



NGOC League 2021

Symonds Yat

Level: C (Regional)

Saturday 11th December 2021

NGOC are pleased to invite you to the newly mapped Symonds Yat in the Forest of Dean.

Symonds Yat is a northern extension to the NGOC Highmeadow Woods map and will be new to all but the most seasoned local orienteers. Parking and assembly are at the north of the map, where a short stroll after your run will take you to Yat Rock, with fantastic views over the River Wye.

Directions and Parking

Parking and assembly are at Yat Rock Car Park on the minor road between Coleford and Goodrich. Nearest post code GL16 7NZ

What 3 words: <https://w3w.co/ultra.start.runners>

This is a Forestry England Car Park and will be shared with the public. Off-peak parking charges apply - £2 up to 2 hours, £4 up to 4 hours, £5 all day.

You can pay for parking by cash or use the RingGo App, for which it is recommended that you download the app in advance.

Although the car park is large, it is popular with locals and tourists. As a consequence, Forest Enterprises ask that competitors car share wherever possible.

The Area

The terrain is a mix of coniferous and deciduous woodland with many depressions, gullies, platforms and ditches typical of the Forest of Dean. There is very little undergrowth throughout the area, though small areas of dying bracken, and brashings, might impede progress in places.

The area slopes from the east of the map towards the south, and west where the land falls over large rock outcrops to the River Wye. Courses are designed to keep orienteers well away from these rocks.

Courses have been planned to make the most of the new map, with only the brown course venturing into Highmeadow Woods to achieve the required course distance.

Many of the indistinct and small footpaths shown on the map are likely to be obscured by recently fallen leaves and are therefore not recommended to be relied upon for navigation.

Symonds Yat is a very popular destination, and you will encounter members of the public, particularly near the assembly area. Please be courteous at all times.

The Map

This is printed on waterproof paper at 1:10,000, A4 size, with 5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start.

Drawn in 2019 based on Environment Agency 2018 1m LIDAR, by Nick Nourse, to ISOM 2017 standard with 5m contours.

There are no special symbols on the map.

Start and Finish

The **Start** is a 600m walk from assembly with 25m of climb. The walk crosses the car park exit road shortly before the start – please take care.

The **Finish** is 200m from the car park.

The **String Course** can be found close to Registration/Download

When you enter you can choose a 30 minute start block. Please try to arrive at the start within your chosen block. There are three start lanes – Brown/Blue, Both Greens, and Orange, with Yellow runners picking up their maps and starting when ready, independently of the start procedure. You can move into the first start box, where Clear and Check are located, if there is no one waiting for your lane before you. In that event, please queue appropriately for your start lane.

Touch Free punching is enabled, but all runners must punch both Start and Finish.

Courses

Course	Length - Km	Climb - m	Controls	Suitable for
Brown	8.3	345	23	Experienced Orienteers only
Blue	5.4	250	15	Experienced Orienteers only
Green	4.1	125	15	Experienced Orienteers only
Short Green	3.3	85	13	Experienced Orienteers only
Orange	2.9	65	12	Adult beginners and improving juniors
Yellow	2.9	70	10	Children

The NGOC Christmas String Course will be located close to Assembly.

We will use SI Timing, in contact and touch free modes. All runners must however punch the Start and Finish controls.

Timings and Fees

Starts: 10.30 – 12:30

Courses close: 14:00, meaning you must report back to download by 14:15

Fees: £6 Seniors, £2 Juniors, by pre-entry only, via Fabian 4
£8/£2 for non-BOF members

SI hire: £1 Seniors, or £2 for touch free hire, Juniors free



Entries close at midnight on Thursday 9th December 2021.

Hired dibbers may be picked up from a table at registration. Each will be bagged in a small plastic bag, with the runner name on a slip inside. Please take the dibber and leave the bag in the box for reuse.

Refunds

Under British Orienteering COVID guidelines you may claim a full refund of your entry fee **if you or a member of your household has COVID-19 symptoms, or because they have been asked to isolate by NHS Test and Trace**. NGOC will carry the costs associated with the entry and cancellation transactions.

In this event you must email the Organiser requesting cancellation of your entry.

There are no refunds available for cancellation for any other reason.

Dogs

Allowed, under control, on leads, in Parking, Assembly and on courses

Facilities

Toilets available in car park. The Log Cabin at Yat Rock Café will be open for hot and cold food and drink.

Biosecurity

Please ensure that you implement basic biosecurity measures by cleaning footwear before and after the event.

Safety

- Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.
- The longer courses encounter large crags which should be approached with

	<p>care.</p> <ul style="list-style-type: none"> • You may encounter wild boar in the forest. They will usually depart very quickly but if they do stand their ground, back away and find an alternative route. • A risk assessment has been completed, and a copy will be held at Registration in case competitors wish to consult it before their run. • A first aid kit and trained first aiders will be available at Registration. • Parents of young children should be aware that there are very high crags close to the car park. Although these are fenced, please ensure that your children do not wander off unattended. <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> • Act as ambassadors for the sport of orienteering at all times and consider how their actions may appear in the eyes of landowners or members of the public. • Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public. • Use hand sanitiser on arrival and departure. <p><i>Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.</i></p>
<p>Officials</p>	<p>Organiser/Planner: Peter Ward NGOC Controller: John Simmons BOK</p>