



## Berkshire Orienteers

*The Orienteering Club for Berkshire and Surrounding Areas*

# SCOA regional event and Yvette Baker Trophy & Shield qualifier

Sunday 21<sup>st</sup> May 2023

## Final details

<b>Please read this page if nothing else!</b>	
<b>Location / entry point</b>	Participants must enter the parking area using Winchbottom Lane from the south (Marlow Road/A4155).  Parking is on a field off Winchbottom Lane. Nearest Postcode: SL7 3RN. What3words:///jukebox.sweat.hands.
<b>Parking</b>	Limited parking. <b>Please share car!</b> Park in arena field. Open from 09:30
<b>Arrival &amp; Departure</b>	Arrive from the south on Winchbottom Lane. Depart to the north on Winchbottom Lane
<b>Control Descriptions</b>	On maps and loose at start
<b>Route to starts</b>	<b>Near start:</b> 500m, 5-10 mins <b>Far start:</b> 1100m, 15-20 mins
<b>Entry on Day</b>	No EOD on the day
<b>Water provision</b>	None
<b>Facilities</b>	First Aid, Toms food wagon, Toilets

# WELCOME

## From Berkshire Orienteers

Welcome to the SCOA regional event and the Yvette Baker Trophy & Shield qualifier.

The Yvette Baker Trophy and Shield are the premier Junior Inter-Club competitions for English and Welsh orienteering clubs. This event is a qualifier with the final held on July 5th near Sheffield.

BKO combines this with a regional event that is part of the SCOA League Event series (SCOL8).

We hope you will enjoy the challenges set by the planner and the generally fast running conditions in the forest.

The event would not take place without the goodwill and cooperation of the landowner, and the volunteers helping. Many thanks to all of you.

*Bo Oqvist, Event organiser and YBT co-ordinator.*

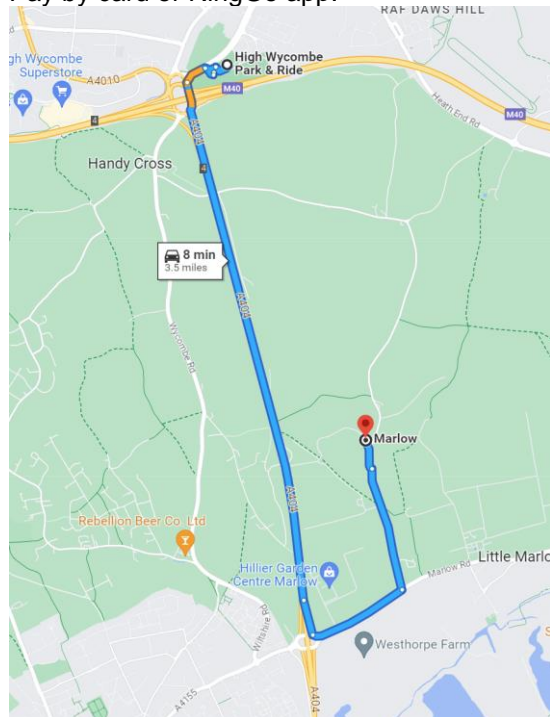
## Car sharing

We have had a surge of entries the final days. This is great, but also means car parking is now very limited. For those of you who were planning to travel alone and for those of you who do not have a full car, please consider car sharing.

Check the start list and find a friend to car share with. The start window for the open courses (non-YBT) in the start list is an indication only. We will be using a punching start, so you and your passengers will be able to start outside your start window.

If you are travelling from the north/M40 then arrange a meet up with a friend and car share the last miles from:

