

Sunday, 19th January, 2025

Level C Orienteering Race

Bentley & Fritham

Final Details

- Location:** The car park and event centre are at Ocknell campsite, Janesmoor plain road, near Stoney Cross in the New Forest. The entrance is on the North side of the A31 Ringwood to Southampton road about halfway between the two towns. You cannot turn right on to Janesmoor Road from the westbound carriageway of the A31 (direction of Ringwood from Southampton), so approach via Brook and Fritham from the north and east, or via the A31 Stoney cross junction from the south and west, following "Ocknell Campsite" signs. Grid ref SU25312. The nearest postcode is SO43 7HH. What3Words ///pitch.princely.straws
- Parking:** Parking is on the "hard" standing areas within the campsite. Please follow the signs into the car park and please DO NOT park on the verge.
- Timing:**
- | | |
|----------------|---------------|
| Registration: | 10:00 – 12:15 |
| Start times: | 10:30 – 12:30 |
| Courses close: | 14:30 |
- Facilities:** Enquiries, Hire card issue, Key drop, Download, Toilet at Campsite and First Aid.

Entry: Limited entry on the day (if maps are available). Online entry via racesignup.co.uk, the SI/SIAC timing system will be used.

Individual entry fees will only be refunded, minus admin fee, if cancelled at least 7 days before the event when map numbers are decided and printed.

Senior: £14.00 / £16.00 (early/late entry)

Senior Novice: £7.00 / £7.50

non-BO member fee: £2.00

Senior Chip hire: £1 SI / £2 SIAC

Junior: £7.00 / £7.50

Junior Novice: £4.00

Junior Chip hire: £0.00

Chip hire at £1 for SI and £2 for SIAC.

Note: There will be a charge for lost timing SI chips of £32 (£68 for SIAC).

Courses:	Course	Distance/Climb/Controls			Course	Distance/Climb/Controls		
	Brown	9.4km	180m	20	Lt Green	4.2km	75m	13
	Blue	7.3km	100m	18	Orange	2.8km	55m	10
	Green	5.0km	95m	15	Yellow	2.4km	50m	9
	Sh Green	4.0km	85m	12	White	1.7km	35m	10

Map: Scale 1:10,000, updated 2023, minor corrections Summer 2024. Loose control descriptions will be at the start and printed on the map.

Terrain: Typical New Forest terrain of open heathland and runnable woodland. There is a gate on the Junior courses, which runners must use. All runners must close gates behind them

Start: Punching start (turn up and run within the 15 minute timeslot). Start and Finish are both about 1.5Km from the event centre, a bag drop is located near the start, and about 300 metres from the finish..

Clothing: Full leg cover must be worn. Whistles MUST be carried. In adverse weather we may ask you to wear a cagoule or similar waterproof top. This event is being run in January! – come prepared for the worst weather possible! (driving rain, wind and even a snowflake or two)

- 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:** Please be aware of the risk of ticks and Lymes disease. The area is frequented by ponies, deer and livestock and the usual precautions to avoid infection apply.
- Safety:** The safety bearing is South. Courses close at 14:30 hrs.
All competitors **MUST** carry a whistle (this may be checked at the start)
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.
The route to the start/Finish is marked and crosses a small road, all competitors must use the marked road crossing, anyone bringing children to the event is expected to take responsibility for them at the road crossing.
- 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 are not allowed on the courses. Dogs should be kept under control and on a lead in the Car park and when necessary.
- 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 conditions: 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 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 cancellation: 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.

Officials:

Planner:	Mr M Light (SOC)
Controller:	Ms K French (WIM)
Organiser:	Mr I Robinson – (SOC)