



Leicestershire Orienteering Club



Sunday 22nd April 2018

CASTLE HILL – EAST MIDLANDS LEAGUE LEVEL C (REGIONAL) EVENT

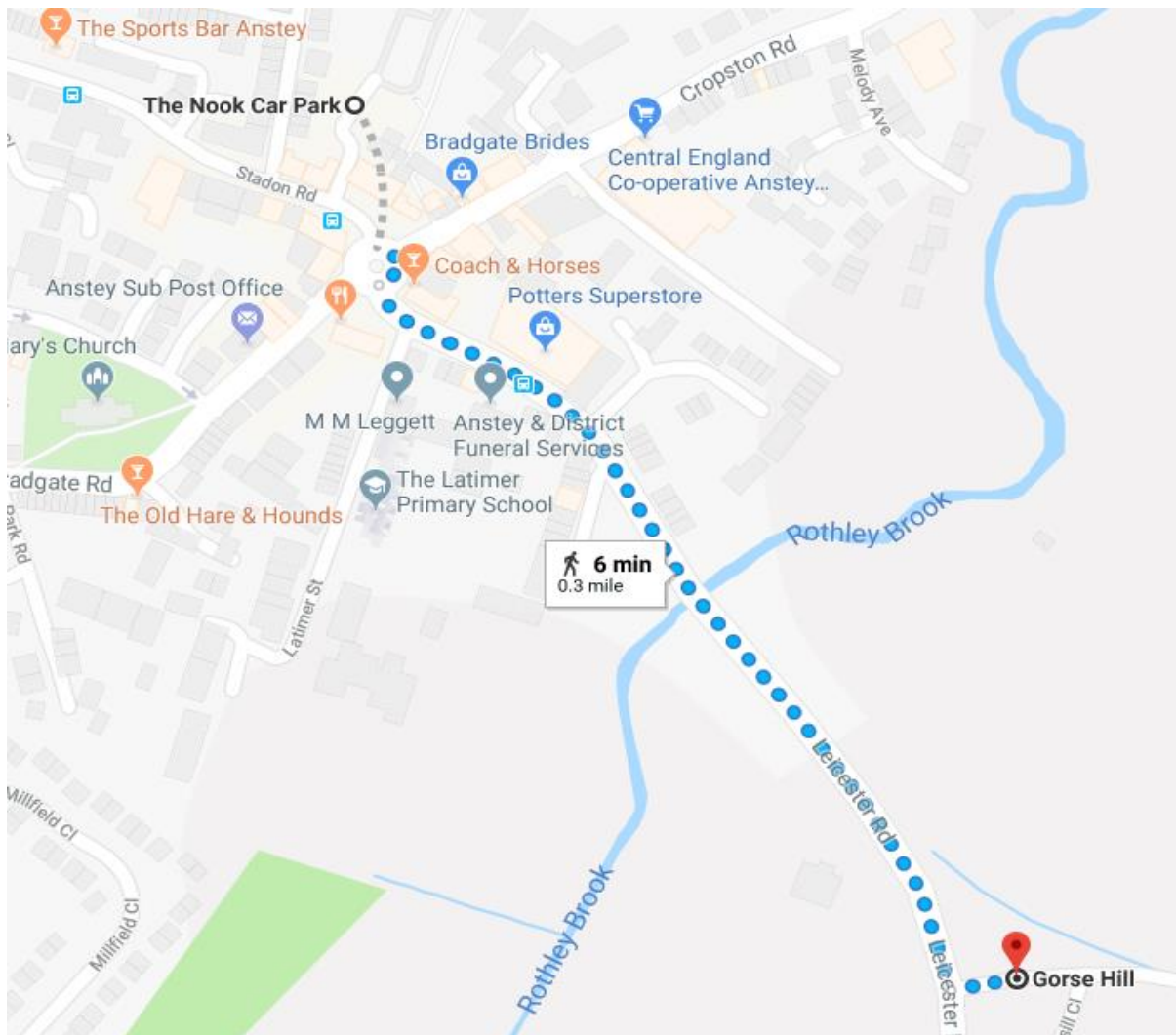
FINAL DETAILS

Car Parking and toilets

Car parking and toilets will be at The Nook, Anstey, Leicester, LE7 7AZ. Parking is limited, once the car park is full please park sensibly and safely on the road – please do not block any driveways. As this is a public car park, please be discrete when changing clothes. Please share transport where possible. Registration is approximately 680m from the Nook car park, please follow the route below (which will be taped) taking care when crossing Cropston Road.

