



Saturday 17th March, 2018
Level B, Irchester Country Park
Middle Distance Event



Travel: The entrance to the Irchester Country Park can be found on Gypsy Lane (B570) off the A509 between Wellingborough and Wollaston. Brown tourist signs assist your approach. The address is Irchester Country Park, Gypsy Lane, Little Irchester, Wellingborough NN29 7DL, grid reference SP911657, N 52.281904 W0.666015.

Car Parking: Within Irchester Country Park, there are two parking areas. The upper car park (the area you turn into once you leave the highway) is open all day; this area is nearest to the start (a 2 minute walk). The lower car park (accessed by driving through the length of the upper car park and past the barrier) will be open from 9.00am to 5.00pm. This is closest to the assembly area and the finish. Walking time from the upper to the lower car park is approximately five minutes. If your car is still in the lower car park after 5.00pm, it will be locked in until opening time the next day. If you wish to release your car, you will need to telephone 01536 513999 and pay a call out fee to the security company. There are no height barriers in place. Camper vans may wish to note that the majority of parking in the lower car park is on soft ground, whereas the upper car park is a hard surface.

The cost for car parking is £3 for up to 12 hours. This can be paid by coins, credit or debit cards. The machine requires the last 3 characters of your registration plate. PLEASE NOTE: queues build up quickly at the machines, so please leave yourself plenty of time.

Out of Bounds: Until you have run, please treat all areas as out of bounds, other than the car parks, toilets, café, children's play area, and the sign posted routes to assembly and the start.

Assembly: This is located in the lower car park. Please keep an eye on young children as there will be moving traffic close by. When walking to and from assembly from the upper car park, please use the steps at the north end of the upper car park to avoid using the road.

There will be an Xplorer orienteering event adjacent to the children's play area. If you are entering the main event, please do not enter the Xplorer event with your family prior to running yourself, as this area is out of bounds.

Times: Registration/enquiries/SI hire collection/EOD/key drop will be open from 11.00am and will close at 1.30pm. Please bring your keys in an envelope with your name and start time on, and place the envelope into the relevant box at enquires.

Start times will be as allocated - between 12.30pm and 2.00pm.

Courses Close at 4.00pm.

Entries: Pre entry on Fabian4 (www.fabian4.co.uk)

Seniors - £9.00, juniors - £4.00 up to the first closing date of 18th February, 2018.

Seniors - £11.00, juniors - £6.00 up to the final closing date of 3rd March, 2018.

Closing Date for Online Entries is 3rd March, 2018

Entry On the Day (EOD): There is very limited entry on the day on all courses, (dependent upon map availability).

Seniors - £12, seniors on white to orange courses - £6, juniors - £6. Proceed to registration to enquire about availability.

Allocation of Start Times: Start times will be pre-allocated and will be published on the LEI website www.leioc.org.uk as soon as possible after the closing date (3rd March). Start times for competitors will only be changed after publication in exceptional circumstances. Please apply to the organisers by midnight on Saturday 10th March. Changes to start times are dependent on the availability of start slots. Changes will not be considered after this date.

Race Numbers: Bibs will be used for the Irchester event and the Midland Championships the following day at Belvoir Castle. If competing in both events, please retain and re-use your bib. Bibs will be available from a line adjacent to enquiries; they will be in alphabetical order by surname.

Traders: CompassPoint and Ultrasport will be attending this event. Refreshments, both takeaway and sit down, are available from the Quarryman's Rest Café located in the lower car park.

Dogs: Dogs on leads only please. They are not allowed in the play areas. Please clean up after them. Dog bins are provided throughout the park.

Electronic Punching: SI electronic punching will be used. Contactless punching will NOT be enabled at this event. You must inform enquiries and complete a change form before you run, if you wish to run on a new / different SI card to the one you entered with. Hired SI Cards and change forms will be available at registration/enquiries.

Whistles: For your own safety, it is recommended that a whistle be carried. The alarm call is 6 short blasts every minute. In case of inclement weather, hooded waterproof jackets may be required. Notices will be posted at registration and on the way to the start.

Start: There is one start which is approximately a 2 minute walk from the upper car park and a 7 minute walk from the lower car park. When walking from the lower car park, please use the steps to access the upper car park and avoid walking up the road. Proceed with caution whilst walking through the upper car park.

Call up will be at -4 minutes. Loose control descriptions will be available at -3 minutes and blank maps at -2 minutes. The competition will use a punching start.

