



Present: **Wrekin Club Championships**

At: **Nesscliffe and The Cliffe**

On: **December 20<sup>th</sup> 2020**

In the event of extreme weather or a COVID tier related crisis, please check the WREKIN orienteers website to check the event is still happening. We must follow British Orienteering COVID-19 and Government guidance at and during

the event and when deciding if we can travel to the event.

**Car Park: St Johns Primary School, Ruyton XI Towns**- Please arrive ready to run and close to you expected start time. Please park compactly but allow space for social distancing particularly at rear/front of your vehicle consideration for other orienteers and members of the public. Overflow car park available on local recreation ground.

What3words map link: <https://w3w.co/squeaks.decorated.plodded>

Bing maps link to OS map: <https://www.bing.com/maps?osid=daf159f3-ec2a-4790-a1d7-4cd953d5485f&cp=52.790181~-2.8976&lvl=15&style=s&v=2&sV=2&form=S00027>

**Start and Finish** There is a 500m walk to the start and from the finish. Please keep socially distanced from your orienteering friends and local people. Wearing a mask on this walk would be an outward display of your care. Strictly NO vehicle access to the Start/ Finish, it is a restricted byway and vehicle access is illegal without permission of the landowners. We have permission for one car only.

**Facilities:** Event Toilet available close to event car park. Please queue in a socially responsible manner and use the hand sanitiser provided

Category	Eligibility	Course name	Course standard	Length
<b>Junior</b>	M + W Age 14 and under.	Junior	Yellow/ Orange	1.4-2km
<b>Intermediate Vet Women Super Vets</b>	M + W Age 15 to 20 Age 55+ Men 75+	Short	Light Green	3.2km
<b>Senior Women Vet Men</b>	Age 40 to 54, Age 60+	Medium	Short Green	4.3km
<b>Open Men Open Ladies Senior Men</b>	Men 19-44. Ladies 19-44. Men 45 to 59	Long	Green	6km

**Starts:** Starts 11.00 a.m. – 13.00 pm Courses close at 15.00 pm **Registration and Entries:** Must be done

in advance. No entry on the day. No on the day registration **Sportident:** Electronic punching will be used.

Free for Wrekin Members. There will be a maximum number of 80 runners, within the allocated start blocks or times. Wrekin members first available slots can be allocated to Non-club members charge £5.00 to be paid by BACS details on application

Email entry details- to Richard Pay at richardpay@hotmail.co.uk

**Name, Course, Class entered, Home post code, contact number, Dibber number, start early/middle/late**

If other people in your bubble will travel with you, please indicate this to allow start time grouping

Wrekin members enter by Tuesday Dec 15<sup>th</sup>

**Dogs:** Dogs allowed but must be kept under control and leave no trace of their presence.

**Safety:** Competitors take part at their own risk and are responsible for their own safety.

Longer courses cross minor roads, twice. There are compulsory crossing points, but **it is your responsibility to avoid traffic including cars, cyclists and horses.**

Whistles must be carried.

In case of good weather cagoules may not be compulsory.

Please remember to download after your run, or a search will take place for you. Full leg cover is required.

**Planner:** Duncan Bayliss (WRE)

**Organisation:** before the event by Adrian Pickles assisted by John Broadhead. **On the day volunteer help will be needed** to put out controls, first aid cover, point people in the right direction from and to the car park, set up start and finish, assist with download and to collect controls.

All offers to Adrian Pickles on [adrian.pickles@gmail.com](mailto:adrian.pickles@gmail.com) please.

**Map:** 1:75000, 5m contour printed on A4. Not Waterproof paper. Bring a plastic bag. Updated 2020 to ISOM 2017 by Pete Jones

The heathland is managed with heather and bracken cutting, so courses have been planned to give optimum routes that go through the terrain as much as possible. Legs in woodland have been planned to avoid the few areas of brambles. If you encounter brambles look for a way around them because all control sites are accessible without bramble problems.

On the longer courses the fastest route is often direct through some delightful varied woodland that includes mature oak, beech, cedar, Scots pine, Western Hemlock, birch, Leylandii, as well as the more typical commercial pine species.

### **Safe O under Coronavirus restrictions - please read and comply**

We are delighted to be able to do some orienteering again. However, we must do so responsibly. To protect everyone's health and future orienteering events not just from Wrekin but across the country. Members of Wrekin include NHS and key workers and those who live with someone who is clinically extremely vulnerable, all of whom cannot afford to contract coronavirus.

To be fair to all and allow as wide participation as possible, we all need to make extra efforts to keep others safe. Requirements that may seem not so important for some members are in place because of the need to protect other more vulnerable members and their families.

**If you have any coronavirus symptoms or are isolating, you must not attend on the day**

If you enter and attend you agree to the following in addition to normal social distancing (Hands, Face, Space):

- You must use the hand gel provided at the start. **No use of Gel no Go**
- You must use the hand gel provided again before download
- Attend the start at your time slot
- Do not crowd others at controls. When you punch a control move at least 2 metres away from the control immediately
- When you finish please take time to get your breath back before you download then leave the Finish area to avoid any groups forming.

If for any reason you are unable or unwilling to comply with these requirements, please do not enter.

**Failure to comply with these rules will lead to disqualification.**