



Thames Valley  
Orienteering  
Club

# REGIONAL EVENT & SCOL4

Deangarden, Keep Hill & Wycombe Abbey  
School

Sunday 18<sup>th</sup> December 2022

## FINAL DETAILS

### **SUMMARY - please read this page if nothing else!**

- Please re-read and follow the [COVID-19 Participant Code of Conduct](#).
- **THERE IS NO COMPETITOR PARKING WITHIN WYCOMBE ABBEY SCHOOL.** But there is plenty of nearby low cost public car parking – see travel information below.
- **The ONLY exception to this is that parents with SPLIT START TIMES AND YOUNG CHILDREN can park in the School** (via the main entrance).
- Assembly/Start/Finish in Wycombe Abbey School, accessed via the main entrance.
- SI punching. Air enabled. Those hiring should collect their SIAC from tent in Assembly.
- Start times listed on [SiEntries](#)
- Full body cover (torso + legs) compulsory. Trail or studded shoes essential (except White/Yellow).
- **In view of the weather forecast for Sunday it is highly likely we will require cagoules to be worn or carried – check the TVOC website before travelling. We will place signs indicating compulsory cagoules in Assembly. Please come prepared.**
- Start and Finish adjacent to Assembly.
- Map is A3 and A4, 1:7500 scale with 5m contours.
- Finish is contactless-enabled. You must punch the Safety control after finishing.
- **Courses close at 14:00.** You **must** report to download by that time
- Baggage tent in Assembly, and key drop available.
- Toilets in Assembly. No on-site catering, or water/squash.
- **NO DOGS ALLOWED** within the School grounds, and on the courses

### **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. We will offer a full refund in such circumstances – contact Alun on [registration@tvoc.org.uk](mailto:registration@tvoc.org.uk) who will arrange this.

## Safety issues

- **Getting to Assembly** – Competitor car parking is in adjacent public car parks. The intervening roads in this area are very busy. Avoid crossing the large traffic island outside the school - pavements run around the perimeter of it with crossings and underpasses (marked in green on map below).
- **Clothing.** Competitors' torso and legs must be covered.
- **In the case of adverse weather cagoules may be compulsory.** Notices will be posted on the TVOC website, and in Assembly, if they are made compulsory.
- **A whistle is recommended.** The distress signal is six short blasts, followed by a long pause, then repeat.
- **The slopes in this area are steep and can be slippery. Trail / studded shoes are essential on all but White/Yellow courses.** Please take care.
- **Road crossings** – roads are only out of bounds on courses where marked by purple X's. Others on the school site or in quiet residential streets may be used.
- **You must report to download even if you retire.**
- **There is a compulsory Safety control** that all runners must punch directly after the finish.
- **Other users of this area;** the School grounds are out-of-bounds to the public, but those on some longer courses may encounter bikes and dogs in the Deangarden and Keep Hill woodlands.
- **First Aid** available in Assembly.
- **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.
- **Hospital treatment.** Wycombe Hospital Urgent Treatment Centre is adjacent.

## Assembly location

Assembly, Start and Finish are located together just inside the Wycombe Abbey School main gate.

**Competitor access permitted on foot, bicycle or motorcycle only.**

**Parents with split starts and young children are permitted to park in the School**

The main gate is located near the bottom of Marlow Hill in High Wycombe, on Frances Dove Way, HP11 1PE

what3words: brains.reform.garage

If using a SatNav the School postcode/new road name may not take you to the main school entrance. Instead, please search for "Abbey Way, HP11".

## Travel – CAR

Except for **parents with split starts**, competitors must use the adjacent public car parks.



**Be aware** that there are **very busy roads** in this area. Avoid crossing the large traffic island outside the School (X) - pavements run around the perimeter of it with crossings and underpasses (marked in green).

Please follow [this link](#) for details of the public car parks in High Wycombe. **Wycombe Swan** Car Park is likely to be the most convenient, or **Wycombe Offices Rear** Car Park, or **Easton Street** Car Park. **They all charge just £1 for all-day parking on Sundays.**

## Travel – PUBLIC TRANSPORT

Wycombe Railway Station and Wycombe Bus Station are both approximately 10 minutes walk from the School.

## Travel – OTHER

Bicycles and motorcycles can use the School.

## Facilities

The following facilities will be available in Assembly:

- First Aid
- Toilets
- Key drop
- Baggage tent

Note that there is no on-site catering. Post-race water/squash will not be provided. Please bring your own supplies.

