

Leicestershire Orienteering Club

Orienteering in Leicestershire, Rutland and Northamptonshire



Sunday 12th December 2021

OUTWOODS EAST MIDLANDS LEAGUE

EVENT DETAILS- 01/12/21

Please Note this is a Middle Distance Event

Directions and Car Parking

Car parking will be at Nanpantan Sports Ground, Watermead Lane, Loughborough, LE11 3YE and will be sign posted from Nanpantan road. There is no charge for car parking. The car park is used by other sports ground facilities so it may be busy.

Facilities

Download, enquires and toilets will be at the Nanpantan Sports Ground Pavilion.

Times

Start Times 10.30- 12.00

Courses Close 14.00

Entry via Startkite

Entries close on Fri 10th Dec. There will be no entry on the day.

Seniors £8, Senior Non-BOF Members £10, Juniors, Full-time students & unwaged £3 – Seniors on White to Orange courses £4. Refunds will be paid to those needing to withdraw through covid-19 restrictions. Email requests to organiser or Treasurer

Entry discount codes: The unwaged/student discount code is R827. Contact the Organiser for the helper discount code

Electronic Punching

SI Dibber Hire: £1.00 (LEI members can collect vouchers towards card purchase) - Contactless SIAC available. SI hire dibbers will be available for collection at the start.

Map

1:7,500 with 5m contours. Latest update November 2021, taking into account recent tree felling activity.

Terrain: mixed woodland with a network of paths, rock features and hills.

Tree felling at Outwoods is part of an ongoing conservation project gradually removing non-native coniferous trees in the ancient woodland, with native oak trees planted in their place and allowed to grow back naturally, returning the Outwoods to a natural acid oak woodland.

Please take care on the boardwalks as they may be slippery

Some less distinct paths may not be visible because of leaf fall.

Start

The start/ finish are located approximately 1km from the car park/download. The route will be taped. A clothing drop off point will be available at the start. The start and finish are located close together. The access to the start and finish is through a shared gateway. Please be courteous to other users of the site and competitors using the gate to access the start.

Courses

Subject to final controlling

Course	Length	Controls	Height Gain
Brown	5.0Km	28	110m
Blue	4.2Km	26	100m
Green	3.6 Km	21	85m
Short Green	2.8Km	17	85m
Light Green	2.3Km	15	75m
Orange	1.7Km	15	50m
Yellow	1.6Km	15	40m
White	1.1Km	12	30m

Control descriptions

Loose control description will be available at the start. Course light green to brown will have pictorial control descriptions. White and yellow will have written control descriptions, with orange having both

Shadowing of junior competitors

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

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

Inclement Weather In the event of inclement weather the organiser may insist that waterproof hooded jackets are worn. Please bring one to the event with you.

Walkers, Runners and other users the area is widely used by walkers/ dog walkers and runners please give due consideration to them

Dogs are allowed throughout the site.

Responsibility for personal safety at the event is lies with the competitor. However, the organiser has put in place reasonable risk management arrangements to mitigate hazards that the competitor might not be reasonably aware of.

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.

Officials

Organiser Stephen Chafer 07799437128

Planner Chris Phillips LEI

Controller Chris Bosley LEI

COVID-19 Precautions:

The event will be held in a COVID-secure manner in accordance with British Orienteering's operational guidance. It is really important that all participants read and abide by the COVID-19 Code of Conduct before, during and after competing. It has been updated so please click the link below to read the latest version. <http://www.britishorienteering.org.uk/document/Code of Conduct June 20>

Before attending this event, orienteers should self-assess for symptoms of COVID-19. These are:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation. If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.