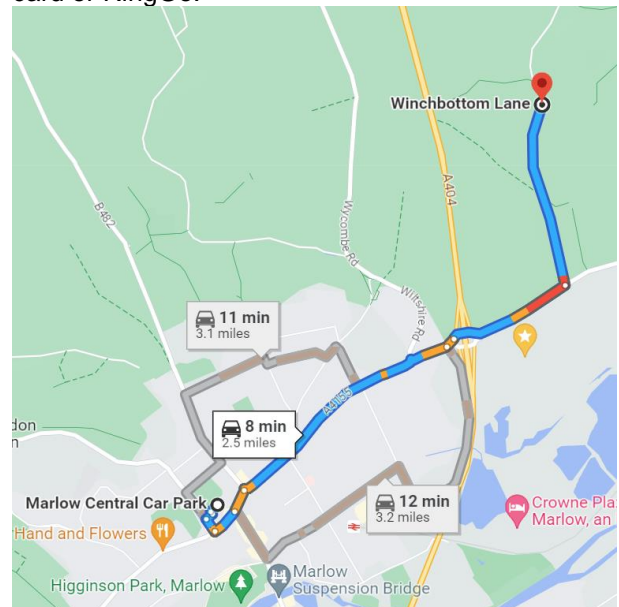
High Wycombe Park & Ride facilities (Post code HP11 1UP). Cost £1.30 for four hours. Pay by card or RingGo app.



If you are travelling from the south/M4 then arrange a meet up with a friend and car share the last miles from Marlow.

Marlow Central Car Park (Post code SL7 2NL). Cost £1.10 for four hours. Pay by card or RingGo.

Alternatively, use Dean Street Car Park (post code SL7 3AB). Cost £1.10 all day on Sundays. Pay by card or RingGo.



## TRAVEL

The event Car Park and Assembly must only be accessed via Winchbottom Lane from the south (Marlow Road/A4155).

- Nearest Postcode: SL7 3RN.
- What3words ///jukebox.sweat.hands.

### By Road:

From the north. If travelling on the M40, then use junction 4 and exit onto A404 south towards High Wycombe/Marlow. After 2.3 miles, take the A4155 exit towards Bourne End. Turn left (north) onto Winchbottom Lane. Signposted with orienteering kite.

From the south. If travelling on the M4. At junction 8/9, take the A404(M) exit to High Wycombe. Then exit to A 4155 Bourne End. Turn left (north) onto Winchbottom Lane. Signposted with orienteering kite.

### By Public Transport:

The nearest railway station is Marlow or Bourne End, both of which are about 2.5 miles from the event centre. There is no bus service.

