

British Orienteering Performance Group

in conjunction with LOC

Present

The Graythwaite Junior Forest Selection Races

Saturday & Sunday August 29th & 30th 2020

FINAL DETAILS

Covid-secure Guidelines

The event has been planned around the latest operational guidance for the return of the sport in England and participants need to be aware of the British Orienteering 'Participant Code of Conduct' on the BOF website, the link to which is:

<https://bof2.sharepoint.com/Competitions/Competitions%20%20Events/Forms/AllItems.aspx?id=%2FCompetitions%2FCompetitions%20%20Events%2FEvent%20Safety%2FCOVID%2019%2FCode%20of%20Conduct%206%20July%202020%2Epdf&parent=%2FCompetitions%2FCompetitions%20%20Events%2FEvent%20Safety%2FCOVID%2019&p=true&originalPath=aHR0cHM6Ly9ib2YyLnNoYXJlcG9pbmQuY29tLzpiOi9nL0NvbXBldG10aW9ucy9FZlgwLUxtS2xsRkRpUI9EQXpiTExoRUI3Q2REU05EUXZYZmt5MzNUazRVNVp3P3J0aW1IPTA5UTBra mhBMkVn>

Participants must not attend if they, or a member of their household, has COVID-19 symptoms, or if they've been asked to isolate by an NHS test and tracing programme. You must not attend if you or any of your household are within the 14 day quarantine period after returning from affected countries, such as France.

Venue

Our thanks to Mr Edward Sandys of the Graythwaite Estate for agreeing to host this pair of races. Thanks to LOC for providing support for these selection races and, especially, to Richard Tiley for his enormous help in sorting permissions, planning and organising.

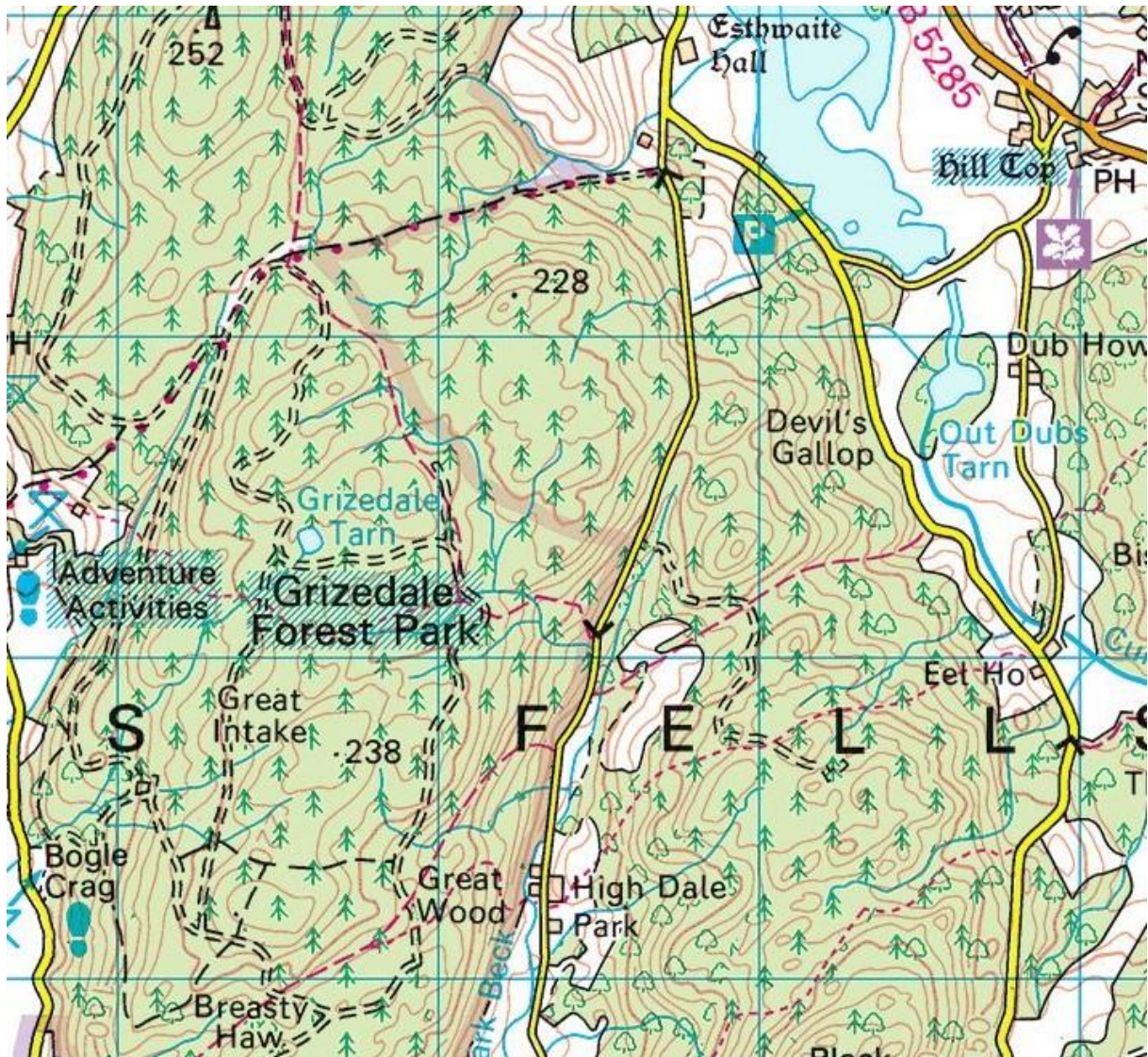
I would also like to thank Martin Bagness for providing the competition map.

