

LEICESTERSHIRE ORIENTEERING CLUB

Sunday 25th February 2018
EMOA League event and YBT regional heat
Level C

Cademan & Thringstone Woods

Final Details

Event Area

A fine, largely wooded area with many dramatic rock formations and, in places, intricate contour areas.

Car Parking

At Grace Dieu Manor School, Thringstone, Leicestershire, LE67 5UG
Grid reference SK437179. Please follow the marshal's instructions

Car Parking Fee £1.00

Maps

The map has been updated for this event and is to ISOM2017 standards.

Note that there are some temporary paths created by mountain bikers **which are not mapped.**

The scale for all courses will be 1:10,000. Printed by Hassall and Lucking on waterproof paper. A4 size for all courses.

Control Descriptions will be printed on the front of the map and loose descriptions will be available at the start.

Maps for the White and Yellow course will be available at Registration.

Electronic Punching

All courses will use Sportident with SIAC activated. Hire Charge for dibbers £1 per person. A number of SIAC hire dibbers will be available if you wish to try them.

The event will be a punching start.

Safety

Competitors are requested to note the following:-

All courses, except White, Yellow and Orange, cross a minor road twice. Both crossings will be marshalled. Please follow the marshal's instructions.

The whole area has public access and consideration should be given to other users. The area is a favourite with mountain bikers. Please be aware of their presence - they may not be aware of you!

There are many large crags and rock formations in the area. Courses have been planned so that controls on these features are easily accessible but care should be taken when scrambling on the rocks and when at the top of the crags. They will be slippery in wet weather.

Courses

Subject to final controlling

Course	Controls	Length	Climb
Brown	26	7.9 km	220 m
Blue	20	5.2 km	125 m
Green	16	3.5 km	120 m
Short Green	14	3.1 km	80 m
Light Green	14	2.7 km	90 m
Orange	11	2.1 km	45 m
Yellow	12	1.7 km	40 m
White	15	1.4 km	25 m

Entries:

£7.50 for Seniors

£3 for Juniors and Seniors on the White and Yellow courses

Registration and Starts

Registration from 10.00 am to 12.00.

Starts from 10.30am to 12.30pm.

Please note that courses close at 2.00pm.

Start and Finish:

Approximately 100 m from registration

Download

Please ensure that you download after your run. The Download will be situated in the Sports Hall (no dirty shoes please).

Dogs

Dogs apart from Guide dogs are not allowed by school policy.

Facilities

Toilets will be available in the Sports Hall.

Car Keys may be left at Registration in the Sports Hall.

Acknowledgements

We are very grateful to Grace Dieu Manor School for the use of the school grounds for parking and assembly.

Officials

Organiser: Laurie Fluck LEI l.fluck@btinternet.com/07952163160

Planner: Simon Starkey

Controller: Bob Haskins

YBT Co-ordinator: Chris Phillips onecp47@gmail.com