Registration

Registration will be on Gorse Hill, Anstey, LE7 7AN. **THERE WILL BE NO COMPETITOR PARKING ON GORSE HILL. We suggest you park and get ready to run straight after registering rather than returning to your car before your run.**



Times

Registration 10:00 – 12:00

Start times 10:30 – 12:30

Courses close at 14:00

Entries and fees

Entry on the day only, seniors £7.50, juniors and students £3.00, seniors on White to Orange courses £3.00, adult helpers on light green and above £4, junior helpers £1.50

Electronic Punching

All courses will use SPORTident. Hire charge for SI cards £1 per person (LEI members can collect vouchers towards card purchase). Contactless dibbing (SIAC) will not be available at this event.

Map

1:10,000 with 5m contours. All maps will be printed on waterproof paper with course details and control description on the front of the map.

Courses*

<i>Course</i>	<i>Length</i>	<i>Climb</i>	<i>Controls</i>
White	1.6km	20m	13
Yellow	2.2km	25m	15
Orange	2.7km	45m	14
Light Green	4.0km	55m	13
Short Green	3.9km	65m	12
Green	4.8km	85m	16
Blue	7.0km	90m	19
Brown	10.1km	100m	29

*Courses subject to final controlling

Terrain

The park covers some 250 acres of grassland, plantation and broad-leaved woodland, divided in two by the A46, Leicester Western Bypass. The southern section borders Beaumont Leys, the northern section, bordering Anstey, comprises mainly of flat meadow land near the Rothley Brook. There is a good path network.

Start and Finish

The start and finish are adjacent to Registration.

Control Descriptions

Loose control descriptions will be available from Registration. Courses Orange to Brown will have pictorial control descriptions. White and Yellow will have written control descriptions.

Shadowing of junior competitors

Anyone wishing to remain competitive must have completed their own course before shadowing a junior competitor. Competitors on White and Yellow courses may study your map before you begin your course. Maps must not be shown to any competitor still to run their course.

Download

Download will be situated on Gorse Hill, Anstey, LE7 7AN.

ALL competitors must download after their run even if they do not complete the course.

Safety

Road crossings – It will be necessary for competitors to cross Cropston Road on the way to Registration. Please use the Pelican crossing.

Ponds – there are several ponds in the area. No controls have been sited at the ponds' edges. All competitors should take great care when near any water feature and at no point attempt to enter or cross any of the ponds.

Whistles – it is advised that all competitors carry a whistle.

Clothing and footwear – full torso and leg cover is required and competitors should wear clothing appropriate to the weather conditions on the day. Suitable footwear should be worn.

Bad weather – in the event of bad weather the organiser may insist that waterproof hooded jackets are worn. Please bring one to the event with you.

Cyclists, walkers, horses – please give them due consideration.

Dogs – must be on a lead whilst in the car park.

Personal Data

The personal data you give will be used by the event organiser for the purposes of processing and publishing the event results, for conducting safety checks and to validate BOF insurance cover.

Photography

Photography is permitted, however please be reminded that participants must:

- be respectful of others' privacy when taking photographs,
- not take inappropriate or intrusive photographs,
- bear in mind British Orienteering's guidelines on photography,
- contact the organiser if they have concerns regarding inappropriate or intrusive photography (in terms of the way, by whom, or where photography is being undertaken) and
- be aware that photographs may be taken at the event, and some may be posted onto public websites. Parents, guardians or carers who have a reason to be sensitive about the children they are responsible for should bear this in mind in their decision to attend the event.

Officials

Organiser: Jane Dring-Morris janedringmorris@gmail.com

Planner: Ursula Williamson

Controller: Jeff Baker (LOG)