



Final details as of
4th April 2019

Harlequins Orienteering Club

Regional and

West Midlands League Event

at Arrow Valley Country Park

on Sunday 7th April 2019



Venue and travel: Arrow Valley Country Park is in Redditch, nearest postcode B98 ORT, OS sheet 150 GR SP 064678. The entrance to the field we are using is on the SW side of the roundabout where the A4023 crosses the B4497. Registration and download will be on this field.

Parking: On the field next to the roundabout, using the gravel tracks if the field is wet. Please share cars where possible. If necessary, later comers will be directed to the public car parks.

Terrain: A mixture of open areas and woodland.

Map: 1:5000 (Yellow and White), 1:7500 other courses, recently updated by Alison Sloman, A4 size (A3 double sided for Brown and Blue).

Only Blue and Brown maps have a full map legend on them. There will be loose map legends available at registration.

Courses:

	DISTANCE/km	CLIMB/m
BROWN	8.5	75
BLUE	6.7	75
GREEN	5.5	80
SHORT GREEN	4.5	35
LIGHT GREEN	3.2	35
ORANGE	2.5	20
YELLOW	1.7	10
WHITE	1.3	0
LONG ORANGE (NEWCOMERS)	3.7	30

The Newcomers' course is aimed at runners and others who wish to try orienteering.

We are offering an introductory briefing to newcomers:

-10.15 for adult newcomers and juniors (aged 10+) who are accompanied by a responsible adult

-11.00 for families with younger children (adults and older juniors may also attend, but the content of the briefing will be designed for younger children).

If you are unable to attend the introductory briefing, please mention that you are a newcomer and someone will be on hand to explain everything and answer any questions you may have.

Punching: Electronic punching using Sportident (not SIAC enabled). SI-cards may be hired for £1.00 (free for Juniors)

Entry: Many competitors have pre-entered, but entry is also available on the day. We have plenty of maps!

Registration: 10.00 - 12.00 If you have your own dibber, please bring it to registration.

Fees: For entry on the day, Seniors £9 for British Orienteering members, otherwise £11. Juniors £3. Competitors on Newcomers course £4 including dibber hire (and the loan of compass and whistle if needed).

Start times: 10.30 - 12.30. Courses close at 14.30. The start is close to the Assembly and car park field. Start times have not been allocated and there will be a queuing start.

Dogs: Dogs welcome, please ensure that they are under control at all times. Please clean up after your dog.

Facilities: Portaloos on the field. First aid at registration.

Safety: Competitors take part at their own risk and are responsible for their own safety. Whistles must be carried. Due to the vegetation in the area, full leg cover must be worn.

The Yellow course follows and crosses the road to the Sailing Club. Competitors are advised to cross the road when they reach it and then run along the verge. There is little traffic on this road, but competitors should take care when crossing the road.

The competition area includes a lake and the River Arrow, as well as some ponds and water-filled ditches. Competitors should stay away from the lake and only cross the river at bridges.

Some fences are topped with barbed wire - these should not be crossed. Fences without barbed wire are cross-able with care.

The Brown and Blue courses cross a large ditch with steep slopes on both sides. This can be crossed more easily in certain places. Please take care when crossing.

Competitors should be aware of, and courteous to, other users of the park, such as cyclists, dog walkers and the occasional horse rider.

EVO: Café at the Visitor Centre. Playground near the finish (but please download before going to play!)

Officials:

Planner Ian Gamlen

Controller Russ Fauset

Organiser Barbara Ford

Phone 01386 40246 or preferably email: baf.hoc@gmail.com