

# LEICESTERSHIRE ORIENTEERING CLUB

## Permanent Orienteering Course

### Martinshaw Wood, Ratby, Leicestershire

Martinshaw Wood lies about 8km NW of Leicester city centre. It is owned and managed by the Woodland Trust t <http://www.wt-woods.org.uk/martinshawwood>

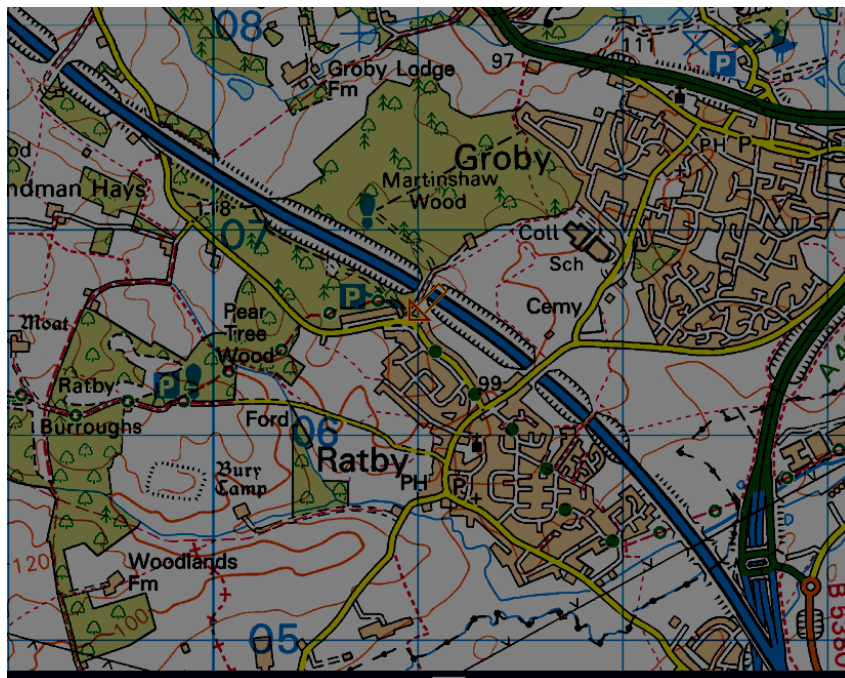
Martinshaw Wood was formerly owned by the Forestry Commission which planted 27 different species of exotic broadleaf and conifer between 1954 and 1969. The wood was cut by the M1 in the 60s, but an accommodation bridge connects the two parts. The Woodland Trust is now in the process of trying to revert the wood to broadleaf. An unfortunate side effect of this is that bramble growth is proliferating.

#### Getting there

The permanent orienteering courses start and finish close to a small free car park off Markfield Road, Ratby at Grid Ref SK509065. This can be reached easily from M1 Junction 21A (northbound only) or J22.

You can use the following links to maps which allow you to zoom in or out.

#### Streetmap



<http://www.streetmap.co.uk/map.srf?X=450900&Y=306590&A=Y&Z=120>

**Google Maps** (also provides directions - and aerial photographs when it feels like it)

<http://maps.google.co.uk/maps?f=q&hl=en&geocode=&q=corby&ie=UTF8&ll=52.656967,-1.251283&spn=0.019524,0.043774&t=h&z=15&iwloc=addr>

WGS84 co-ordinates Lat 52.6545 N, Long -1.24816 W      Post Code LE6 0LS

There is a reasonably frequent daytime weekday bus service between Leicester and Ratby.

#### The Map

Orienteering maps are drawn to an international standard using specific colours and symbols and unlike most maps, use white to show woods which are easy to run through. Darker shades of green are used to show that a wood is slower to run through. Orienteering maps can be very detailed and are usually drawn to a scale of 1 to 10,000. So for these maps 1cm on the map equates to 100m on the ground.

#### Control descriptions and courses

Control sites have been placed within the area to provide courses of different length and difficulty. The following courses are currently available for download:-

### Courses on West side of M1

Course	Description	Length	Climb	Controls
White	Short and easy. For young novices	1.3km	15m	9
Yellow	Short, for youngsters who can do White courses	1.8km	15m	9
<b>Courses on East side of M1</b>				
Yellow 1	As Yellow above but slightly longer and harder	2.4km	15m	9
Yellow 2	Similar to Yellow 1	2.8km	20m	8
Orange	Suitable for novice adults and older teenagers	3.5km	20m	12
Light Green	Slightly longer & harder than Orange	4.0km	30m	16

The start and finish points are shown on the map with a triangle. To get to the East course start, go past the metal barrier at the east end of the car park and down the private road which goes over the M1. The East start is on the left, just beyond the M1 bridge. The position of the control sites is marked on the map with a circle identified by a number and they must be visited in numerical order. On the ground the controls are marked by a red/white plaque on a wooden post or some other suitable existing feature e.g. a sign or fence post. Unfortunately, permanent posts can suffer from deterioration and / or vandalism so some posts may be missing.

The map also has a list of all the controls with a description of the feature they are on. There is also a 2 digit control code number which should correspond to one you will find on the post to confirm it is the correct post. In the download pack you will find a control card. This can be used to record a letter which you should find at each control site. This can be used to check that the correct controls have been visited.

It should be possible to complete the White and Yellow courses without a compass by following the map carefully. A compass will be useful for the Orange and Light Green courses. Orienteers are taught to keep the map horizontal and to "set" the map so that the magnetic north lines on the map always point north. If the map is kept set then features on the ground will be in the same relative direction as they are on the map.

### Safety

A full risk assessment should be carried out having regard to the abilities of the people undertaking the courses and the need for appropriate supervision. There are a number of ponds in the woods. Do not climb on any log piles and take special care if timber extraction is in progress. The Club cannot accept responsibility for any accident, loss or damage incurred by any person undertaking these courses.

### Further information

The Leicestershire Orienteering club (LEIOC) website [www.leioc.org.uk](http://www.leioc.org.uk) has details of forthcoming events and information to assist newcomers to the sport. We organise more than 40 events per year and these are generally open to non-members. Permanent courses exist at other locations and training packs for teachers and youth leaders are available for some of them can be downloaded from the website. Information on orienteering in general can also be found on the British Orienteering website [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

### Feedback

We would welcome any feedback on the courses or on this information particularly if you find posts vandalised or missing. Please use the POC feedback form on the club website.

Check Letters

