

Saturday, 8th October, 2016

Level D Orienteering Race - Ocknell, New Forest.

Location: The car park and event centre are at Ocknell campsite (SU248119). Signposted from A31 Stoney Cross (SU256117) for eastbound traffic only. Westbound traffic should leave the M27 at junction 1, heading west on the B3079 and follow O-signs from Brook (SU271141).

Timing: Registration: 10:00 – 12:00
Start times: 10:30 – 12:30
Courses close: 14:15

Facilities: Portaloo

Entry: Entry on the day. EMIT timing system. Punching start (turn up and run).

Parking: £1 per car (to Forestry Commission). Please park on hard standing only.

Fees:

	Members	Public	Timing card hire
Adult	£5.00	£7.00	£1.00
Junior	£2.50	£2.50	Free

Courses:

Course	Distance/Climb/Control s			Course	Distance/Climb/Control s		
Brown	9.9km	180m	22	Light Green	3.8km	70m	11
Blue	7.6km	155m	16	Orange	3.0km	75m	14
Green	4.9km	110m	15	Yellow	2.0km	40m	11

String course available for young children

Map: Scale 1:10,000, 5m contours, 2010 with minor revisions 2012. Courses will be overprinted on A4 waterproof paper. Loose control descriptions available for all courses. Brown and Blue will have control descriptions printed on reverse of map. All other courses on the front of the map.

Terrain: Typical New Forest terrain of open heathland & partly-runnable woodland.

Start: 300m from Registration

Finish: Adjacent to event centre.

All competitors take part at their own risk.

Your personal details will be used for administering this event, distributing results and to inform you of our other events.

For more information and late-breaking news visit www.socweb.org/events

Note: The 100m run-in to the finish will be taped. There will be a 100m dash competition across all courses and we will publish the results by age class.

Clothing: Full leg cover must be worn. Full arm cover is recommended. Whistles should be carried. In adverse weather we may ask you to wear a cagoule or similar waterproof top.

Safety bearing: If you get lost the safety bearing is east. Ocknell campsite is on the east edge of a large forested area.

Bio-security: Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:

- Check
- Clean
- Dry

Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.

Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible. Many invasive non-native species are able to survive in damp corners for very long periods of time, but are less able to survive if the equipment is thoroughly dried.

Hazards: The deer rut at this time of year means that stags are much more aggressive. Runners are advised to steer well clear of deer. Courses have been designed to avoid an area of forest on the south east corner of the map which has been identified as a possible deer rut location.

Please be aware of the risk of ticks and Lyme disease. The area is frequented by ponies, deer and livestock and the usual precautions apply.

Dogs: Dogs should be kept under control and on a lead when necessary, especially in view of the deer rut.

Officials: Planner: Pete Davis
Organiser: Marcus White