

Thames Valley Orienteering Club

Chiltern Challenge Wendover Woods Sunday 16th October 2022 <u>FINAL DETAILS</u>

Summary - please read this page if nothing else!

- Please re-read and follow the <u>COVID-19 Participant Code of Conduct</u>.
- Free parking in large field, accessed via minor road off B4009 at SP 887108, HP22 5NJ. Field entrance is at <u>google maps</u>, ///padding.dried.accented.
- **Do not** use the Wendover Woods public vehicle entrance. Continue up the hill.
- SI punching. Air enabled. Those hiring should collect their SIAC from tent near exit from Assembly field, en route to Starts.
- Control descriptions in Start lanes.
- Start times listed on Fabian4.
- Full body cover (torso + legs) compulsory.
- Start is 700m from car park exit. No clothing dump.
- Courses Short Brown and above have 4 road crossings. The road is not busy. Legs will NOT be timed out. Blue and downwards do not cross the road.
- Map is A3, 1:7500 scale with 5m contours. **Black, Blue and Short Blue** courses have a double-sided map.
- Finish (contactless-enabled) is 1.1km from Assembly field. Start is on way back from Finish.
- Courses close at 14:45. You must report to download by 15:00 latest.
- British & Continental Catering (Tom's) in Assembly, along with <u>Formline</u> orienteering shop. Please support them.
- Toilets in Assembly.
- Key drop available
- No dogs on courses
- No post-race water or squash. BRING YOUR OWN.

COVID-19

Please remember that COVID is still in circulation and case numbers are currently increasing again. We encourage a continued responsible approach at our orienteering events. People have different risk tolerances and we ask you to respect others' personal choices, particularly in maintaining inter-personal distance.

Please do not attend if you or a member of your household has tested positive for COVID-19 or because you have been asked to isolate by NHS Test and Trace. We will offer a full refund in such circumstances – contact Alun on <u>registration@tvoc.org.uk</u> who will arrange this.

Safety issues

- Clothing. Competitors' torso and legs must be covered.
- A whistle is recommended. The distress signal is six short blasts, followed by a long pause, then repeat.
- The slopes at Wendover are steep and can be slippery, especially any areas of exposed chalk. Please take care on them.
- Road Crossing Short Brown, Brown and Black courses. These courses each have 4 road crossings. The road is not busy. Legs will NOT be timed out. Blue and downwards do not cross the road.
- You must report to download even if you retire.
- There is a compulsory safety control that all runners must punch directly after the finish.
- Horses, MTBs and other forest users: If approaching a horse make yourself aware to the rider and give space. The major trails are used by bikes, look when crossing. Wendover is also a popular area for young families and dog walkers; please be courteous.
- First Aid available in the parking field.
- **In case of emergency** please contact an official at assembly or phone the emergency contact number printed on your map.
- If you are travelling by yourself to the event then it is strongly advised that you leave your car keys at Enquiries.
- Bio security: please ensure that kit is washed thoroughly before and after the event.
- Nearest A&E. Stoke Mandeville Hospital, Mandeville Rd, Aylesbury HP21 8AL

Travel – Car

Parking in <u>trig point field</u> at SP890099 nearest postcode HP22 5NQ. The field is quite muddy and soft in places please drive with care.

Drivers travelling via Great Missenden should be aware that HS2 roadworks are in progress and diversions and traffic management on the A413 is constantly changing; the road should be open however.

Travel – Public Transport

Sadly public transport is difficult as local bus routes don't run on Sunday. Closest train station is Wendover 5.3 km away. Please follow road routes to assembly to avoid walking through

the competition area.

Facilities

The following facilities will be available in the Assembly field, along the hedge on the North and West sides of the field:

- First Aid located close to download
- Toilets
- Key drop
- British & Continental Catering (Tom & Julie) Please support them.
- <u>Formline</u> orienteering shop will be attending, and able to fulfil Click & Collect orders made in advance. Just select the 'Pick up' delivery option at checkout, share your phone number and we will arrange. <u>Formline</u> sells a range of Str8 compasses, Vapro accessories and VJ and NVii shoes. Assuming the weather forecast stays good, they plan to have a small shop at the event as well.

Note that post-race water and squash will NOT be provided. Please bring your own supplies.

The adjacent Hill Farm has a small campsite. Book through them.

Entry on the Day / SIAC hire

There is NO entry on the day at the event. However we do have some spare maps on most courses, and **entry via Fabian4 will remain open right up to Sunday morning** (subject to map availability). Please do enter before leaving home, to ensure there is a map for you.

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 you 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, use the back-up punch attached to the kite to punch your map.

Starts

The start is a flat 700m walk from the edge of the parking field. The route joins the access road through Wendover Woods and follows it for 400m. This road has a 15mph speed limit and speed bumps. There is ample space on grass verges to walk down alongside the road. The route will be taped but no marshals present. **We therefore advise that children are accompanied to the start**. The route to the starts is from the western corner of the assembly field, marked by a TVOC feather flag.

Start times are from 10.30 (helpers 10.15) until 12:45, and are listed on <u>Fabian4</u>. We will not adhere strictly to start times. Instead we intend to use them to provide a steady flow of competitors through the starts. If you are late for your start, please do not rush needlessly - come to your start once you are ready.

Yellow course maps will be available in the pre-start area (-3) to allow a review of the course prior to starting and a chance to ask for assistance if needed.

