



TRIPLE O SEVERN 2009

2nd to 4th May

FINAL DETAILS



TRIPLE O SEVERN 2009

GENERAL INFORMATION

BOK, NGOC and the WJS welcome you to a weekend of orienteering in the glorious Forest of Dean. We hope you enjoy yourselves, have successful runs and the sun shines.

Travel Directions

All three events are centred on the large field adjoining the Speech House Hotel, Coleford, Gloucestershire GL16 7EL (SO 620121).

Please only approach from the south using the minor road from Parkend to Blakeney (SAT NAV nearest Post Code is GL15 4HW - telephone box at The Barracks east of final junction - or N51°46.782 W2°32.343). **Please do not attempt to approach through Cinderford or along the B4226.**

For traffic from the Midlands and North from the A40 west of Gloucester take the A48 towards Chepstow. Turn right just after Blakeney, sign posted Parkend, and follow O signs.

For traffic from the South and South West, M4, M48 or South Wales from Chepstow take the A48 towards Gloucester and follow the O signs from the Lydney by-pass into Lydney. Take the B4234 to Parkend and turn right at the T junction on to a minor road towards Blakeney.

Car parking

There will be a charge of £1 for each vehicle (£2 for mini busses) each day. Please follow the marshals directions.

Assembly

The Speech House field will act as the Assembly area for all three days and facilities will include UltraSport, Compass Point, Wilfs and Best of Welsh. The WJS will also have a stall.

There will be Enquiry tents for entries on the day, SI-Card hire, car key deposit and complaints etc.

There will also be a separate Enquiry tent for the elites (FCC and BEOC competitors) which will deal with SI-Card hire (**Card 6 required for the BEOC M21E course – contact the 0007 co-ordinator by 27 April to arrange hire**), trophy returns, spectator parking for the BLUE Start and Finish on Day 1 and any other enquiries relating to the elite competitions. We are also hoping to arrange a ‘meet the elites’ session near this tent on Day 2 after prize giving.

There will be toilets in the Speech House field as well as at the Day 2 Assembly area in New Beechenhurt, near the remote BLUE Starts on Days 1 and 2 and the RED Start on Day 2.

Dogs

Dogs are permitted only in the Car Park and Assembly Area during competition time and must remain on leads at all times

Entry Details

Please check your entry details, especially your SI number on Fabian4 or posted material and contact the Entries Secretary, Christophe Mutricy on 0117 959 3629 (after 7.00pm and before 10.00pm) or xtophe@chewa.net to correct any errors.

Refunds and Entry Changes

Any request for refund of entries will be entirely at the discretion of the hosting club and may be subject to an administration charge and cannot be guaranteed. Any changes to entries will be subject to a fee of £2 per competitor per day.

SI (SportIdent)

SI electronic punching will be used throughout the weekend. Hired SI-Cards should be collected from the Enquiries tent. Please return them at download after your last day of competition. Lost/unreturned SI-Cards will be charged at £35.

The SI boxes flash and beep to indicate that the Cards have successfully registered - it is your responsibility to ensure that you have correctly punched at each control. If the SI box does not flash and beep you should use the pin punch attached to or located next to each stake to punch your map. Please report any SI failures or problems to Download.

If you are unfamiliar with the SI system please ask for guidance at the Enquiries tent where there will be a sample control station.

Maps

Competition maps for all 3 days will be printed on waterproof paper and unmarked copies will be on display in the start lanes on Days 1 and 2. Copies of unmarked maps for all 3 days will be on display in Assembly.

Control Descriptions

Control descriptions will be printed on all maps for Days 1 & 2 and loose copies will be available at the pre Start on the Day 1 RED Start and in the start lanes for Day 1 BLUE Start and the Day 2 WHITE, RED and BLUE Starts. They will be in IOF pictorial format with written descriptions for the White, Yellow and Orange courses on Day 1 and courses 20, 21, White and Yellow on Day 2. Control descriptions must be collected from the Day 3 Registration/Enquiry tent for the score events – they will **NOT** be printed on the map.

SI Clear stations

Clear stations will be located adjacent to the starts on all 3 days.

Safety

All competitors take part entirely at their own risk. You should take into account your own ability to compete safely.

You are strongly advised to carry a whistle and must wear full body cover (torso and legs) – there are ticks in the forest. Notices will be posted if weather is bad and cagoules are thought necessary. Car keys, suitably labelled, can be left at Enquiries if you are travelling alone, otherwise please arrange a buddy system.