## Car park and Assembly

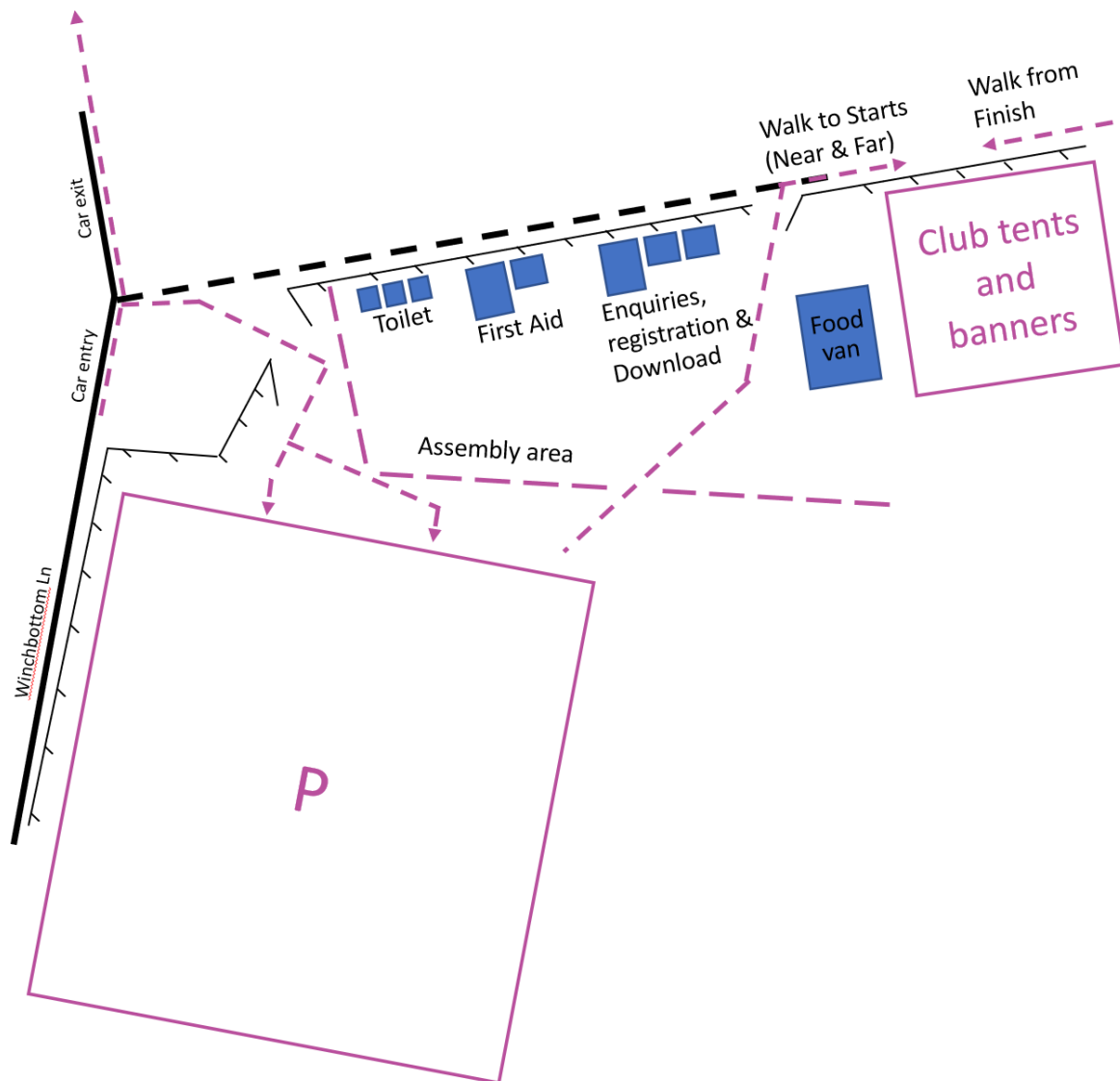
All in the same field. Car park will be open from 0930 on Sunday.

The final approach on Winchbottom Lane is narrow with poor visibility. Drive carefully when arriving and leaving as runners will be crossing the road. Vehicles will be parked on a flat section of an otherwise steep field which also contain the assembly area.

The parking area is accessible to campervans. If anyone is bringing a coach or larger vehicle you must notify the Organiser in advance by emailing [events@bko.co.uk](mailto:events@bko.co.uk).

## Assembly area contains:

- Enquiries & E-TAG collection
- Download/Map collection and reclaim
- Catering – British & Continental (Tom's Wagon),
- Toilets
- First Aid
- Space for club tents and banners



## ENQUIRIES, INCLUDING KEY DROP

Competitors travelling alone can leave car keys here as a safety check.

## e-TAG COLLECTION & CONTROL PUNCHING

Touch-free EMIT e-TAG system will be used.

All entry fees include the hire of a timing device. The e-TAG is collected from the enquiries desk in the assembly area.

You must use the EMIT e-Tags provided and return them at Download directly after the finish. Please look after your timing device as we will have to charge £50 for a lost e-Tag.

## FOOD & DRINK

Tom & Julies food wagon will be at the event.

## ENTRIES AND CHANGES

Entries and changes to entries via Racesignup only. Entries close by the end of May 14th, no Entry on the day.

## TIMETABLE

- 09:30 Car park open
- 10:30 First start time
- 12:30 Last start time
- 14:30 Courses close

## MAPS

Map scale 1:10,000, 5m contour intervals. The map has had some smaller updates in 2023. Maps will be digitally printed by BML. Map size will be A4 for all courses (double sided for Brown course). The most recent event in the area was in 2021. The map for that event can be found on [Bloom Wood 2021-05-16 \(routegadget.co.uk\)](https://www.routegadget.co.uk/2021-05-16).

## DOGS

Dogs are allowed in the field used for car park and assembly. But nowhere else. Dogs must be always kept under control. **Please clean up after your dog.**

## SAFETY AND RISK

British Orienteering rules require that you **MUST** wear full leg and body (torso) cover.

