

Linford Wood local event

Sunday, 11th October

Welcome to SMOC's Linford Wood Event.

This event is for BOF members only and will be run under British Orienteering's COVID-19 guidelines, observing social distancing and with extra safety precautions. The event will be pre-entry only, with start blocks allocated to all competitors. Do try to avoid the public as much as possible, particularly in Linford Wood itself, where the paths can be relatively narrow. The planned courses are largely urban in nature.

COVID-19

Before entering, please read the current version of the British Orienteering Participant Code of Conduct.

You should NOT attend this or any orienteering event:

- If you are unwell with a cough, fever or other respiratory symptoms.
- If you or someone in your household or your support bubble is showing coronavirus symptoms. In this case, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.
- If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the self-quarantine period for 14 days, even if you are symptom-free.
- If you are undergoing COVID-19 testing, until you have received negative results and are symptom free.
- If you have been advised to stay at home by a health professional.

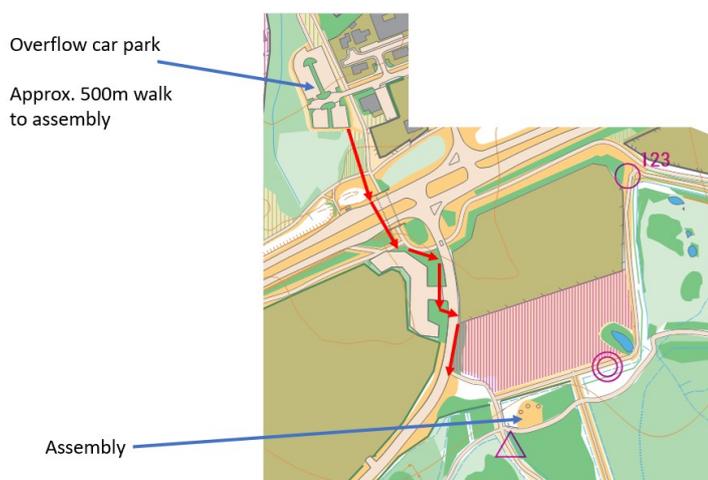
We also advise competitors who fit within the higher at risk groups to take particular care, and to make decisions on attendance with due consideration to the risks associated with COVID-19.

Location and parking

Parking will be on street, at Breckland, **MK14 6GY**. If this becomes full, the overflow parking will be in the car park at the western end of Soskin Drive, **MK14 6DT**.

The route back to the wood from the overflow car park is approx. 500m. **It will not be taped.** A map showing the route, which

involves using an underpass and takes you back onto Breckland, is shown below. Please print this off or save it to your phone.



Times

Start times have been allocated between 10am and 12 noon.

Courses close at 1pm. As always, don't forget to download, even if you retire.

Courses

Short: 3.1 km. Climb 0m. Actual distance approx. 4km.

No road crossings, but uses underpasses. Suitable for unaccompanied under 16s.

Medium: 4.8km. Climb 25m. Actual distance approx. 6km.

Mostly urban in nature. Crosses estate roads, so unsuitable for unaccompanied under 16s.

Long: 6.6 km. Climb 35m. Actual distance approx. 9km.

Mostly urban in nature. Crosses estate roads so unsuitable for unaccompanied under 16s.

Controls

Electronic (SI) controls will be used, with mini kites. All controls will be enabled for contactless use, but **you must punch at the start and finish.**

Map

The Northern half of the A3 map used for the Medium and Long courses is an area completely new to orienteering and only recently surveyed. The Southern part of the map is based on our old 1:10000 map used for previous local events. This has been converted to 1:5000 scale with Sprint symbols and, to a certain extent, updated and resurveyed. The map is a work in progress and should you stray significantly off route you may find the survey detail a little lacking.

This is also an extensive urban area and it is suggested you **take particular care where controls are near the edge of the map** as it may be far from obvious that you have strayed off the mapped area if you do...

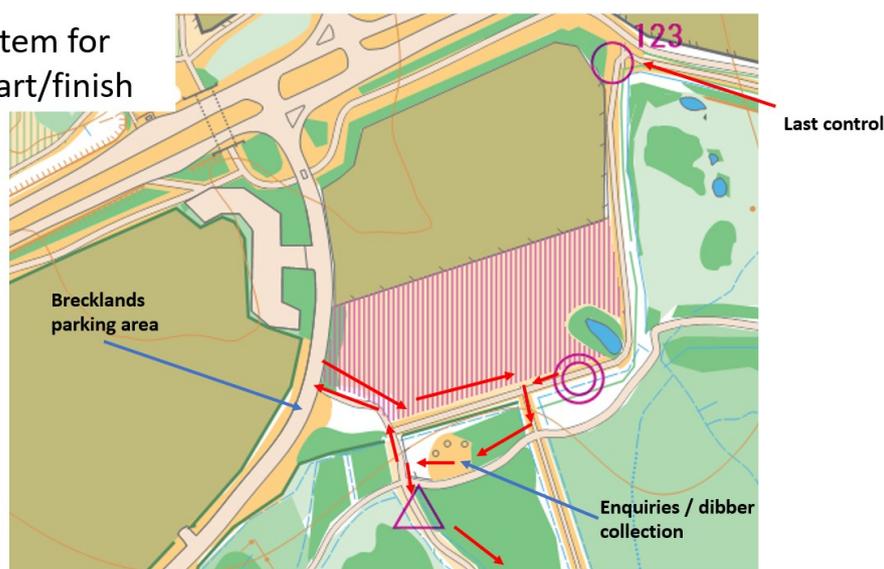
Control Descriptions

The control descriptions will be printed on the map, but unless you enjoy unfolding and refolding a large map you are encouraged to print loose descriptions. Follow the links on the website under "Map".

Start

There will be a one-way system in operation in order to maintain social distancing. This route will be signed. Please familiarise yourself with the map below.

One way system for assembly/start/finish



Starts have been allocated to the 15-minute blocks requested when you entered. To avoid congestion at the start, please make every effort to keep to your start block. Please maintain social distancing while waiting to start, and obey any instructions from the start officials or organiser to space yourselves out. Please remember that only six people can gather at the start at any given time. The Clear and Check boxes will be attached to canes to avoid physical contact. Starters will leave at one-minute intervals. Maps will be placed individually under their boxes to be picked up after the punching start.

Finish and Download

Please maintain social distancing when you arrive at the finish and are waiting to download. Take care not to touch any of the download equipment. An official will be sitting in the download tent to deal with any queries, but please stand back when talking to them.

Other information

There are **no toilets** at this event. Nearest public loos are at Centre MK, but do not open until 11am on a Sunday.

Dog rules: well-behaved dogs are welcome. Please keep them on leads at all times.

Safety

Please ensure you follow the BOF [Participant Code of Conduct](#). In particular, you must observe social distancing, both from other orienteers and the general public. Please take extra care to be courteous to members of the public at all times.

On the day please follow the signed one-way system to enquiries/dibber collection and start, and back from the finish. A map will be provided in the final details.

Results

To minimise infection risk, we won't be providing print-outs with your split times at the event. We will, however, aim to get everyone's splits up online as fast as possible after the event.

Please leave the finish and the wood promptly after you finish your run, and avoid the temptation to chat.

Future events

Our next Regional event will be on 25 October at Stowe. Entries are now full.

Officials

Organiser: Ann Harris

Planner: Freya Askham

Extreme weather

In case of extreme weather on the day of the event, please check the event is still on at www.smoc.info