Once you have started on your course you must report to the Finish and Download even if you do not complete your course.

All competitors, except those on the BLUE Start, and spectators cross a busy road to reach the competition area on Day 2 (see more information in the Day 2 details). All competitors and spectators on the string course on Day 1 and the score events on Day 3 cross a minor road on which traffic can be fast. Please take great care and only cross at the designated crossing points where marshals will guide you.

Yellow and black tape will be used to mark hazards.

There are wild boar in the forest which although mainly nocturnal and elusive can become aggressive, especially in the spring where sows can be very protective if they perceive an immediate danger to their family group. The best advice if you encounter an individual or group is to avoid approaching them and move quietly in the opposite direction.

The Forest of Dean is a popular recreational area for both walkers and mountain bikers, the latter often travelling at speed. Please exercise care and respect other forest users including horse riders.

We have had to work around various environmental restrictions due mainly to nesting birds and especially goshawks for which the Forest of Dean is famous. Please do not cause any undue damage or disturbance.

First Aid

There will be First Aid facilities each day near the Finish areas. The BOK First Aid team will be on duty on Day 1, St John Ambulance on Day 2 and the WJS on Day 3.

The nearest hospitals with Minor Injuries Units are on the B4226, 2km east of Speech House (8.00 – 23.30) or on the B4231 at Lydney (24 hours). There is a Major Casualty Unit in Gloucester.

Out of Bounds

All forest areas are out of bounds until after their competition use over the weekend. This includes the New Beechenhurst cycle and sculpture trails.

Complaints Procedure

The procedure laid down in BOF Rule 9 will be followed. If you wish to complain you should contact the Day Organiser via Enquiries. If you are unhappy with the Organiser's decision you may make a protest in writing to the Controller, accompanied by a fee of £5 (refundable if the protest is upheld). Protests will be dealt with in accordance with BOF Rule 9.3. If necessary a jury will be convened and a written report prepared.

Cancellation Policy

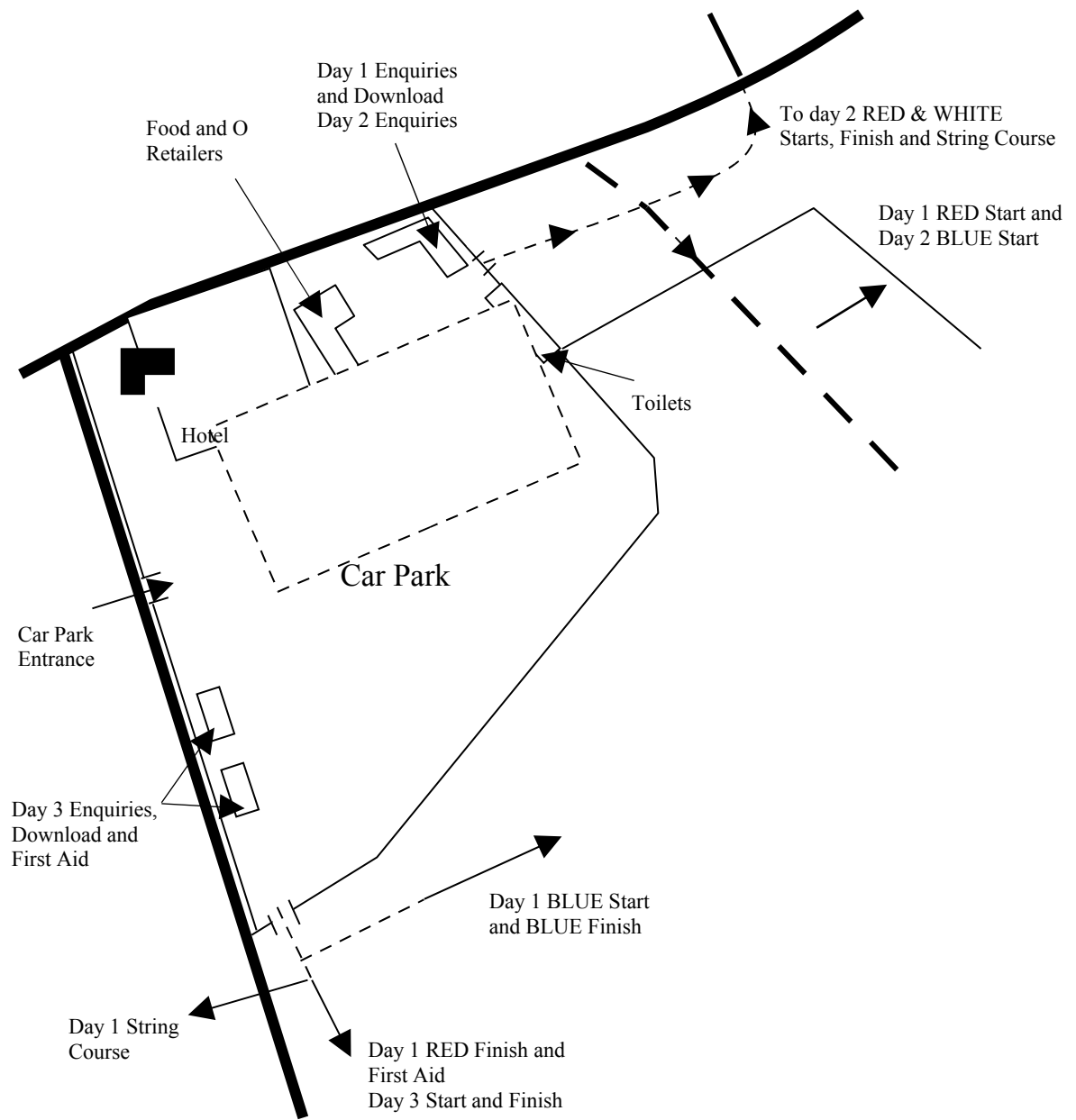
Should the cancellation of any, or all of these events be forced upon us for any reason, we reserve the right to retain some proportion of entry fees to cover our expenses.

