



Informal Orienteering Event

Saturday 11<sup>th</sup> August 2018

## Swadlincote Woodlands

(6 miles South East Burton)

### Summer Orienteering in South Derbyshire

Courses suitable for novices and experienced orienteers with help and advice available

- Terrain** A combination of deciduous woodland, wetlands and meadowland in a semi-urban setting. An extensive path network ranging from undulating paths to surfaced paths. There is also a playground.
- Car parking** Free Car parking is available adjacent to the start and registration.
- Post Code** **DE11 8EB** **Grid Ref** **SK305193**
- Courses** For complete beginners and novices, there will be coaching available. Orienteering Coaches from DVO will be at the event to help you as a beginner or improver:
- Short:** 2km White standard  
**Medium:** 3km Yellow/Orange standard  
**Long:** 4-5km Light Green standard  
**Unicycle O:** 3.5km Yellow/Orange course on a unicycle! (Unicycle, helmet & gloves mandatory)
- Fees** Entry on the day only.  
Individual Adults, Family Groups (One map) and Accompanied Children £5.00  
Children and Students £2.00 (doing a course unaccompanied by an adult)  
... & just 50p for a second map or if you want to try another course.
- Timing** The event will use Sportident electronic punching. If you do not have a Sportident Electronic Dibber, you can borrow one, free, at Registration.
- Registration** 1pm to 3pm, on the day only. On the grassed area adjacent to the ranger's office and toilet block by the car park
- Start** Adjacent to the ranger's office and toilet block by the car park. Start times from 1pm to 3pm.
- Finish** Adjacent to the ranger's office and toilet block by the car park. Courses close at 4pm. You must report to Download even if you do not finish your course to avoid a needless search.
- Facilities** There are toilets at located at the start next to the car park.
- Map** 1:4000 with 5m contours
- Dogs** Dogs are **not** allowed on the courses. Dogs are welcome in the area but we ask that owners keep a close control and that they should clean up any mess.
- Safety** There are nettles and brambles at this time of year, and full leg cover is required under British Orienteering Rules – sorry, no shorts. Competitors take part at their own risk. Whistles are advised. A waterproof jacket may be required if the weather is bad.
- Badges** 5 to 18 year olds can collect controls towards the BSOA Explorer Awards at this and other DVO events this year. (see [www.dvo.org.uk](http://www.dvo.org.uk) for details).
- Membership** Non-members are welcome to run at this event, but please note that British Orienteering public liability insurance covers you for three events only (as a non-member). Ask at Registration or Download for information on joining and other membership benefits. Only £4.50 for a Junior. (see [www.britishorienteering](http://www.britishorienteering))
- Organiser** East Midlands Unicyclists **Planner:** James Prince and Gary Kelsall