

Sunday 24th September, 2023 EMOA, Level C, Irchester Country Park

Travel: The entrance to Irchester Country Park can be found on Gipsy Lane (B570) off the A509 between Wellingborough and Wollaston. Brown tourist signs assist your approach. The address is Irchester Country Park, Gipsy Lane, Little Irchester, Wellingborough NN29 7DL - grid reference SP912658, N 52.281904 W 0.666015, W3W: blotting.images.power.

Car Parking: Within Irchester Country Park, there are two parking areas. The upper car park is open all day, with the lower car park opening from 9.00am to 7.00pm; this is closest to the start and download. There are no height barriers in place. Camper vans may wish to note that overflow areas within the lower car park are on soft ground, whereas the upper car park is a hard surface.

The cost for car parking is £3.20 for up to 4 hours, £5.20 for up to 8 hours and £7.20 for up to 12 hours. This can be paid by cash or card. The machine requires the last 3 characters of your registration plate. PLEASE NOTE: queues build up quickly at the machines, so please leave 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 signposted route to the start.

Start Times: 10:30am – 12:30pm. Courses close at 2:00pm.

Key Dump: A key dump will be provided in the nature hut, which is also the location for download.

Entries: Pre-entry on The Start Kite: thestartkite.uk

Adults: £8.00. Juniors, full time students and unwaged: £3.00, Student/unwaged discount code: R492. Non-BOF members: £10.00. There are fee discounts for volunteer helpers. Please contact Wendy/Alan West (organisers) for the helpers' discount code.

SI dibber hire £1.00, SIAC dibber hire £2.00.

Final date for guaranteed map: Sunday 17th September

Closing time 11:00am on day of event (subject to map availability):

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/Contactless electronic punching will be used, but there will be a punching start and finish.

Start: The start is in the lower car park area.

Courses

Courses on offer are shown below. 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 will be significantly greater on the technical (or longer) courses. The earth walls are likely to slippery, if wet. If you have studded shoes, it would be advisable to wear them.

Colour	Technical Difficulty	Length	Climb	Controls
		km	m	
Brown	5	7.1	85	28
Blue	5	4.9	55	18
Green	5	3.2	45	17
Short Green	5	2.7	40	14
Light Green	4	2.4	40	12
Orange	3	1.9	20	10
Yellow	2	1.9	20	11
White	1	1.9	15	15

Map: The map size is A4, 1:5000 and 2.5m contours. Due to the event being held in late summer, the vegetation is, for the most part, worse than mapped, though the tops of ridges often provide a good route. There are a large number of minor paths that change frequently. These are not mapped, except where they provide a good route across blocks. The start and finish are well defined. Sculptures, rootstocks and hides are mapped, but seats and play equipment are not.

Overprint Course Line – due to the volume of contours and earth banks on the map, the purple overprint line width has been increased from the standard width for clarity and visibility, especially where these run parallel to those map features.

White/Yellow Maps: These will be available from the start team.

Finish: Once you have finished your course, 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.

Download: LEI will be testing new software at this event, so you will be asked to **download twice** to ensure that we have a back-up in the event of unforeseen problems.

Results: Results will be published on the LEI website after the event at www.leioc.org.uk.

Safety and First Aid: Anyone wishing to leave a named, sealed envelope of medical information may do so with the organisers. Any received will be securely destroyed after the event. All competitors take part at their own risk. Please be aware that you will be sharing the area with members of the public, including dog walkers, horse riders and cyclists. Please be courteous and remember that you do not have right of way. Please be aware that the blue and brown courses cross the entrance road, which could involve moving traffic. A first aid kit and first aider will be located at download, along with a map for A & E facilities for local hospitals.

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.

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. If these prove necessary, notices will be posted on the way to the start. Deer are known to roam in the park, so there is a possibility of the presence of ticks. Ensure you check following your run.

Safeguarding Policy: In line with the recommendation in the British Orienteering Safeguarding 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.

Officials

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

Planner: Steve Edgar, LEI Controller: Steve Hardy, SMOC

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.