Courses

Courses on offer are shown below: *Courses are subject to final mapping and controlling. Classes are based on British Middle Distance rules with some courses merged. NOTE. Course height is calculated by counting contours across the shortest sensible route. Due to the nature of the area with many significant earth walls, the actual height climbed could be significantly greater.*

Course	Colour	Men's Classes	Women's Classes	Technical Difficulty	Length	Climb	Controls
					km	m	
1		M21 M35 M40		5	5.4	60	34
2		M45 M50	W21	5	4.6	50	29
3							
4							
5		M18 M20 M55 M60	W35 W40	5	4.1	50	25
6							
7		M16 M65	W45	5	3.6	40	24
8		M70	W18 W20 W50	5	3.6	40	24
9		M75 M80 M85	W16 W55 W60 W65	5	2.7	30	19
10			W70 W75 W80 W85	5	2.3	15	15
11	Light Green	M14	W14	4	2.5	45	17
12	Orange	M12	W12	3	2.3	15	12
13	Yellow	M10	W10	2	1.9	10	13
14	White			1	1.7	20	18

Note. Course 1 has more than 30 controls. Please advise the organisers if you are running on a type 5 or 8 SI card.

Map: The map has been completely resurveyed at 1:5000 with 2.5m contours. The map is drawn to ISSOM standard by Peter Hornsby and will be digitally printed on waterproof paper by Hassall and Lucking Ltd. Throughout the area, there are numerous small paths that have not been mapped. Map size is A4 with control descriptions on the front.

Special map symbols:

○ A sculpture

X A significant hide

White/Yellow Maps: Please collect these from registration/enquiries.

Finish: The finish for all courses is in the assembly area. Please go straight to download. You must go to download, even if you do not complete your course, so that we do not start an unnecessary search for you. There will be no map collection. In the interest of fairness, please do not show or discuss your map with competitors who have yet to run.

Results: Interim results will be published on the LEI website during the event at www.leioc.org.uk. These will be updated approximately every 10 minutes from the start of the event to the last competitor downloading. This does depend on network connectivity and, whilst we know this to be good in the event area, LEI cannot be held responsible for any service failures on mobile networks.

Safety and First Aid: Anyone wishing to leave a named, sealed envelope of medical information may do so at registration/enquiries. Any received will be destroyed after the event. All competitors take part at their own risk. Competitors are responsible for their own safety and that of fellow competitors and members of the general public who may be visiting the competition area. Please be courteous and remember that you do not have right of way. Other users of the park include horses, dogs and mountain bikers. There are no official mountain bike routes to be aware of. First aid will be provided by trained club first aiders. The nearest hospitals are:

In a northerly direction: Kettering General Hospital NN16 8UZ (9.1 miles)/24 hr.

In a westerly direction: Northampton General Hospital NN1 5BD (10.1 miles)/24 hr.

In a southerly direction: Bedford Hospital South Wing MK42 9DJ (13 miles)/24h hr.

Due to the nature of the area with the significant earth walls, these are likely to be slippery. If you have studded shoes, it would be advisable to wear them.

Complaints and Protests: If anyone has a complaint about the event, they should make it to the organisers. If they are not satisfied with the organisers' decision, they can make a protest in writing using the form available from the organisers or from enquiries. A jury will be on standby.

Child Welfare Policy: In line with the recommendation in the British Orienteering Child Welfare Policy and Procedures, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography should register their details with the organisers before carrying out any such photography. The event organisers reserve the right to decline entry to any person unable to meet or abide by the organisers' conditions.

Acknowledgments: We are very grateful to Irchester Country Park for allowing us permission to use the area and for their support whilst organising the event.

Toilets: These are located in the lower car park.

Club Tents: There is a spectator area next to the finish run in. If you wish to erect a small club tent, please leave room for people to spectate in front of the tent.

Officials

Organisers: Wendy and Alan West LEI alanpeterwest@gmail.com

Planner: Iain Phillips LEI

Assistant Planner: Roger Edwards LEI

Controller: Graham Louth WAOC

More Information: Occasionally, circumstances may force late changes. Please check on the LEI club website www.leioc.org.uk for any updates.

Cancellation Policy: The organisers reserve the right to retain a percentage of the event fees in the case of cancellation due to circumstances beyond their control.

Data Protection Act: Entry information (name, age-class and club) and the results of this event will be stored on, and processed by, computer systems under the terms of the British Orienteering Federation's registration under the Data Protection Act. The results from this event will be published on the Internet.