The woods are adjacent to Grizedale Forest, which like anywhere else in the Lake District will be very busy on this Bank Holiday weekend, and people should plan their travel accordingly.

Travel

The event will not be signposted.

Nearest Post Code is LA12 8LJ (High Dale Park) which is the valley to the East of Grizedale Visitors Centre. An orienteering flag will be placed at the entrance to the forest road.



Parking

On the side of a forest road. It is just over 1km in length.

The competition area for the Saturday Long race extends to both sides of this road.

With the exception of the warm-up area for Juniors, all other woodland should be considered OOB.

Non-competing drivers on Saturday may consider dropping their juniors and exploring another part of Grizedale Forest, rather than spending 3 or 4 hours restricted to the forest road.

The competition area for the Sunday Middle race only uses the woodland to the South of this road.

Non-competing drivers are allowed to explore the woods to the North known as Devil's Gallop.

Can all family members please note that, due to the Covid guidelines, we are not permitted to allow any spectating at this race and they should stay away from the start/finish locations and the competition area (ie. all areas designated as OOB).

Facilities

Toilets will be located approximately at the mid-point of the road.

Registration

There will not be any registration for the Long and Middle races.

We will use the SI information from the Sprint race to check your information in the computer for download purposes. If you have to change the SI card you are using between races it would be good if you could advise the SI team before you run. See download notes for location each day.

There will be tick sheets at both the Start & the Finish to check who enters & leaves the forest.

Can all family members please note that, due to the Covid guidelines, we are not permitted to allow any spectating at this race and they should stay away from the start/finish locations and the competition area (ie. all areas designated as OOB).

First Aid and Safety

Competitors take part at their own risk and are responsible for their own safety. Full lower leg cover is required, and, if the weather is inclement, cagoules may be advisory.

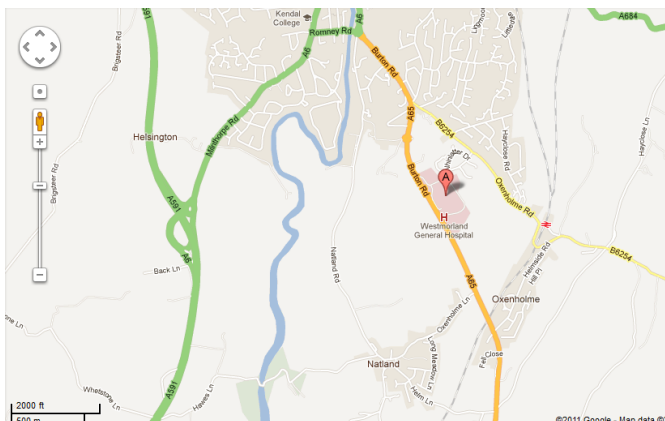
Graythwaite Estate is a private estate and as such you should only come across other people on footpaths. The courses have been planned to avoid most of these.

There are a variety of terrain types. The “white” forest is subject to much summer growth of bracken & ferns which will obscure where you are putting your feet. Please be careful especially if you have weak ankles. The “Light Green” shades of forest have a much nicer forest floor where you can see clearly where you are putting your feet. The downside of these areas are the many spiky branches at shoulder & head height. Please be careful and avoid getting a branch in your face.

First Aid available at SI Download.