Whistles plus Windproof jackets with a head covering may be compulsory depending on the weather. This is unlikely as the event takes place in May. If required, signs announcing this will be displayed in the Arena.

There will be a mobile phone number printed on competitor maps for use in an emergency. This will enable you to contact an official in the arena. If any incident occurs in the assembly area or car park please inform Enquiries.

Be aware of ticks in the woodland that could cause disease. The most common is the bacterial infection Lyme disease (LD). Check for ticks and remove them after your race.

As Dieback disease. On returning home, thoroughly wash and dry all kit and any other clothing that may potentially have been contaminated with fungal spores.

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition areas, and put in place mitigation of found risks, please be aware that competitors take part at their own risk. Each competitor is responsible for their own safety. Suitable clothing and footwear should be worn, paying attention to the weather on the day.

## GPS DEVICES & MOBILE PHONES

Competitors are reminded that they are only permitted to use a GPS device to record data for post-race analysis and are only permitted to use a mobile phone to call for assistance in the event of an emergency. Such devices must not be used to assist with navigation.

## SHADOWING

For the open classes, shadowing is permitted. The person helping must have already completed their own run.

No shadowing is allowed for competitors running in the YBT Heat but running as a pair is allowed on the Yellow course. YBT specific competition rules have been shared with each participating clubs YBT co-ordinator.

## **WATER**

**None is provided** either on courses or at the finish on either day. Competitors should bring their own drinks or purchase from Tom's food wagon at assembly.

## **RESULTS ON THE DAY**

To be confirmed

## **FINAL RESULTS**

Links to the final results, Routegadget, Winsplits and Splitsbrowser will be on the BKO website as soon as possible after the event. [www.bko.org.uk/results](http://www.bko.org.uk/results)

## **MEDICAL SERVICES**

### **FIRST AID**

On site First Aid will be provided by White Star Medical. They will be located at the assembly area.

### **EMERGENCY HOSPITAL SERVICES**

See *Appendix A* at the end of this document.

## **RULES & COMPLAINTS**

These events will be run in accordance with the following BOF rules & guidelines:

- Competition Rule L: Yvette Baker Trophy and Shield v2.8
- British Orienteering Rules and Appendices - Issue 3.10

If you are unhappy about something, please discuss your concerns initially with the relevant Planner or Organiser (via Enquiries), dependent on the problem. Complaints procedure to follow section 16 of British Orienteering Rules and Appendices.

## **PHOTOGRAPHY**

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with *section 4.8 of British Orienteering's O Safe Policy*.

## **SAFETY BEARING**

The shorter courses (using the Near start) will keep to the east of Winchbottom Lane. The Longer courses (using the Far start) will start to the west of Winchbottom Lane and will have a timed road crossing to the east competition area.

The competition area is intersected by Winchbottom Lane which is also the lowest part of the competition area. If you get disorientated, then you can head downhill until you reach Winchbottom Lane and then walk south back to the assembly area. Do not walk on the road but parallel to it as the traffic can be fast and visibility for drivers are poor.

## STARTS

**NEAR START:** 500m from assembly, allow 10 minutes

**FAR START:** 1100m from assembly, allow 20 minutes

The route to both starts will begin from the gate next to enquires where you pick up your dibber.

The route to the Far start will pass within 100 metres of the Near start. Parents and helpers starting at the far start who would like to accompany their juniors to the near start can do so without a detour.

**There are no toilets at the Starts** and no clothing dump/return.

**For the far start only**, you must cross one road where there will be a marshal. Please heed the advice of the marshal.

## COURSE & CLASS DETAILS

Course	Class	Length	Climb	Controls	Map scale	Size	Start
White	Open	1.4 km	20 m	9	1:10,000	A4	Near
Yellow	Open & YBT	2.8 km	55 m	14	1:10,000	A4	Near
Orange	Open & YBT	3.4 km	50 m	14	1:10,000	A4	Near
Light Green	Open & YBT	3.7 km	60 m	14	1:10,000	A4	Near
Green	Open & YBT	5.0 km	145 m	20	1:10,000	A4	Far
Short Green	Open	3.8 km	110 m	16	1:10,000	A4	Far
Blue	Open	6.5 km	180 m	23	1:10,000	A4	Far
Brown	Open	9.2 km	240 m	28	1:10,000	A4 (double sided)	Far

## CONTROL DESCRIPTIONS

Control descriptions will be printed on the map using IOF symbols, except for White course where they will be in text. For the Yellow and Orange courses the control description will be in both symbols and text. Loose descriptions will be available in the start lanes.

