



## Cleveland Orienteering Klub

AFFILIATED TO THE NORTH EAST ORIENTEERING ASSOCIATION  
AND THE BRITISH ORIENTEERING FEDERATION

Please reply to Mike Hardy, Upeleya, Upleatham, Redcar, Cleveland TS11 8AG  
Telephone: 01287-624521 Fax: 01287-625301



### Competition Details 2013-14 League Fifth event – Hardwick Park, Sedgefield Wednesday, 30 April, 2014

#### Directions to VENUE

From the A19 take the A698 west (or exit Stockton-on-Tees on the A177) to Sedgefield. The park is signed from the roundabout west of the junction of the A698 and the A177. Follow signs to car park

**There is now a car parking fee of £3.00 per vehicle per day**

**Arrangements have been made for school orienteers to use the far car park (signed) without paying this fee – please ensure drivers are aware of this**

#### Timing

Start times are available from 2.15 to 5.00 pm. All start times must be reserved in advance using the on-line entry system on the CLOK web site at [www.clok.org.uk](http://www.clok.org.uk). **Please note that it is essential to enter the school year for each competitor (or pair) to allow the scoring system to operate.**

Telephone or email Mike if you have not already agreed (or have forgotten) a password which you will need to complete your entry. Mike can be contacted on 01287-624521 or via [mikehardy@onyxnet.co.uk](mailto:mikehardy@onyxnet.co.uk).

It is recommended that, as large numbers of competitors are anticipated, on-line entry is completed early in order to reserve your preferred start times.

It then becomes your responsibility to get runners to the start on time, as it may be quite difficult to re-arrange start times on the day. Typical running times are from 10 minutes (best primary school runners) to 70 minutes (slowest secondary school runners).

#### Prior notice

The on-line entry system is now open. You can use it to reserve start times, and you can enter the names of your runners at the same time or once start times have been allocated.

Start times will be confirmed as soon as possible after you have submitted your entry – on a "first come, first served" basis. **Entries will close at 1700 on the Tuesday before the competition.**

#### Cost

£2.00 per runner. This may be paid on the day or invoiced to school each term. Reserved no-shows 50p each.

#### Timing

This event will use EMIT electronic timing. The use of EMIT cards can be demonstrated to first-timers on request. Cost of replacing a lost EMIT card is £35.00.

Each "competitive unit" (i.e. individual runner or pair) will receive an EMIT card, which is numbered and allocated to that competitive unit. A demonstration unit will be available for first time users of the system

#### Format

There will be four courses.



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The White course is designed for primary school runners in years 5 and 6, and generally follows paths. White course runners may compete singly or in pairs.

The Yellow course is intermediate in difficulty between White and Orange. It is intended to encourage progression for primary school orienteers who are finding the White course too easy and to allow secondary school orienteers with little or no experience to run an easier course than the Orange. The more able year 5 / 6 runners may gain more points by running the Yellow course, either singly or in pairs.

The Orange course is for secondary school runners in years 7, 8 and 9 and requires more map reading ability.

The Light Green course, intended for secondary school runners in years 10 and 11, requires competence both in map reading and in route choice. Compasses will be useful on the Light Green course.

We would prefer inexperienced runners to run down a course, or run in pairs, rather than have a terrible time on a course too hard for them. It is thus acceptable to run the course designed for the age group, or an easier or harder one depending on ability.

### Map

The map is a six colour orienteering map, at a scale of 1:6000(1cm on the map 1 cm = 60 metres on the ground), completed in 2009, with minor updates since.

The maps will be pre-marked with the courses and control descriptions on waterproof paper. White and yellow course runners will receive their maps at the same time as their EMIT cards. Maps for Orange and Light Green course runners will be handed out at the start

The courses are marked on the maps as follows. The location of the start is shown by a red triangle. The controls, which must be visited in their numbered sequence, are shown by red circles. The finish is shown by a double circle.

