



Thames Valley  
Orienteering  
Club

# Bradenham Woods

## Regional event

### Sunday 18<sup>th</sup> April 2021

#### FINAL DETAILS

**Updated 16 April - changes in red**

#### Summary - please read this page if nothing else!

- Please re-read and follow the [COVID-19 Participant Code of Conduct](#).
- Free parking in large field, accessed via track off A4010 at SU 822973, HP14 4HF, [google maps](#), [///petition.inflamed.prefer](#). 400m north of the Red Lion pub.
- **Car park entrance is narrow, two way AND shared with pedestrians. TAKE CARE!**
- SI punching. Air enabled. Those hiring should collect their SIAC from tent near exit from Assembly field, en route to Starts.
- Control descriptions available [here](#) for home printing. **No** loose CDs in Start lanes.
- Start times listed on [Fabian4](#).
- Full body cover (torso + legs) compulsory
- Two Starts, both **500m** from car park exit. No clothing dump.
  - Start 1 - Yellow, Blue and Brown
  - Start 2 - Orange, Light Green, Short Green and Green.
- Blue and Brown courses have **two road crossings**. The road is quiet but traffic can be fast. There is a 2 minute time-out for each crossing.
- Map is A3, 1:7500 scale with 5m contours. Double-sided for Blue and Brown.
- Finish (contactless-enabled) is **600m** from Assembly field.
- **Courses close at 14:45**. You **must** report to download by this time.
- British & Continental Catering (Tom's) in Assembly. Please support them.
- Toilets in Assembly.
- **No key drop**. Lone travellers - please leave name and emergency contact details on your car dashboard, visible through the windscreen.
- **No dogs** on courses
- **No post-race water** or squash. BRING YOUR OWN. And do not share water bottles.
- Finally, big thanks to National Trust for allowing this event. Please act as an ambassador for the sport, to help demonstrate Orienteering's commitment and capability to run COVID-compliant events.

## COVID-19

In entering this event you have signed up to the [COVID-19 Participant Code of Conduct](#). Please re-read and abide by it. If you have entered anyone for the event, please ensure they have done the same.

Do not attend the event if

- you have any COVID-19 symptoms
- you are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms
- you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the required self-quarantine period, even if you are symptom-free
- you are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking unless you are displaying any symptoms.

Competitors who fit within the higher at risk groups are advised to take particular care, and to make decisions on attendance with due consideration to the risks associated with COVID-19.

Note also that 'spectators' are not permitted to attend (with the exception of carers for people with disabilities, or adults needed to supervise under-18s in a safeguarding role). So you will not, for example, be able to bring a non-competing husband / wife / partner with you.

Please remember to act as an ambassador for the sport of orienteering at all times. We are very privileged to have gained permission from the local National Trust manager for this event to take place; please do not jeopardise his faith in us. Consider how your actions may appear in the eyes of the National Trust and members of the public. In particular, please:

- arrive close to your allocated start time, ready to run
- observe social-distancing when moving around the car park, queuing for toilets, and at the SIAC Issue / Starts / Finish / Download. Electric fence stakes lying horizontally denote 2m gaps.
- in the forest, avoid other participants; give way to members of the public, or take an off-path route to pass them; do not push past. You are advised, when following another competitor, to remain at least 10m behind to avoid aerosol inhalation. Maintain 2m apart from other competitors at control sites, avoid touching SI boxes etc, and move away quickly once you have punched.
- whilst COVID rules now permit up to six people to meet, please be conscious of keeping your distance at all times.
- do NOT share water bottles with others from outside your household, as this could transfer COVID virus.

Hand sanitiser will be provided at key points. But you are advised also to bring your own supplies.

## Safety issues

- **Road Crossing – Blue and Brown courses.** These courses will cross a road twice. This road is not particularly busy but traffic can be fast. **There will be a two minute time-out to cross the road.** The road crossing will be marshalled; all runners must follow marshals' instructions.
- **Public Access.** Bradenham Woods are used by the public for walking, running, dog walking, cycling and horse riding. Please be courteous towards other users, especially those with dogs and horse riders – our future use of these areas depends on this. And please try to keep your distance from others.
- **Clothing and Safety Equipment.** Competitors' torso and legs must be covered. For safety reasons we strongly recommend you carry a whistle. The distress signal is six short blasts, wait one minute, and then repeat.
- **Emergency Number.** All maps will be overprinted with a phone number which can be used on the day to contact the Organiser in the event of an emergency.
- **Nearest A&E.** Stoke Mandeville Hospital, Mandeville Rd, Aylesbury HP21 8AL

## Location

Parking for the event is in a spacious field, accessed up a track from the A4010 at SU 822973, nearest post code HP14 4HF, [google maps](#), [///petition.inflamed.prefer](http://petition.inflamed.prefer).