Blank maps will be available in the start lanes. You can see a previous map of the competition area <u>here (event on 2019-11-10)</u>.

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. The finish stations will be contactless-enabled.

From the Finish, it is some 1.1km back to Assembly, passing the Start on the way. Download is on your left soon after you enter the Assembly field.

Courses close at 14:45. It is about 15 minutes walk back to Assembly. You MUST have reported to Download by 15:00, 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 Summer/Autumn 2022 by Jim Prowting. The map conforms to ISOM2017-2, and is at 1:7500 scale, with 5m contours, on A3 waterproof paper.

Wendover Woods, managed by Forestry England is an area of mature woodland with a deep valley separating two spurs, and contains the highest point in The Chilterns. The forest is mainly runnable with some areas of brashings and some bracken that is dying back. The spurs have some steep slopes and flint and chalk marl that can be slippery. There is a well defined path network. Recent leaf fall may obsure some minor paths. Old industrial work has resulted in some deeper contour depressions.

Climb has been calculated using shortest passable routes, so amount of climb will depend on route choice, in cases this can cut down the published climb.

Single isolated trees of a different type in the woods are not mapped.

Standard ISOM 2017 symbols include: x Rootstock > 1 m high o Exercise or playground equipment

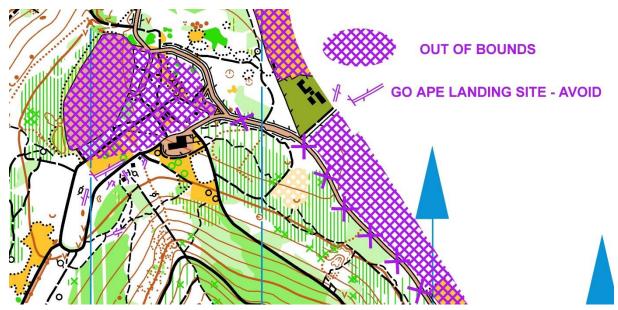
Mapper's further observations

Most knolls are old root stocks 0.5 – 1m high (1989 vintage). I have attempted to be consistent, especially in blocks that are used for control sites. The broken ground symbol has occasionally been used with a small broken ground dot used to accurately mark every knoll where there are many close together. Elsewhere the dot screen symbol usually shows extensive badgers sets. Rootstocks also prove useful on the bland hillsides providing handy additional control sites and navigation aids. They are not all marked. I have tried to mark all over 1m especially in the blocks used for the competition (in defiance of Storms Eunice's and

Doris's ravages!). Note that due to the dry summer some of the thickets marked walk or slow run are now dead saplings.

Go Ape Area

It has been agreed with the Forestry England Ranger and the Controller to highlight the Go Ape landing sites in purple, which, at previous events, people taking the traditional 'round the valley' route have passed very near. This route has always been available but poorly indicated, because the landing sites have been clumsily obliterated by double-directional purple OOB hatching. People taking this route on an indistinct non-continuous path were unable to see on the map the landing sites they were supposed to be avoiding. Without the hatching obscuring them, their shape and orientation are clear, and competitors must avoid them. The map extract below explains this.



Course Details

Black Brown Short Brown	10.7km 8.9 km 7.6 km	525 m 435 m 315 m	30 Controls 27 Controls 26 Controls	Double-sided map
Blue	6.6 km	295 m	21 Controls	Double-sided map
Short Blue	5.6 km	255 m	18 Controls	Double-sided map
Green	4.5 km	190 m	15 Controls	
Short Green	3.2 km	145 m	14 Controls	
Very Short Green	2.9 km	50 m	12 Controls	
Light Green	3.3 km	150 m	10 Controls	
Red	5.0 km	245 m	15 Controls	
Orange Yellow	3.2 km 2.1 km	155 m 90 m	10 Controls 9 Controls	

There are 4 un-marshalled road crossing points on each of Black, Brown and Short Brown. One of these (on Brown and Short Brown) is mandatory to prevent crossing 2 fences protecting road-edge saplings.

For safety reasons, some sections of road have been made forbidden routes where they are on a feasible (but non-optimal) route between controls.

IMPORTANT Under 16s are not permitted to enter Black, Brown and Short Brown.

Control Descriptions

Control descriptions are printed on the map. Loose control descriptions will available in the start lanes. Yellow, Orange and Red courses have combined text and pictorial descriptions.

First Aid

White Star Medical Services will be providing first aid cover and will be situated in assembly field near Download. For more serious conditions the nearest A&E department is Stoke Mandeville Hospital, Mandeville Rd, Aylesbury HP21 8AL. Map available at Enquiries.

Medical conditions

If you have a High Risk Medical Condition you are invited to download and complete this form <u>http://tinyurl.com/BOF-med</u> and place it in a sealed envelope with your name on it, in the box provided at Enquiries. 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 <u>https://tvoc-live.droppages.com</u> Your splits printout will contain a QR code; scan that with the camera app on your smartphone and it should give you the link to take you to results

Our aim is to have full results and Routegadget (web utility that allows you to draw where you went, or upload GPS track, and then replay your run against everyone else) by 6pm on Sunday evening.

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 <u>British Orienteering's guidelines</u> 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.

Organiser:Neville Baker, TVOCTel:07562 992292E-mail:nevorienteering@gmail.comPlanner:Jim Prowting, TVOCController:Hedley Calderbank, HH

Courses close at 14:45. You must report to download by 15:00 even if you do not complete your course.

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.

www.tvoc.org.uk