## ROAD CROSSINGS

Courses from the Near start do not cross any road with traffic.

All courses from the Far start will have a marshalled and timed out (max 1 minute) road crossing as they enter the eastern part of the map (indicated in control descriptions). **Please follow any instructions from marshals for your own safety.** Whilst the road is not busy, some vehicles may be travelling at speed.

**For your own safety (as well as compliance with the rules), please do not run along the main road intersecting the competition area.**

## MARKED ROUTE ON White course

White course includes a marked route leaving control 7 where the leaf cover over wide tracks could cause confusion. The marking will consist of red and white tape streamers hung at intervals along the route.

Parents of junior competitors on these courses are asked to alert them to this and advise them to follow the streamers to ensure they stay on the right route to the next control.

## TERRAIN & PLANNER'S NOTES

Chilterns mature beech woodlands for the most part with paths and rides, some of which maybe indistinct. The area to the west of the road (longer courses only) is more hilly and there is also a steep slope up from the road into the eastern area. Courses avoid the areas with worst brambles.

## Withdrawal due to illness

As of 1 April 2022, we're in the government's 'Living with respiratory infections, including Covid-19' phase of their response to the coronavirus pandemic.

This means there are now no coronavirus-related legal restrictions in place. All forms of activity can take place with no coronavirus-related restrictions on how many people can participate, and all sports facilities can open.

However, If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to orienteer, you are advised to try to stay at home and avoid contact with other people.

Participants can withdraw from the event due to illness/symptoms of respiratory infection up to 24 hours before the event and will receive a full credit for a future event. Contact the organiser on [events@bko.org.uk](mailto:events@bko.org.uk).

## START PROCEDURE & LATE ARRIVALS

All competitors will have a punching start.

YBT runners will have been allocated a start time to ensure that we have the required interval time between runners from the same club on the same course.

Open runners will have a start time slot and should form a queue when arriving at their start.

If you are late for your start, do not panic. Simply speak to the start volunteer and they will schedule you a new start time. There may be a little bit of wait on the more popular courses.

## FINISH

Will be in an adjacent field above the assembly field. Follow tapes directly to Download where all will return their hired eTAG dibbers.

## MAP COLLECTION

Maps from YBT runners only (running on Yellow, Orange, Light Green and Green courses) will be collected at download. Place your map in the bag marked with your club name. The maps can be reclaimed after 12:30 – one representative per club please. Runners finishing after 12:30 keep their maps after their run.

Runners on open courses keep their maps after their run, but do not share the maps with YBT runners who have not yet started.

## **ALL COURSES CLOSE AT 14:30!**

**All competitors must report to download by this time, whether you have finished your course or not. Having started, if you decide to retire (not finish your course) you must still report to download as soon as possible (and in any case by not later than the course closing time of 14:30).**

## ACKNOWLEDGEMENTS

Berkshire Orienteers would like to thank the landowner at Bloom Farm, Jamie Mash and family for the kind permission to use the area for the event.



## **APPENDIX A: EMERGENCY HOSPITAL SERVICES**

<b>Nearest A&amp;E hospital:</b>	<b>Wexham Park Hospital (A&amp;E, 15 miles, 24 hours)</b>  <b>Tel: 0300 614 5000</b>  <b>Wexham St, Slough SL2 4HL</b>	<b>Map will be available at Enquiries and with Event Medical Services.</b>
<b>Minor Injuries Unit:</b>	<b>Wycombe Hospital (3.6 miles, 24 hours, Minor injuries unit):</b>  <b>Tel: 01494 526161</b>  <b>Queen Alexandra Rd,</b>  <b>High Wycombe HP11 2TT</b>	