

**Saturday 29<sup>th</sup> February 2020**  
**Level D Orienteering**  
**(Middle Distance Courses)**  
**Mark Ash Woods, New Forest**  
**Final Details**

This local event is offering a range of six middle distance courses, plus a yellow course. The event is designed to brush up your quick-thinking skills and is good preparation for the British Middle Distance Championships in the Lake District (9<sup>th</sup> May 2020), which is albeit on steeper terrain.

**Location:** Grid Ref SU242087 . Nearest post code SO43 7GQ  
Lat. DMS 50° 52' 36.5" N, 1°39' 23.0" W  
DD 50.876791, -1.656374  
Plus Code (Google Maps) V8GV+PF Boldrewood

The event assembly area comprising registration, start, finish, downloading, first aid and clothing / bag dump, is approx. 650m walk from car parking (taped route).

**Parking:** The car park at Boldrewood is a Forestry England car park which can be popular with visitors to the nearby Deer Sanctuary. Please follow parking marshals' advice on arrival, and if the parking is full please be prepared to follow their advice on alternative parking areas nearby.

Parking is free of charge although there is a Forestry England donation box if you would like to make a contribution.

**Timing:** Registration: 10:15 – 12:15  
Start times: 10:30 – 12:30  
Courses close: 14:00

**Facilities:** Toilets in Boldrewood Car Park only

**Entry:** Entry on the day only. EMIT timing system in use.

<b>Fees:</b>	Adult	Under 25yrs / Helpers /	Timing card hire	Charge for lost timing card
	£7.00	£3.50	£Free £Free	£45 £45

Additional run £1.00 whilst map stocks last

<b>Courses:</b>	Course Number	Distance/Controls	Targeted age class
	1	6.5km 26 controls	Senior Long course aimed at M/W 21yrs +
	2	4.3km 22controls	Senior short course – aimed at M/W 45yrs +
	3	3.5km 16 controls	Veteran Long Course – aimed at M/W 60yrs +
	4	2.9km 14 controls -	Veteran short Course – aimed at M/W 70yrs+
	5	2.3km 15 controls (incl butterfly control)	Junior Long Course – aimed at M/W 16yrs+
	6	1.8km 11 controls	Junior Short Course – aimed at M/W 16yrs and under. No road crossing but technical difficulty 4 (TD 4/ light green)
			<b>Not suitable for Orange standard competitors.</b>
	7	1.4km 10 controls	Yellow standard

**Map:** Scale 1:10,000, last updated Sept 2019

**Terrain:** Typical New Forest terrain of open heathland and runnable woodland. The area has not been used for competitive orienteering since 2013.

**For more information and late-breaking news visit [www.socweb.org](http://www.socweb.org)**

**Start:** Punching start (turn up and run). Start and Finish are within the event assembly area. Competitors can have additional runs (subject to map availability) but must download after finishing each course.

**Clothing:** Full leg cover must be worn. Whistles should be carried. In adverse weather we may ask you to wear a gaiter or similar waterproof top.

**Bio-security:** Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:

- Check
- Clean
- Dry

Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.

Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible.

**Hazards:** Courses 1-5 cross a minor road, twice, and whilst there is good visibility please cross the road with care (preferably at right angles) as there will be no marshalling. The road is popular with cyclists, who can pick up speed on the downhill, so be sure to check the road is clear before you cross. Running along the road on any of the courses is not permitted.

Competitors are advised to keep away from areas which are indicated as out of bounds on the map and on the ground indicated by red and white tape.

Smiley faces to aid direction are included on Junior short Course (course 6) and Yellow (course 7)

Please be aware of the risk of ticks and Lyme disease. The area is frequented by ponies, deer and livestock and the usual precautions to avoid infection apply.

**Safety:** Safety bearing - If East of road go West to road then North to fence. If West of road go East to Road then North to Fence. Courses close at 14:00 hrs. Competitors attending the event alone **MUST** leave their car key at Registration. All competitors must report to Download even if retiring from the event.

Orienteering is a physically challenging sport. Competitors take part at their own risk.

**Photography and O-Safe:** There are no official photographers for this event. Photography is not allowed in the toilets or any "changing area" including the car park.

Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.

**Safeguarding is everyone's responsibility, play your part, report any concerns and put good practice into effect.**

**Dogs:** Dogs should be kept under control and on a lead at all times, this is due to the area used being part of The New Forest Deer Sanctuary.

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- Risk assessment:** A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.
- Insurance:** The British Orienteering insurance policy provides public liability cover. Please note that if you have competed in three orienteering events and have not joined an orienteering club that is a member of British Orienteering, then you are not covered by this insurance.
- Medical condition:** If you have a **High Risk Medical Condition** you are invited to download and complete this form: [https://www.britishorienteering.org.uk/images/uploaded/downloads/officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc) and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.
- Event cancellations:** If the event has to be cancelled for reasons beyond our control, SOC reserve the right to retain all or some of your entry fee to cover committed costs.
- SOC Event Officials:**
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|-------------|--------------------------|
| Planner:    | Colin Hicks              |
| Controller: | Kevin Bracher            |
| Organiser:  | Lisa James (Colin Hicks) |