The entrance to the track leading to the car park/assembly field is approximately 2 miles north of the roundabout at West Wycombe, and 400m north of the Red Lion pub at Bradenham. Do NOT take the turn to Bradenham village.

If approaching from the High Wycombe direction, you will be turning right off the A4010. Be aware that traffic on the A4010 can be fast.

The access track is narrow, but two vehicles should be able to pass with care. Be prepared to meet oncoming traffic. And the entrance to the field is **a narrow gate. The gateway has two way traffic and competitors exiting and entering the field. The gateway will be marshalled, but please take care.**

There is no charge for parking.

## Facilities

The following facilities will be available in the Assembly field, along the hedge on the East side of the field)

- First Aid - located close to download
- Toilets - sanitisers will be on the outside, so please make use of them before and after touching anything.
- British & Continental Catering (Tom & Julie) Card transactions only. There will be (widely-spaced) tables and chairs; stick to the rule of 6 and do not sit close to people.

Please do support Tom & Julie. The reduction in orienteering will have hit their business hard, so they will very much appreciate your support.

Note that post-race water and squash will NOT be provided. Please bring your own supplies. And do NOT share water bottles with others from outside your household, as this could transfer COVID virus.

Note also that there is NO key drop. Lone travellers - please leave your name and emergency contact details on your car dashboard, visible through the windscreen.

## **Entry on the Day / SIAC hire**

There is NO entry on the day, nor any opportunity to change start times or courses (except between Short Green, Light Green and Orange).

SIAC hire will be in a tent near the exit from the Assembly field on the route to the Starts. Please collect your SIAC en route to the Starts.

Our hire SIACs all contain a safety loop - put your wrist through the loop, to minimise the chance of losing the SIAC should it get 'pinged' off your finger. **Lost SIACs charged at £65.**

## **Electronic Punching**

Sportident electronic punching system will be used, with contactless (SIAC touch-free) enabled.

It is a punching start. It is your responsibility to ensure that you have satisfactorily punched the Clear, Check and Start units (NONE of which are contactless-enabled), at each control on the course and at the (contactless-enabled) Finish.

If you come across an SI box which has failed, the back-up punch attached to the kite must NOT be used. A failed SI box will not result in your disqualification.

## **Starts**

The route to the starts is from the eastern corner of the assembly field, marked by a TVOC feather flag. There will be a SIAC battery test near the exit to the field.

There are two starts. Both are about **500m** up the valley (about **10** minutes walk) from the field exit. Start 2 (Orange and the Greens) is straight up the track; Start 1 (Yellow, Blue and Brown) is off to the left, up the valley side; the turn-off will be clearly marked.

Each start will have separate queues for its two lanes. Please join the appropriate queue as soon as you arrive at the Start. Horizontal orange stakes 2m apart mark your queuing positions. There are no conventional -4, -3, -2, -1 'boxes'.

Start times are from 10.30 until 13:00, and are listed on [Fabian4](#). Please aim to arrive at your Start no more than 5 minutes before your allocated time, which means exiting the field about 10 minutes before your start time. All start clocks will be set to (unadjusted) race time, so you will be 'called up' AT your start time, NOT 3 or 4 minutes before. In practice, we hope to have little or no actual call-up but that you will join your short queue at or a few minutes before your chosen start time.

We will not adhere strictly to start times. Instead we intend to use them to provide a steady flow of competitors through the starts. Our aim therefore is to manage competitors through the starts without delay, filling any vacant start slots caused by no-shows or delayed competitors. If you are late for your start, please do not rush needlessly - come to your start once you are ready. Please do not abuse the flexibility we are trying to provide.

The two lanes will be separated by a third lane, empty apart from the Clear, Check and Air-On Test units, all on stakes. At -3, you will need to stretch across into this central lane to punch the Clear and, at -2, the Check and to waft your SIAC at the Air-On Test. Please ensure you remain socially distanced from the competitor in the adjoining lane when you do this. And ensure the Clear and Check units bleep when you punch.

**Start 1** (Yellow, Blue and Brown) One lane is for Blue, the other for Yellow and Brown. Yellow competitors will receive their maps at -3 and may study them before they begin their course.

