



Compass Sport Cup & Trophy Heat on Sunday 17th March 2019

Sherwood Pines Forest Park NG21 9JL

Travel: Brown tourist signed from B6030 between Mansfield and Edwinstowe and also from A614 south of Ollerton and near Rufford Park

Parking: Park carefully in the large, busy visitor car park (no marshals). Number plate recognition is used here on entry. When you are ready to leave, put your car registration number into the pay machine and pay. The machines take coins and credit/debit cards. Competitors will be given a code at download to reduce the whole day charge to £3.

Courses available:

CSC/T courses are by pre-entry only – no entry on the day for these competitions.

White, Yellow & Light Green courses for non-CSC/T competitors: entry on the day is possible

Course	Length (m)	Climb (m)	Controls	CS Cup/Trophy Classes
Class 1. Brown	10300	85	24	Men Open
Class 2. Short Brown	8400	65	16	M20- M40+
Class 3. Blue Women	7000	70	16	Women Open
Class 4. Blue Men	6900	75	19	M50+
Class 5. Green Women	4600	45	11	W20- W45+
Class 6/8a. Green Men	4900	55	13	M18-, M60+
Class 7. Short Green	4000	25	10	M70+ W60+
Class 8b/10. Short Green	4000	25	11	M80+ W70+, W18-
Class 9a/b. Orange	3000	40	10	M14-, W14-
Light Green (Non CSC)	3900	30	11	N/A
White (Non CSC)	1900	25	10	N/A
Yellow (Non CSC)	2900	20	11	N/A

Blank maps will be on display outside the classroom and in the start lanes.

Registration: at the forest classroom (look for NOC banner), SE of the parking 10.00 – 11.30 am

Fees: CSC/T: £10 adults; £5 Juniors & Students via your club. SI Card hire: £1

No shadowing of juniors is permitted on these courses.

Non-CSC/T: Adults £7 Light Green; Adults £3 on White & Yellow; Juniors/Students £3. SI Card hire: £1. You may take part individually or in groups. Shadowing of juniors is permitted after you have run your own course.

Start Times: 10.30 – 12.00 for non CSC/T courses and 10.30 – 12.35 for CSC/T

Start: One start for all courses **1.3km** from the finish and from the northern edge of the car park (signed and tapes from both) along forest roads with some traffic (stay on verges).

Call-Up will be at -3 minutes. Blank maps and loose control descriptions will be available in the start lanes.

White and Yellow course maps will be available at -3 in a separate lane from CSC/T runners. All other maps will be taken after the punching start.

If you are late for your official start time you will be slotted in where possible according to the CSC/T Rules so that you do not start close to another competitor for your club.

Sport Ident electronic punching will be used. Contactless (SIAC) punching will **not** be in use. If an SI box fails to flash/bleep use the pin punch on the stake to punch your map.

Dogs: Please keep dogs under control and clear up any mess. Dogs are not allowed on CSC/T courses but may be taken on other courses on a lead.

Finish: in a clearing near the visitor centre & 200m from **download in the classroom**. There is space for club tents & banners along the run-in.

Facilities: Visitor centre, large toilet block, café, cycle hire/shop, Go Ape, Gruffalo and Zog Trails (maps available at visitor centre), good playgrounds for children, many footpaths and cycle tracks. See: <https://www.forestryengland.uk/sherwood-pines>

Terrain: Undulating mixed forest with grid plan road/path network. Some detailed gullies from 1st WW training. Brambles are quite widespread but courses have been planned to avoid the worst areas.

Previous map: <http://www.noc-uk.org/gadget/rg2/index.php#166>

Map: Updated 2019. Scale: 1:10000. Printed on waterproof paper. Special symbols on the map and on the control descriptions:  = Shelter  = Hide / Tripod

There are several blocks of forest marked Out of Bounds with the standard purple hatched screen due to diseased trees; please stay out of these areas to avoid spreading disease. Where appropriate, lines between controls have been bent or cut where a route choice exists.

Control descriptions: Printed on the map and loose descriptions in the start lanes. Pictorial descriptions for all CSC/T courses & Light Green; word descriptions for the White & Yellow.

Safety: Safety bearing: north then east towards car park & visitor centre

Courses close at: 2.30pm when controls will be collected. You must report to the finish by this time

Please note the following:

A risk assessment has been carried out by the organiser and all reasonable care has been taken by the event officials to ensure the safety and well-being of competitors. However, participants take part at their own risk and are responsible for their own safety during the event.

- If you are inexperienced please have an early start time.
- The area is much used by walkers, horse riders and cyclists. You are asked to be considerate. One of the cycle routes is marked on the map with magenta crosses: you may cross this carefully at right angles but not run along the cycle path – mountain bikes go round this route in a clockwise direction and at speed.
- Full leg & body cover is mandatory and you are advised to wear gaiters (brambles).
- You are advised to carry a whistle for use in an emergency
- First Aiders from a local community first aid group will be based at the classroom. The nearest A&E is at King's Mill Hospital, Mansfield NG17 4JL. Maps will be available at registration.
- In the event of severe weather you may be required to wear / carry a cagoule – notices will be posted where the routes to the start leave the car park and the finish / assembly area.
- There are log piles in some places: parents please tell children not to climb on these.

Complaints: If you feel that there has been a problem with this event, please discuss it first with one of the organisers in the download room. If this does not resolve the issue then a formal complaint may be lodged with the organiser.

Photography: NOC has adopted the British Orienteering policy on the taking of photographs at events. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser.

Officials: Planner: Richard Robinson (NOC)

Controller: John Hurley (DVO)

Organisers: Hilary Palmer & Peter Hao (NOC)