



SWOA Relay
+ Individual Course for Beginners

Sunday June 10th 2018

Shaw Forest Park, Swindon



www.northwiltshire.org.uk

Acknowledgements: Access is by kind permission of Swindon Borough Council.

Venue / Parking: Shaw Forest Park is a country park in West Swindon. It will be signposted Grid Reference SU 119860 and can be found following the brown signs. Nearest Post code: SN5 5PQ Parking will be on hardstanding just inside the park. There is a 1.8m height barrier to the car park but there is road parking for a small number of vehicles outside the barrier. Assembly is adjacent to car park.

Terrain/Hazards: The Park has been developed on the site of a former waste disposal area and contains ventilation chimneys. It is a mix of newly forested and open areas with small hills. There is a narrow fenced area containing reed beds and deep water that is dangerous to enter and strictly out of bounds. The car park and approach road are out of bounds to runners, Some places can be wet underfoot after heavy rain

Map: A4 portrait 1:5,000 scale, produced by the Mapworks in Spring 2016 with recent updates. Map symbols: Green vents > 2m high are denoted by the O-symbol, lower black vents by ⦿ and other man-made objects by X on the map and in the control descriptions.



Low vent c. 0.5m high



High vent 2m +high

Relay Teams: 2 or 3 members of the same or different club(s). Teams wishing to be counted for the SWOA Relay Series should all be from the same club and incorporate their club name in the team name.

Relay Entry: Please email the organiser by 3rd June to advise of (a) Your team name (including club if you wish to be included in the SWOA Relay Series) b) Team members and age-classes, if known at the time. You may change your team membership later (or on the day) if you wish. Individual competitors not yet in a team can email the organiser who will try to form an ad-hoc team for you. Unaccompanied juniors may run any of the courses, which are all entirely within the park

Relay Courses: 3 courses of about 2km..

Relay Rules: Each team must run each course twice in six consecutive sessions. No individual to run the same course twice. **EMIT** punching will be used and NWO will provide 2 EMIT cards/team at no additional fee.

Other Course: An individual course (of about 2km) for individuals or groups will be available for those wishing to try orienteering for the first time or for others.

Times: **Registration 10:15 – 11:00** **Relay Briefing 11:15**
Handicap Start for Relay (see below) with Base Time 12:00 noon. Starts for Individual/Beginners course from 11:20

Fees: **Relay: Adults £7 Juniors £2**

Beginners Adults £4 Juniors £2

Fees Include EMIT **but £47 charge for lost EMIT**

Organiser: Nina Stimson(NWO) email [ninastimson\(AT\)btinternet.com](mailto:ninastimson(AT)btinternet.com) or phone 01793 535759 before 9pm.

See www.northwiltshire.org.uk for latest details and results.

Planner: Ken Stimson(NWO) **Controller:** Neil Fraser(NWO)

Facilities: There are no toilets in the park

Safety: Car keys must be left at registration if travelling alone.

All competitors must download even if they do not finish the course.

Leg protection is advised due to summer undergrowth.

All courses close at **14.00**. You run at your own risk and **must** report to finish.

Nearest A & E is Great Western Hospital, Swindon SN3 6BB.

NWO Relays Handicap Times

Each team member obtains an age-class related handicap time as follows:

M Class	Handicap time	W Class	Handicap time
M14	-6	W14	-7
M16	-4	W16	-6
M18	-2	W18	-5
M20	-1	W20	-4
M21	0	W21	-3
M35	-1	W35	-4
M40	-2	W40	-5
M45	-3	W45	-6
M50	-4	W50	-7
M55	-5	W55	-8
M60	-6	W60	-9
M65	-7	W65	-10
M70	-9	W70	-12
M75	-11	W75	-14

Starts will be at 12:00 noon for non-handicapped runners (i.e. 3 M21 runners) and all others run at 12:00 minus their combined handicaps. For teams of 2 runners the combined handicap will be increased by 50%

Example

A team of 3 consisting of M21, M40 and W50 would have a handicap of -9 minutes and therefore start at 11:51.

Each team should inform registration of their lead runner start time.