On the ground, each control is marked by a red-and-white kite, identified by a three-digit number corresponding to the number on the control descriptions printed on the map. At the control there is also a docking station into which the EMIT card should be entered to register the competitor's time of arrival at the control. At the finish, the card will be downloaded by the finish team and the competitor will receive an immediate print-out showing their overall time taken, and their times between each pair of controls.

### Results

Preliminary results will appear on the CLOK web site as soon as possible after the event – usually some time during the same evening. Either go to [www.clok.org.uk](http://www.clok.org.uk) and follow the link to schools orienteering or go directly to [www.clok.org.uk/schools](http://www.clok.org.uk/schools).

There will be certificates for the first three individuals on each course.

Schools compete in a league competition based on points scored by their runners. The league operates in three categories – Years 5-6, Years 7-9 and Years 10-11. At each event there will be certificates for the first two schools in each category, and at the end of the seven-event season there will be a league trophy for the first school in each of the three categories, plus a trophy for the first Redcar and Cleveland school.

### Scoring

The winner on each course gains 50 points, the next 49, the next 48 and so on.

The scores will then be adjusted as shown in the following table:-



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	White	Yellow	Orange	Light Green
Years 5 – 6	100%	120%	140%	150%
Years 7 – 9	50%	70%	100%	120%
Years 10 – 11	–	50%	70%	100%

Pairs in Year 7 and above score half points. Within each category, a school's top six scores count towards their total score for this event. At each event, the winning school in each category gains 5 league points, the second 4, and so on. The 2013/14 Annual League is scored over seven events, two each in the Autumn and Spring terms and three in Summer term.

### Risk Analysis

**Injuries** – A first aid kit is at the finish, and a trained first aider is on site. Injured runners should return directly to the finish or, if this is impractical, stop the next passing competitor or event patroller (who is equipped with a two way radio or mobile phone) and send him/her back immediately to report the incident.

**Safety Check** - Each competitor (or pair) has an EMIT card linked to their name(s). The return of this card confirms the return of the competitor (or pair). It is important that each pair stays together during their run, and all competitors running in pairs should be made aware of this. **The finish time will not be recorded until both members of the pair arrive at the finish**

**General Public** – There is no reason for any competitor to respond to members of the general public not known to them, and such responses should be discouraged by the supervising teacher. During the event the competition area will be patrolled by member(s) of CLOK who will have an orienteering map and a two-way radio or mobile phone. They will ensure fair play and deal with any problems.

**Hazards** – The area contains deep lakes, but with wide secure paths along their edges. Competitors must not leave these paths in the direction of the lakes. All streams must be crossed by the bridges provided. Certain buildings on site are in a ruined state and are fenced off. Competitors must not cross these fences. The road between the east and west parks may only be crossed by an underpass – the east park will only be used on the longer courses.

The courses will be planned to avoid these hazards. **Walls and fences may only be crossed at marked openings – competitors attempting to climb them will be disqualified**

**Traffic** – The only traffic allowed in the park are slow moving vehicles operated by the park rangers, who will be aware of the competition taking place. The courses will not cross any roads leading to car parks. There may be some unauthorised cyclists in the park. These should be avoided

**If lost** – The start and finish will be near the new Visitor Centre near the car park which is at the south end of the main park. Competitors lost in this section (before using the underpass) should keep to this section of the park and make their way back to this area. Assistance will be available from CLOK members patrolling the area, and all runners will be going in the same general direction. Lost competitors in the east park, who have already used the underpass, should return to it (on the west side of this section, the other side to the houses, and return to the main park, turning left towards the Visitor Centre

**Responsibility** – CLOK is organising this schools competition as specialist advisors, and it remains the responsibility of the supervising teachers to be familiar with the risk analysis, to ensure discipline, to obtain parental consent forms and to retain responsibility for the safety and well-being of the



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competitors under their care. The event is registered with the National Governing Body and as such has third party insurance cover, but the safety of your competitors remains your responsibility

### Finally

The team of CLOK volunteers look forward to welcoming you to the fifth event of the 2013/14 league at Hardwick Park. Please remember to enter in good time!