Final enquiries and queries

If you have any last minute queries (other than entry and start questions) please contact the Day Organiser. If they are not available then contact the OOO7 Co-ordinator, Dave Urch, on david@urches.freeserve.co.uk, 01275 857330 or from Friday 1 May pm on 07745 789530.

Acknowledgements

We are grateful to the co-operation and support of the
Forestry Commission and
The Speech House Hotel



The Speech House Assembly field

DAY 1 Saturday 2 May

Mallards Pike

North Gloucester Orienteering Club welcome you to a Regional event using the new colour coded guidelines. The event also incorporates the Future Champions Cup Middle Distance finals and the Avon Schools Orienteering Championships

Course Details (subject to final controlling)

Course	Start	Length km	Climb m
Men's Middle Distance	BLUE	4.60	180
Women's Middle Distance	BLUE	3.70	120
Black	RED	12.00	160
Brown	RED	10.47	170
Short Brown	RED	9.33	100
Blue	RED	7.00	60
Short Blue	RED	6.10	70
Green	RED	4.96	40
Short Green	RED	3.74	40
Light Green	RED	3.73	25
Orange	RED	3.10	20
Yellow	RED	2.25	15
White	RED	1.56	15

Terrain

Typical mixed Forest of Dean woodland with plenty of paths and tracks. The area behind the RED Start next to the Arboretum is a catchment area to feed Speech House Lake so there is an abundance of ditches and streams some of which are deep.

Competitors on the Short Blue course and above visit the steeper eastern area with the mines and contour features associated with the Forest and its industrial past.

The FCC Middle and Open Middle Distance competitors visit the south east section of the map which consists of a steep sided ridge running north to south. The area is forested throughout with mainly conifers and carpeted with mature brashings which may slightly reduce running speed. In the past there has been significant charcoal burning resulting in a number of platforms some of which have been used as control features. Visibility is generally good throughout with the exception of the forest area around the next to last controls on both courses.

This is a working forest and recent selective felling (which is still in progress) has left some brashings as well as ditches.

The Map

1:10,000 for all courses.

The map was originally surveyed by Bob Teed who has extended and updated it during the winter of 2008.

The following special symbols have been used:

Brown filled triangle – Charcoal burners platform

Black cross – Hide

Starts and Finishes

Regional course competitors will use the RED Start which is situated adjacent to the north east edge of the Assembly field (exit via gate). Competitors will use a punching start.

Competitors have been given pre-allocated half hour start blocks, starting from the time shown against their name, in line as far as possible with any preferences stated on their entry forms. Competitors may however proceed to the Start as soon as they are ready when they will be allowed to start in the next vacant slot. The Blue course in particular is very nearly full and competitors arriving late for or late in their time block may find themselves with a long wait. An early arrival may however enable them to fill a vacant slot and relieve pressure later in the afternoon.

