

Sunday, 11th February 2024
Micheldever Wood
Regional (C) and SCOA League #5

Location: The car park and event centre are in Micheldever Wood GR.SU529357
Nearest Post code SO21 1PP
What three words ///running.premiums.relished
Entrance for parking 400m east along a minor road sign posted from the A33

Parking: Linear parking along a gravel Forest Road. As Parking and access are on the same track please arrive before 11.30 and leave after 11.30.
Follow marshals instructions and car share if possible

Timing: Enquiries: 09:45 – 12:00 (Help, Advice and Hire Cards)
Start times: 10:30 – 12:30
Courses close: 14:30

Facilities: Toilets.

Entry: Pre Entry only, via Racesignup. Closing Date 4th February 2024 (23.59hrs). No Entry on the day.
EMIT timing system. Punching start (turn up and run).
If you have your own EMIT eCard and have registered it on your entry form, you may go straight to the start.

Fees:	Senior	£13.50	Chip Hire £1.50
	Senior Non BO Member	£15.50	Chip Hire £1.50
	Senior Novice (course O,Y,W)	£6.00	Chip Hire £1.50
	Junior,	£6.00	Free
	Junior, Novice (course O,Y,W)	£5.00	Free
	(Junior is under 21 at 31 st Dec 2024)		

Charge for lost card: £45

Courses:

Course	Distance/Climb/Controls			Course	Distance/Climb/Controls		
Brown	10.3km	75m	29	Lt Green	3.4km	20m	11
Blue	6.8km	60m	19	Orange	3.0km	25m	8
Green	4.7km	45m	14	Yellow	2.4km	20m	9
S. Green	4.0km	35m	9	White	1.5km	10m	10

Map: Updated 2023, Scale 1:10,000, 5m contours

Terrain: Courses are planned to make the most of the runnable ancient deciduous woodland, avoiding the conifer plantations and the worst of the bramble. The area slopes gently down from south to north. Contour interest is provided by Bronze Age earthworks and WWII bomb craters.

**Start/
Finish:** Punching start (turn up and run). There is approx a 350m walk to the Start and 650m walk from Finish to assembly area.

Clothing: Full leg cover must be worn. Whistles should be carried. In adverse weather we may ask you to wear a gaiter or similar waterproof top.

**Bio-
security:** Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:

- Check
- Clean
- Dry

Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.

Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible.

Hazards: Please be aware of the risk of ticks and Lyme disease. The area is frequented by deer and the usual precautions to avoid infection apply.

Safety: The safety bearing is East or West to main gravel track running North, South through the area.
Courses close at 14:30 hrs.
Competitors attending the event alone **MUST** leave their car key at Registration.
All competitors must report to Download even if retiring from the event.
Orienteering is a physically challenging sport. Competitors take part at their own risk.

Photography and O-Safe: There are no official photographers for this event. Photography is not allowed in the toilets or any “changing area” including the car park. Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.

Safeguarding is everyone’s responsibility, play your part, report any concerns and put good practice into effect.

Dogs: Dogs should be kept under control and on a lead.

Risk assessment: A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.

Insurance: The British Orienteering insurance policy provides public liability cover.

Medical conditions: If you have a **High Risk Medical Condition** you are invited to download and complete this form:

https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.

Event cancellation: If the event has to be cancelled for reasons beyond our control, SOC reserve the right to retain all or some of your entry fee to cover committed costs.

Officials: Planner: David Currie, Assist Steve Sutch
Controller: Mike Murray (SLOW)
Organiser: Nick Bosbury – 07748 361187. Assist Mark Light

This event takes place with the kind permission of Forestry England

