4	30 + 30	8 + 8	Adult beginners Older children or inexperienced adults who normally run Orange
Yellow	1.5 + 1.5	20 + 20	7 + 7	Children who normally run Yellow

We will use SI Timing, in contact and touch free modes. All runners must however punch the Finish control at the end of each leg.

Entries

Teams are made up of 2 people of any age/course.

If you have a team-mate, enter the team and pay for both of you as one entry on Fabian4. Note that the order that you input the people in your team will be the running order. In other words, the first named person will run the first leg in the mass-start and the 3rd leg, while the second named person will run the second and fourth legs.

If you do not have a teammate, just enter as an individual and we will randomly assign you a partner. Where possible, your will be paired with somebody from the same club.

You will automatically be assigned the course associated with your age group unless you request otherwise on the entry form. Note that you can only run-up a course, not down, unless you are young or inexperienced, in which case you are allowed to do yellow or orange.

Fees: £6 Seniors £2 Juniors by pre-entry only via [Fabian 4](#)
£7/£2 for non-BOF members
SI hire: £1 Seniors, or £2 for touch free hire, Juniors free



Entries close at midnight on Sunday 15 August, or earlier if demand is such that

	<p>parking, and event management become an issue.</p> <p>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>
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	The NGOC cafe will not be present. There are no facilities on the common.
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. • Please avoid the small area marked as out of bounds, due to it being littered with broken bottle remains. • 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. <p>COVID code of conduct. It is recommended 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 when possible, respecting others by 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: Anders Johansson selsleyrelay2021@gmail.com</p> <p>Controller: Greg Best</p>