Please note that all courses cross the route to the BLUE Start and Finish (see below).

The RED Finish is situated some 250m from the south corner of the Assembly field.

The FCC Middle Distance Final and the Open Middle Distance race will use the BLUE Start and associated BLUE Finish. These are 3.5km away from the south corner of the Assembly field along broad forest tracks (there will be toilet facilities after approximately 2km). Please do not stray from the marked route which passes through the Regional courses competition area or distract the competitors on those courses.

For those wishing to support the FCC competitors there is alternative access to the BLUE Start and Finish where there is limited space for spectators. Unfortunately it has not been possible to arrange a commentary. Access can be obtained from a secondary linear car park and drop-off area which is situated opposite the entrance to the Forestry Commission's Mallards Pike picnic area on the Blakeney – Parkend road at SO637088. You may if you wish proceed direct to this car park but, if you choose to visit Assembly first please tell the parking marshals what your intentions are and obtain a re-admission pass from the Elites Enquiries point to avoid being charged a second parking fee on your return. Directions to the secondary parking will be printed on the pass - allow up to 15 minutes for the transfer. The 750m walk from the secondary car park entrance to the BLUE Start takes you along the east side of the Mallards Pike lakes, away from the most concentrated public activity. If you need toilet facilities there are public ones on the west side of the lake. Please note that all the forest to the east of your route is strictly out of bounds. The BLUE Finish is a further 600m walk along a taped route between the lakes and north along forest tracks.

There will be a clothing dump at the BLUE pre start where the FCC competitors will pick up their numbered bibs and pins. Please allow enough time for this. If you want a drink before you run you must provide your own.

There will be a strict timed start for the FCC Middle Distance finals with a 4 minute call up. Competitors on the same course will start at 2 minute intervals according to the seeded start list posted in Assembly and pre start. Late arrivals should report to the start officials and will be started in the next available vacant slot. Because of the need to preserve the 2 minute interval this may be significantly later. Their actual start time will be noted but timing will commence from their pre-allocated start time.

Maps will be collected at the BLUE Finish from all FCC competitors and will be available for collection there from 14.00 or later at the Elites Enquiry point. There will be a system for providing provisional results at the BLUE Finish to give the FCC competitors an idea of their positions before they return to Assembly and Download. Water will also be available at this Finish

Competitors on the Open Middle Distance course will have a punching start.

Start Times (Please note that these have been changed from those shown in the event pre-publicity.)

BLUE Start FCC Finalists 12.30 – 13.30 (non qualifiers from 12.00). Open Middle Distance course competitors after 13.45.

RED Start Starts from 12.00.

Both Starts will close at 15.00.

Course closing times

Course closing times for the Middle Distance and Regional courses will be respectively 1 and 2 hours after their Starts close.

Actual last start and course closure times will be posted on the day at Enquiries and at the Assembly field exits.

Download and Results

Download will be in the Speech House Assembly field. Interim Results will be displayed near Download and updated periodically. It is hoped that final results for the FCC competitors will be available no later than 16.00. Full results for Day 1 will be on display at the Day 2 Assembly area in New Beechenhurst.

Club tents

There is limited room for club tents beside the RED Finish which is situated in open woodland near a small public car park. Regrettably there are no facilities for tents near the BLUE Finish.

Late Entry and Entry on the Day

Late entries will be available on-line, subject to map availability, for the Regional and Open Middle Distance course at £14 (subject to member discount of £2) for seniors and £5 for juniors. **Very limited entry on the day will be available for the White, Yellow, Orange and Light Green courses only.**

Drinks Point

A drinks point may be available on the longer courses if the weather is particularly hot. A suitable location has been identified and will be marked on maps with the usual cup symbol. Signs at Assembly and at the Start on the day will indicate whether or not the drinks point is operational.