There are cafes and pubs close by in Wycombe town centre.

**DOGS ARE NOT PERMITTED** within the School grounds, and School security at the main gate will not allow dogs to enter.

### **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 [SiEntries](#) will remain up to 11.00am on 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 in Assembly.

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

### **Starts**

The Start is adjacent to Assembly.

Start times are from 10.00 until 12.00, and are listed on SiEntries. We are using start blocks for this event. We plan to open starts a few minutes before 10am, primarily for helpers but others can also start early if spaces are available. Note that Blue and Green courses are quite full, so competitors on those courses are asked to adhere to their start blocks. Other courses are less busy, so there is much more flexibility for competitors to be early or late for their starts.

White and 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.

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!

### **Finish**

There is one Finish for all courses, adjacent to Assembly. The Finish stations will be contactless-enabled. **You must punch the Safety control** immediately after finishing.

**Courses close at 14:00.** You **must** have reported to Download by **14.00**, 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 Julian Birkinshaw (TVOC). The map conforms to ISOM2017, and is at 1:7500 scale, with 5m contours, on A3 and A4 waterproof paper.

All courses use the grounds of Wycombe Abbey School, offering an interesting mixture of woodland, fast parkland and some urban.

Longer courses (marked \* below) will head out into Keep Hill and Deangarden, which are predominantly runnable deciduous woodlands along a valley side with some re-entrant contour detail.

All areas have some quite steep (very steep in a few places!) slopes, so footwear with **good grip** is essential.

## Course Details

Please note that the School grounds are separated from the Deangarden/Keep Hill woodlands by a high fence. Longer courses pass through a compulsory marshalled gate in the fence. Do not attempt to climb the fence at any point.

Brown *	7.4 km	290 m	24 Controls	A3 map
Blue *	6.4 km	195 m	20 Controls	A3 map
Green *	4.5 km	155 m	18 Controls	A3 map
Short Green	3.0 km	90 m	12 Controls	A4 map
Light Green *	3.5 km	120 m	13 Controls	A3 map
Red *	5.1 km	150 m	18 Controls	A3 map
Orange	3.0 km	70 m	14 Controls	A4 map
Yellow	1.8 km	55 m	10 Controls	A4 map
White	1.4 km	30 m	12 Controls	A4 map

*All terrain pushchairs could be suitable on White & Yellow, but note some paths, whilst not narrow, may be muddy, and there are a few steps.*

## Out of Bounds Areas

**ROADS** are only out of bounds on courses where marked by purple X's. **Others** on the school site or in adjacent quiet residential streets **may be used** (cross side streets with care).

Wycombe Abbey's famous 3 storey nuclear **BUNKER** is sadly **out of bounds**, and marked as such on the map. There are **several gated and open entrances** into the above ground compound, including gaps in the wooden and mesh fences. Note these are all **OUT OF BOUNDS**, including running between the inner and outer fences (only the outer fence is mapped).

A large **open meadow in a valley** in the school grounds has a **permitted path running north to south**, with a gate at either end, but **ALL PERIMETER FENCES** around it are **marked uncrossable** to prevent damage to the fence and competitors. Crossing is therefore **FORBIDDEN**.

The perimeter of the bunker site includes a **very short but steep slope** on the West side, not immediately obvious on the map – it is climbable by the most determined.

Deangarden is conserved by Chiltern Rangers, who avoid overmanaging the site, leaving fallen trees (sometime across paths), 'dead hedges' of brashings and small unthinned areas. Runnability is mapped only where these present large obstructions.

## **Control Descriptions**

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

## **First Aid**

White Star Medical Services will be providing first aid cover and will be situated in Assembly.. For more serious conditions the nearest emergency unit is the Wycombe Hospital Urgent Treatment Centre, 400m from the School.

## **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. 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.

## **Results**

Results will NOT be displayed at the event. However, we intend to provide live results on the TVOC website at <https://tvoc-live.droppages.com> 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 [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.

**Organisers:** Neville Baker and Sue Buxton  
**Tel:** 07562 992292  
**E-mail:** [nevorienteering@gmail.com](mailto:nevorienteering@gmail.com)  
**Planner:** Nat Skidmore  
**Controller:** Freya Askham (SMOC)

**Courses close at 14:00. You must report to download by that time 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.