Local Accident and Emergency – **Westmorland General Hospital** (01539 732288) Burton Road, Kendal, LA9 7RG. <https://www.uhmb.nhs.uk/visiting-our-hospitals/parking-facilities/westmorland-general-hospital>

Accident & Emergency Details



Address

Westmorland General Hospital
Burton Road
Kendal
Cumbria
LA9 7RG

Telephone

01539 732288



Address
Furness General Hospital
Dalton Lane,
Barrow-In-Furness,
Cumbria,
LA14 4LF

Telephone
01229 870870

Competition format - Saturday Long Race

There are four courses: 1 - M16; 2 - W16; 3 – M18/20; 4 – W18/20.

EWT: 1 - M16 40-45mins; 2 - W16 35-40mins; 3 – M18/20 60-65mins; 4 – W18/20 50-55 mins.

M16	13 controls, 5.0k, 255m
W16	9 controls, 3.9k, 230m
M18/20	18 controls, 7.4km, 355m
W18/20	13 controls, 6.0km, 325m

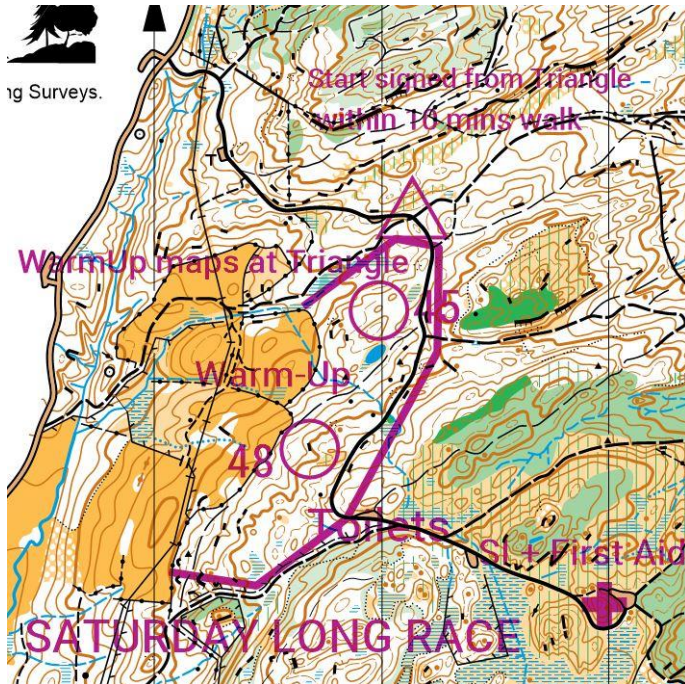
Distances quoted are straight line NOT the optimum. Climb is calculated along an optimum route.

Warm Up

A warm-up map will be provided of an area to the west of the forest track. See map segment below.

The warm-up map location is also the start of the signed route to the pre-start (-4 minute call-up), which is within an easy 10 minute walk (5 minute jog).

There are two controls on this map, showing the typical set-up that runners can expect in the race event itself. **All other areas of the forest are OOB before you start your race.**



Starts

A sample map of the competition area will be available for viewing. Clear and check, along with a SIAC battery check, will be positioned here to switch on the SIAC facility on your dibber.

Start times will run from approximately 1230-1500hrs. Start lists will be released along with the final details and a seeding process applied, based on a combination of rankings, previous results and all known form, where appropriate. There will be a minimum of one minute between runners and two minutes between runners of the same gender. The list will work from lowest seeds to highest seeds in each age group.

Final start time lists will be emailed to all juniors in the few days before the weekend.

There will be start lanes, with call-up at -4 minutes to read final safety information and have dibbers checked. At -3 minutes loose control descriptions will be available. At -2 minutes a sample map of the competition area will be available to view.

There will be no kit drop available at the start and therefore all runners should arrive at the pre-start in race kit ONLY.

Controls

This is an SI electronic punching event and touch-free SIAC will be enabled for this race. SI boxes will be placed on top of a yellow stake at the control feature, along with the standard kite. A number of controls showing this set-up will be available for practice in the warm-up area, with clear and check available at pre-start to switch on the SIAC facility on your dibber.

Control Descriptions

These are on the map, in symbol format, with loose copies also available at -3 minutes in the start lanes.

Competition Map

Updated 2020 map; 1:10000 to ISSOM 2019 standards; contours at 5m, by Martin Bagness, with updates by Richard Tiley. Maps will be printed by Pony Boy Printing on waterproof paper, plastic bags will not be provided. A blank competition area map will be displayed in the start lane at -2 mins and at registration. Previous maps may be found on the LOC website the most recent of which is from the 2020 LOC Club champs <https://www.loc.routegadget.co.uk/rg2/#142> .

There is no legend on the competition map.