String Course

A free string course (open from 12.00 to 16.00) will be located in the woods 100m to the west of, and across the minor road, from the Assembly field. Leave the field by the route to the RED Finish and take care crossing as traffic can be fast at this point

Officials

Organiser:	Roger Coe (NGOC) 01594 510444
Planner (Regional courses):	Bob Teed (NGOC)
Planner (Middle Distance courses):	Eddie McLarnon (NGOC)
Controller:	Ian Cawley (BOK)
Elite Advisor :	Charles Daniel (BOK)

DAY 2 - Sunday 3 May

New Beechenhurst & Mallards Pike

Bristol Orienteering Klub welcome you to the Mike Nelson BOKTrot National event incorporating the Future Champions Cup Long Distance Final and the British Elite Long Distance Orienteering Championships

Course Details (subject to final controlling)

Course		Length (km)	Climb (m)	Controls	Map Scale	Classes	Start
1	Total	16.1	645	32	1:15	M21E	BLUE
	Part 1	6.1	335	11			
	Part 2	10.0	310	21			
2	Total	11.4	405	26	1:15	M20E	BLUE
	Part 1	5.4	250	10			
	Part 2	6.0	155	16			
3	Total	10.9	405	23	1:15	W21E	BLUE
	Part 1	5.2	250	9			
	Part 2	5.7	155	14			
4	Total	8.7	270	19	1:15	W20E	BLUE
	Part 1	3.4	145	7			
	Part 2	5.3	125	12			
5		12.7	335	27	1:15	M21L	RED
6		10.3	310	24	1:15	M20L, M35L, M40L	RED
7		8.5	200	16	1:15	M18L, M21S, W21L	RED
8		8.4	205	16	1:10	M45L, M50L	RED
9		6.9	245	14	1:15	M20S, M35S, M40S, W20L, W35L, W40L	WHITE
10		6.8	235	14	1:10	M16A, M55L, M60L	WHITE
11		5.2	220	13	1:15	M18S, M21V, W18L, W21S	WHITE
12		5.3	230	13	1:10	M45S, M50S, M65L, W45L, W50L	WHITE
13		4.8	170	12	1:15	W20S, W35S, W40S	WHITE
14		4.7	170	12	1:10	M55S, M60S, M70L, W16A, W55L, W60L	WHITE
15		3.9	130	11	1:10	M65S, M75L, W18S, W21V, W45S, W50S, W65L, W70L, M80	WHITE
16		3.7	130	10	1:10	M70S, M75S, W55S, W60S, W65S, W70S, W75, W80	WHITE
17		4.7	140	14	1:10	M14A, M16B	WHITE
18		3.7	130	12	1:10	W14A, W16B	WHITE
19		3.2	95	12	1:10	M12A, M14B, W12A, W14B	WHITE
20		2.5	65	11	1:10	M10A, M12B, W10A, W12B	WHITE
21		1.9	55	10	1:10	M10B, W10B	WHITE

Terrain

The area was used for JK2007 and is a mixed, mainly deciduous woodland. There is evidence of the area's industrial history in the guise of spoil heaps, depressions and charcoal burners platforms. The terrain is fast but contains areas of technical complexity including some steep slopes. The start and early stages of the FCC and BEOC races are in Mallards Pike before cutting across to New Beechenhurst via an underpass. The competition area for all other courses is solely within New Beechenhurst.

All roads are out of bounds.

The Map

The New Beechenhurst map was originally surveyed by Dudley Budden, updated for JK2007 by Peel Land Surveys and updated again by Dudley during February and March 2009.

The following special symbols are used:

Brown filled triangle – Charcoal burners platform
Black cross – Hide
Black circle – Sculpture
Black circle with dot – Cairn or boundary stone
Green circle – Distinct Tree (Evergreen)

The Sculptures are part of a trail throughout the southern half of New Beechenhurst and vary in construction from an enormous chair to a giant acorn (worth a visit after the courses close).

Rootstocks have only been mapped if they have degenerated into a knoll. Not all ditches have been mapped.

The major difference between the New Beechenhurst and Mallards Pike maps is that power lines are shown on the former.

1:10000 Laser printed for courses 8,10,12 & 14 to 21

1:15000 Offset Litho printed for other courses

Map Exchange

The FCC and BEOC courses have a map exchange at the underpass between Mallards Pike and New Beechenhurst where there will also be a control and a drinks station. It is the responsibility of the competitor to pick up the correct map for the second part of the course.

Mappers Notes

On many courses there is a requirement to cross fences, streams, ditches and, in some cases, a stile near the Finish. Competitors are reminded to take care and to avoid causing damage.