**Start 2** (Orange, Light Green, Short Green, Green) One lane is for Green, the other for Orange, Light Green and Short Green. Competitors should follow the taped route from the Start to the start flag.

There will NOT be any blank maps in the start lanes. You can see a previous map of the competition area [here](#) (event on 2018-04-29).

It is a punching start; remember to punch the Start unit to record your start. If the Start unit does not bleep when you punch, something is wrong. Consult the Start official; do NOT head off into the forest.

Note: An entry does NOT provide an extra map for any shadower!

**There is no clothing dump.**

## Finish

There is one Finish for all courses, inside the wood beyond Start 2. The finish stations will be contactless-enabled. Please move quickly away from the Finish.

From the Finish, it is some **600m** back to Assembly. Follow the track gently downhill, past Start 2, and down the valley. Download is on your left soon after you enter the Assembly field.

**Courses close at 14:45.** You MUST have reported to Download by then, to avoid a search for you being initiated. **You must report back to Download even if you retire.**

## Map and Terrain

The map has been updated in Autumn/Winter 2020 by Mark Thompson and by Bob & Pattie Beresford. The map conforms to ISOM2017-2, and is at 1:7500 scale, with 5m contours, on A3 waterproof paper.



The typical Chiltern terrain consists of several large spurs separated by valleys. The wood has a good path network and quite reasonable runnability. Note that, as a result of COVID and additional walkers in the area, a number of paths have become wider, and some unmapped additional paths have appeared to avoid muddy areas.

The vegetation has seen some recent growth, but should not impede progress. The courses have been designed to keep you out of the rougher bits of the forest. The felling earlier this year has finished and courses planned to avoid the felled areas.

There is an abundance of point features including some interesting puddingstone boulders. Be careful navigating by knolls as rootstock knolls are not mapped. Hides are not mapped as there are many which change frequently.

The area was last used for BUCS in 2018. Routegadget map [here](#) (2018-04-29)

## Non IOF symbols

-  Small fenced enclosure
-  Bench seat, cattle trough or water bowser

## Courses

Course	Start	Distance km	Climb m	Controls	
Yellow	Start 1	2.2	50	9	
Orange	Start 2	2.5	60	9	
Light Green	Start 2	3.2	90	17	
Short Green	Start 2	3.0	90	16	
Green	Start 2	4.2	100	20	
Blue	Start 1	6.3	160	25	Double-sided
Brown	Start 1	7.4	210	34	Double-sided

## Control Descriptions

Control descriptions are printed on the map. Loose control descriptions will NOT be available in the start lanes. However you can print your own copy at home using [this link](#). The Yellow course uses text descriptions; all other courses use IOF symbols.

## Medical conditions

If you have a High Risk Medical Condition you are invited to download and complete this form <http://tinyurl.com/BOF-med> and place it in a sealed envelope with your name on it, in the box provided at Enquiries (located in a car near First Aid). 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.

## Dogs

Well-behaved dogs allowed on their leads in the car park. Whilst dogs are permitted in the woods, please note that TVOC's policy is **no dogs to accompany competitors on their courses**. Please clean up after your dog.

## Results

Results will NOT be displayed at the event. However, we hope to provide live results on the TVOC website at <https://tvoc.org.uk/results/bradenham-2>

## Photography

You are welcome to take photographs at our event. However please be respectful of other peoples' privacy when taking photographs, and do not take inappropriate or intrusive photos. Please bear in mind [British Orienteering's guidelines](#) on the subject.

If you have any concerns regarding inappropriate or intrusive photography (in terms of the way, by whom, or where photography is being undertaken), please report them to the Organiser or another official.

Parents, guardians or carers who have a reason to be sensitive about the children they are responsible for should bear in mind that photographs may be taken at the event, and some may be posted onto public websites.

## **Ash Dieback precautions**

The following precautions have been recommended by BOF – arrive with all of your kit, especially footwear, fully cleaned since its last outing. After your run, place all your kit in a plastic bag to prevent spreading fungal spores. Full details of Ash Dieback precautions can be found on the British Orienteering website.

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**Planner:** Peter Riches, TVOC

**Controller:** Neville Baker, TVOC

**Courses close at 14:45. You must report to download by 14.45 even if you do not complete your course.**

[www.tvoc.org.uk](http://www.tvoc.org.uk)

## **Please remember**

- **Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.**
- **Please check website for last minute cancellation in case of bad weather. In the event of cancellation, some or all of your entry fee may be retained.**
- **The personal data you give will be used by the event organisers & their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.**