

Sunday 27th October 2024
EMOA Level C, Cademan & Thringstone Woods

DON'T FORGET THAT THE CLOCKS GO BACK ONE HOUR AT 2.00AM ON SUNDAY 27TH OCTOBER.

General: Notably the best orienteering area in Leicestershire, previously hosting the British Middle Distance Championships in 2009 and the British Night Championships in 2016. This is an area of complex woodland, including rock features and paths.

Travel: The location is the FCV International Football Academy (formally Grace Dieu Manor School), which is off the A512 between Shepshed and Thringstone. Address: Grace Dieu Manor Drive, Thringstone, Coalville LE67 5UG. W3W: simulations.farms.ramming

Car Parking: There is parking for 170 cars and marshals will be in position to guide motorists. There is no cost for car parking. If you are parking in the overflow car park (right-hand fork in road), please follow the tapes across the grass to the sports hall and start in order to avoid walking on the road.

Out of Bounds: Until you have run, please treat all areas as out of bounds, other than the car parks, toilets, sports hall and the signposted route to the start.

Start Times: 10:30am – 12:30pm. Courses close at 2:00pm.

Key Dump: A key dump will be provided in the sports hall, which is also the location for download.

Entries: Pre-entry on The Start Kite: thestartkite.uk
Adults: £8.00. Juniors, full time students and unwaged: £3.00, Student/unwaged discount code: R492. Adults on White to Orange courses: £4.00 Non-BOF members: £10.00. There are fee discounts for volunteer helpers. Please contact Wendy/Alan West (organisers) for the helpers' discount code.

Final date for guaranteed map: Sunday 20th October.
Closing time 11:00am on day of event (subject to map availability).

Dogs: The owners of the grounds have expressly stated that dogs are not allowed in any of the car parking areas or anywhere within their grounds. Therefore, if dogs are brought along on the day will need to remain in a vehicle **AT ALL TIMES**.

Electronic Punching: SI/Contactless electronic punching will be used, but there will be a punching start and finish. SI dibber hire £1.00, SIAC dibber hire £2.00.

Start: Please follow the signs from the car parks to the start.

Courses

Courses on offer are shown below, subject to controlling. There are road crossings on courses Light Green and above. These crossings will be timed out and marshaled.

Colour	Technical Difficulty	Length km	Climb m	Controls
Brown	5	7.5	180	28
Blue	5	5.2	130	21
Green	5	3.6	110	16
Short Green	5	3.1	80	14
Light Green	4	3.1	80	15
Orange	3	2.4	40	14
Yellow	2	1.5	20	12
White	1	1	20	8

Map: The map size is provisionally A4, 1:7500 and 5m contours.

Please be aware that there are a number of small tracks created by bicycles. These have not been mapped.

White/Yellow Maps: These will be available from the start team.

Finish: Once you have finished your course, please go straight to download. You must go to download, even if you do not complete your course, so that we do not start an unnecessary search for you.

Results: Results will be published on the LEI website after the event at www.leioc.org.uk.

Safety and First Aid: Anyone wishing to leave a named, sealed envelope of medical information may do so with the organisers. Any received will be securely destroyed after the event, if not collected. All competitors take part at their own risk. Please be aware that you will be sharing the area with members of the public, including dog walkers, horse riders and cyclists. Please be courteous and remember that you do not have right of way. Please be aware that light green, very short green, short green, green, blue and brown courses have road crossings, which will be marshalled.

A first aid kit and first aider will be located at download (in the sports hall), along with a map for A & E facilities for local hospitals.

The nearest hospitals/urgent care service are:

In a westerly direction: Loughborough Urgent Care Centre, LE11 5JY (Via A512, 6 miles, open 24 hours)

In a south easterly direction: Leicester Royal Infirmary A&E, LE1 5WW (Via A50, 16miles/ 24 hours).

For your own safety, it is recommended that a whistle be carried. The alarm call is 6 short blasts every minute. In case of inclement weather, hooded waterproof jackets may be required. If these prove necessary, notices will be posted on the way to the start.

As ticks are becoming more common across large parts of England, it is advisable to check your skin after your run and, if found, remove any ticks in the recommended manner.

Safeguarding Policy: In line with the recommendation in the British Orienteering Safeguarding Policy and Procedures, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography should register their details with the organisers before carrying out any such photography. The event organisers reserve the right to decline entry to any person unable to meet or abide by the organisers' conditions.

Acknowledgments: We are very grateful to FCV International Football Academy for allowing us permission to use the area and for their support whilst organising the event.

Toilets: These are located in the sports hall corridor.

Officials:

Organisers: Wendy and Alan West LEI wendyannwest@gmail.com

Planner: Steve Chafer, LEI Controller: Steve Edgar, LEI

More Information: Occasionally, circumstances may force late changes. Please check on the LEI club website www.leioc.org.uk for any updates.

Cancellation Policy: The organisers reserve the right to retain a percentage of the event fees in the case of cancellation, due to circumstances beyond their control.