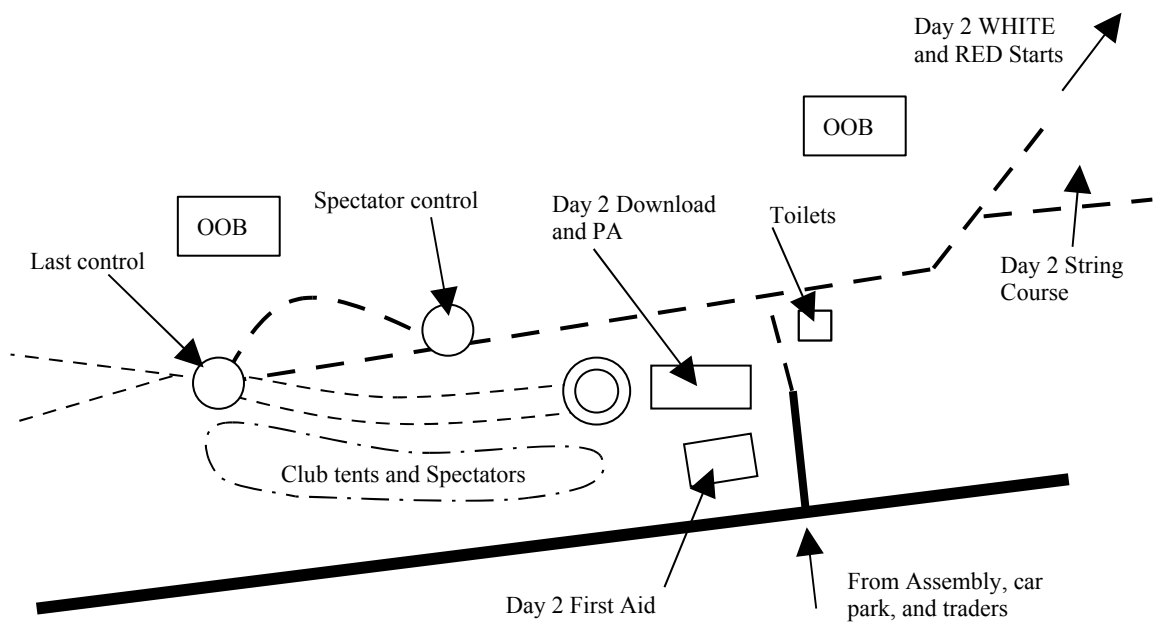
Assembly and Finish Area

It had been intended to move the Assembly across the road to New Beechenhurst for Day 2 but unfortunately a new restrictive food license prevented us using our booked caterers. As a consequence we have decided to keep all the traders in the Speech House field. If you wish to return to the Speech House field to buy food or goods please only cross the road at the designated crossing point where there will be marshals to assist you.

There is ample space for club tents and spectators along the run in and we hope that as many of you as possible will support your fellow competitors as well as applaud the efforts of the elites on the FCC finals and BEOC.

There will be a spectator control for the elite courses with PA and commentary by Chris Poole and possibly Andy Munro.

Download will be adjacent to the Finish where there will also be water, results display board and toilets.



Colour Coded courses

There is no entry on the day for the National event but there will be entry on the day for a limited range of colour coded courses (White, Yellow, Orange and Light Green) subject to map availability. Entries will be taken at the Enquiry/Registration tent in the Speech House field. The fees are £7 (net of any discount) for seniors and £3 for juniors. All the Colour Coded competitors will start from the WHITE Start in New Beechenhurst (please only cross at the marshalled crossing point) and use a punching start.

String Course

There will be a free string course to the east of the Finish in New Beechenhurst. Please only cross the road at the marshalled crossing point.

Starts

The FCC and BEOC starts are from 10.00 to 12.30 with the National etc courses starting from 10.00 to 13.00.

Competitors on all three Starts should leave the Speech House field from the gate at the north east corner of the field and follow routes taped with their respective colours.

The BLUE Start (for the FCC and BEOC courses 1 to 4) is approximately 2.2km from the exit to the Speech House field along flat forest tracks. There will be toilets, water, clothing transfer (please bring your own bag) and bib/race number issue (a new sequence is required for the FCC competitors) at the pre start.

The RED Start (for courses 5 to 8) is approximately 2km from the New Beechenhurst Assembly across a busy road (please only cross at the marshalled crossing point) along flat forest tracks. There will be a couple of toilets and a clothing transfer if the weather is poor near the pre start.

