



## 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 2009-10 league

#### Third event - Preston Park

Wednesday, March 03, 2010.

#### Directions to Preston Park

A66 to junction with A135 Stockton – Yarm road and turn south signed Eaglescliffe/Yarm.  
Preston park entrance is on the left in half a mile

#### Timing

Start times are available from 2.15 to 5.15 p.m. All start times must be reserved in advance using the internet entry system on the CLOK web site [www.clok.org.uk](http://www.clok.org.uk). **Please note that it is essential to enter the school year for each competitor to allow the new scoring system (see below) 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.

Phone: 01287-624521 Email: [mikehardy@onyxnet.co.uk](mailto:mikehardy@onyxnet.co.uk). As Mike is away 13-20 February please contact Phill Batts (07733-047634, [p.batts@virgin.net](mailto:p.batts@virgin.net)) if you need help during this period

**The on-line entry system will shut down at 1700 on Tuesday March 02**, to allow the organisers to prepare the event. Please do not leave your entry too late

It is recommended that, as large numbers of competitors are anticipated, internet 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 entry system is now open to reserve start times, and you are able to enter the names of your runners against the start times as you enter. Start times will be confirmed as soon as possible after you have submitted your entry – first come, first served. Entries will close at 1700 on the Tuesday before the competition.**

#### Cost

£1.00 per runner. This may be paid on the day or invoiced to school each term. Reserved no-shows £0.50. Electronic timing, using EMIT cards which can be demonstrated to first-timers on request. The cost of replacing a lost EMIT card is £20.00.

#### Format

There will be four courses. 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 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. Less experienced years 7-9 may run the Yellow course, but will gain fewer points than if they had the same result on the Orange. The Light Green course for years



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10 and 11 requires competence both in map reading and in route choice. The more able years 7-9 may run the Light Green and gain extra points for their school's orange score - less experienced year 10/11s may run the orange course with a points penalty. Compasses may be useful on the Light Green course.

All runners from years 7 - 11 should run singly. Those running in pairs will gain 50% of the points they otherwise would have achieved

The map is the usual six colour orienteering map, at a scale of 1:5000 (1cm on the map = 50 metres on the ground), recently updated. The maps will be pre-marked with the courses and control descriptions, and placed in a plastic folder. All competitors will receive an EMIT card (one between pairs) which is numbered and allocated to the named competitor (or pair). White and Yellow course runners will also receive their maps. Maps for Orange and Light Green course runners are handed out at the start

The courses are marked with the start by a red triangle, the controls, which must be visited in their numbered sequence, by red circles, and the finish by a double circle. On the ground, controls are marked with red and white kites identified by three numbers corresponding to the numbers 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 the overall time taken, and the times between the controls.

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.

### Results

It is hoped that these will be available on the day, and will appear in provisional form on the club web site in the evening, [www.clok.org.uk](http://www.clok.org.uk), follow the link to schools orienteering. Names of competitors can only be shown if these have been declared in advance.

There will be certificates for the three highest scoring individuals in the three categories – Years 5-6, Years 7-9 and Years 10-11. There will also be certificates for the first two schools in each category. A league trophy for the first schools in the three categories, and for the first Redcar and Cleveland school, will be awarded on the basis of the seven events in the series.

### 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 follows:-

- Year 5-6 runners on the Yellow course will have a 20% bonus and their score will count towards their school's total for the Years 5-6 category. For example, if a year 6 wins the Yellow course then he or she will score 60 points towards his or her school's total in the Years 5-6 competition.
- Year 7-9 runners on the Yellow course will have a 30% penalty and their score will count towards their school's total for the Years 7-9 category. For example, if a year 8 wins the Yellow course then he or she will score 35 points towards his or her school's total in the Years 7-9 competition.



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- Year 7-9 runners on the Light Green course will have a 20% bonus and their score will count towards their school's total for the Years 7-9 category.
- Year 10-11 runners on the Orange course will have a 30% penalty and their score will count towards their school's total for the Years 10-11 category.
- **All pairs from years 7-11 will score 50% of the above.**

The following table summarises how the scores will be adjusted.

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

The top six scores in the Years 5-6, Years 7-9 and Years 10-11 categories will count for the school competition. The winning school in each category gains 5 league points, the second 4, and so on. The 2007/08 Annual League is scored over 7 events, two each in 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) and send him/her back immediately to report the incident.

**Safety Check** - each competitor (or pair) has an EMIT card linked to the name and start time. The return of this card confirms the return of the competitor. It is important that each pair stays together throughout their run, and all competitors running in pairs should be made aware of this.

**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. They will ensure fair play and deal with any problems.

**Hazards** - The area is bounded on the east by the fast flowing River Tees, and on the west by the A135 major road, from which it is separated by a fence. Competitors must not leave the park to the road in the west, nor approach the River Tees on the eastern side. Courses will be designed to avoid these hazards, but runners should be advised of their existence. There are also some fishing pools in the park and some further pools in Quarry Woods to the south

**Traffic** - The area is free from traffic apart from occasional slow moving vehicles driven by the park staff. There may be occasional (illegal) cyclists and dog walkers on the paths in the park, and competitors should be aware of this

**If lost** - return to Preston Hall Museum and the car park in the centre of the park

**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



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ensure discipline, to obtain parental consent forms and to retain responsibility for the safety and well-being of the 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 third event of the 2009/10 league at Preston Park. **Remember to call Mike in advance if you need a password and please enter in good time!**