Finish

The Finish is shown on the competition map and has a finish banner located next to it. Please note that, once finished, athletes must not congregate here and should return asap to SI download. We request that no family members congregate at the finish and respect all OOB for the duration of the competition. It has been decided not to collect maps at the finish, as usual, as we would not be able to return these within Covid guidelines. We trust athletes to respect the fair play ideal and not show their maps to any other competitors who are still to run in the race. Fair play is a BO rule and failure to observe it may result in disqualification.

Download and Results

Download will be sited at the eastern end of the forest drive.

We request that no family members congregate around SI Download station and respect all OOB for the duration of the competition

At download you will be notified your time and confirmation (or not) of a successfully completed course. There will be no printout of your result or display of interim results owing to Covid guidelines. Final results will be published on the LOC website.

Officials

Organiser : Paul Murgatroyd, email: pmurgatroyd@britishorienteering.org.uk

Controller: Helen Winskill (WCOC)

Planner: Jo Cleary (LOC) & Richard Tiley (LOC)

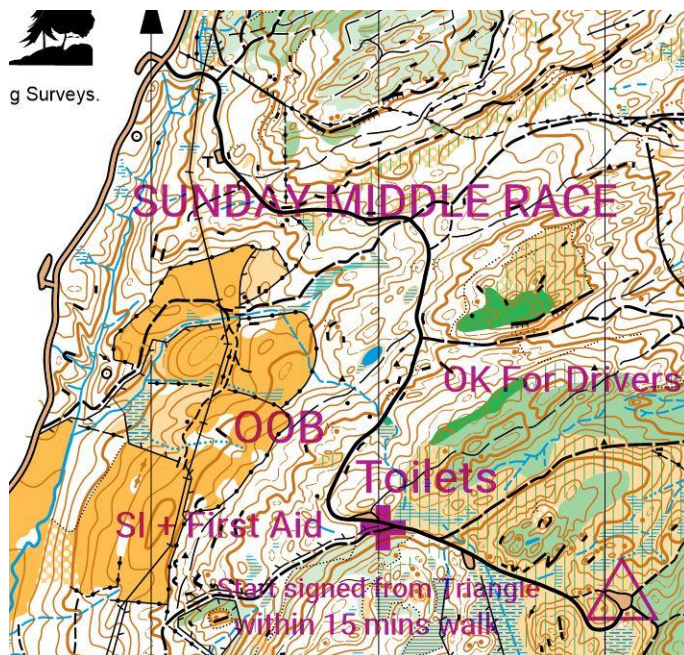
Competition format - Sunday Middle Race

There are four courses: 1 - M16; 2 - W16; 3 – M18/20; 4 – W18/20.

EWT: 1 - M16 20-25mins; 2 – W16 20-25mins; 3 – M18/20 25mins; 4 – W18/20 25 mins.

M16	12 controls, 2.9k, 160m
W16	11 controls, 2.2k, 120m
M18/20	14 controls, 3.3km, 175m
W18/20	12 controls, 2.8km, 150m

Distances quoted are straight line NOT the optimum. Climb is calculated along an optimum route.



Starts

The route to the Warm Up area and the Start will be signed from the eastern end of the forest track. Only junior competitors are allowed beyond this point.

It is an easy 10 minute walk (5 minute jog) to the warm-up map location and a further 5 minute walk to the pre-start (-4 minute call-up).

In total it is an easy 15 minute walk to the pre-start (-4 minute call-up).

A sample map of the competition area will be available for viewing. Clear and check, along with a SIAC battery check, will be positioned here to switch on the SIAC facility on your dibber.

Start times will run from approximately 1000-1230hrs. Start lists will be released along with the final details and a seeding process applied, based on a combination of rankings, previous results and all known form, where appropriate. There will be a minimum of one minute between runners and two minutes between runners of the same gender. The list will work from lowest seeds to highest seeds in each age group.

Final start time lists will be emailed to all juniors in the few days before the weekend.

There will be start lanes, with call-up at -4 minutes to read final safety information and have dibbers checked. At -3 minutes loose control descriptions will be available. At -2 minutes a sample map of the competition area will be available to view.

There will be no kit drop available at the start and therefore all runners should arrive at the pre-start in race kit ONLY.

Warm Up

A warm-up map will be provided.

The warm-up map location is on the route to the pre-start (-4 minute call-up), which is within an easy 10 minute walk (5 minute jog). The start is a further 5 minute walk beyond warm-up map issue.

All other areas of the forest are OOB before you start your race.

Controls

This is an SI electronic punching event and touch-free SIAC will be enabled for this race. SI boxes will be placed on top of a yellow stake at the control feature, along with the standard kite.

Clear and check available at pre-start to switch on the SIAC facility on your dibber.

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Download will be sited in the middle of the forest drive.

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