The WHITE Start (for courses 9 to 21 and colour coded) is approximately 700m from the New Beechenhurst Assembly across a busy road (please only cross at the marshalled crossing point).

Start Lists

Start Lists will be on display in the Speech House and New Beechenhurst Assembly areas and at the Elite's Enquiry tent.

Start Procedure

Call up for starts will be at -4 minutes when names will be checked against the start list. Loose control descriptions will be available in the -3 box , blank maps will be on display in the -2 box and SI Cards will be checked again at -1. A timed start will apply to all competitors on the National and Elite courses. It is the competitor's responsibility to pick up the correct map from the boxes which will be labelled with the course number.

Late starters will be permitted only at the discretion of the officials who will ensure that the proper separation of competitors apply. In particular a strict 3 minute interval will be maintained for the FCC and BEOC competitors. Late competitors will be timed at the time given on the start list and their actual start time noted. Start times will not be changed.

Drinks

There will be at least one drinks point on the longer courses. There will be no drinks point on the shorter course.

Finish

There will be two finish lanes with the **RIGHT HAND LANE** being **RESERVED FOR FAST RUNNERS** (courses 1 to 8).

There is a punching finish so competitors must make sure they punch and then proceed to Download. You must download so that your time can be recorded and also as a safety check. If there are any problems or queries they will be dealt with at adjoining trouble shooting tent.

Courses Close

All courses will close at 15. 30 by which time all competitors must have reported to Download even if they have not completed their course.

Results

Provisional results will be regularly updated and displayed on the results board. Final results will be displayed in the Speech House field as soon as possible after the courses close. Results will also be placed on the BOK website that evening.

Prize Giving

Prize giving for the FCC and BEOC winners will be close to the elites Enquiry tent in the Speech House field at 14.30 or as soon as the final results are known.

Officials;

Organiser: Howard Thomas (BOK) 01225 334611

Planners: Katy and Mark Dyer (BOK)

Controller: Roger Hargreaves (KERNO)

Elite Advisor: Charles Daniel (BOK)

Map Advisor: Erik Peckett (Devon)

DAY 3 Monday 4 May

Cannop Ponds

The Welsh Junior squad welcome you to a choice of score events to finish off your weekend orienteering.

Terrain

The area is typical Forest of Dean - mixed deciduous woodland and coniferous plantation with some blocks of recent felling. There is evidence of the area's industrial history in the guise of spoil heaps, depressions and charcoal burners platforms. Generally the area is a bit slower than that used on Sunday, the main impediment being fairly extensive light brushings. There is a significant path network. All roads are out of bounds.

The Map

1:10000 laser printed on waterproof paper. Updated March 2009.

Control Descriptions

Loose descriptions including the points value of each control available must be collected from the Day 3 Enquiry/Registration tent in the Speech House Assembly field. **The descriptions will NOT be printed on the map.**

For the 45 minute score course there is a choice of written or pictorial descriptions.

Competition notes

There are two courses – a 60 minute and a 45 minute mass start score. Each control will be worth a number of points as listed on the control descriptions. The objective is to collect as many points as possible within the allotted time. For the 60 minute score there is a maximum total of 600 points and on the 45 minute score a total of 450 points.

Points will be deducted for late finishes at the rate of 10 points for every minute or part of a minute late.

Starts and Finish

The Start and Finish will be in the same place for both courses. This will entail a 1.2 km walk from the south gate of the Speech House Assembly field. There will be a taped route to the designated crossing point across a minor road which often has fast traffic where marshals will guide you. The route through Cannop Ponds to the Start will also be taped. Please keep to the path as either side is out Of Bounds.

There will be a mass start at 11:00 for both courses. Please be at Start at least 10 minutes before to allow time for map issue and any necessary final briefing.

Entry on the Day

There will be entry on the day for both events subject to map availability at £10 for seniors (subject to £2 discount for National and local SWOA/WOA members) and £3 for juniors and students

Prize Giving

There will be a prize giving at 12.30 outside the Day 3 Download tent in the Speech House Assembly. Please return there as soon as possible to download and congratulate the winners.

Prizes will be awarded as follows:

60 minute Score – 1st and 2nd M & W in the junior (18 and under), senior and veteran (45 and over) categories.

45 minute Score – 1st place M & W in each of the above categories.

Officials

Organiser: Kate Balmond (SWOC) 01495 791454

Planner: Ben Mitchell (SBOC/WJS)

Controller: Mark Saunders (BOK)