

This is the second event in the 2024 Greater London Orienteering Summer Series (GLOSS) and the first time that Cranford Country Park has been used for an event since 2012.

Acknowledgements: LOK would like to thank Hillingdon Council and the park for permission to use the area.

Travel: Parking and assembly are in a field on the left of the access road, next to the main car park at Cranford Country Park, The Parkway, Hounslow, TW5 9RZ, What3words: influencing.badge.butter. The entrance to Cranford Country Park is signposted off the roundabout at junction 3 of the M4 and is just before the exit from the roundabout onto the M4 westbound. The park is inside the ULEZ zone. The access road is narrow in places with a humpback bridge, so take care driving in.

The nearest train station is Hayes and Harlington which is on the Elizabeth Line. It's a 2km walk to the park. The best route is along Roseville Road, UB3 4RA and then use the underpass underneath the M4 to the stable block and St Dunstan church in the park. The main car park is just South of the church and assembly is in the neighbouring field.

Entries: Entry is available via [Fabian4](#) only, including entry on the day subject to map availability. No cash entry on the day. After midnight Sunday 23 June, seniors £9, Juniors £5. Additional charge of £2 where not a British Orienteering member. Electronic timing using SI dibbers which can be hired for £1 or a contactless SIAC hire for £2.50 (20 SIACs available). All entries on the yellow course pay the junior rate. A penalty will be charged for the replacement cost of hired SI cards that are lost or not returned amounting to £69 for SIAC and £33 for standard SI dibbers.

Facilities: There will be an enquiries tent where hired dibbers can be collected. Key drop for your car keys will be at enquiries; those travelling alone are encouraged to use the key drop. A toilet will be at assembly.

Course details, start and finish:

Yellow course of 1.8k with 5m climb, which is suitable for families and beginners.

GLOSS course of 3.0k with 10m of climb.

GLOSS with extension course of 4.7k total with 10m climb, which adds a 1.7k loop after the GLOSS course for those wanting a longer run.

At the end of the GLOSS course, there is a finish control for those who want to finish and an adjacent control for those who want to run the extension. The GLOSS and extension are double sided maps, so you do not have to decide in advance. Given the recent significant increase in undergrowth, competitors will almost inevitably cover greater distance than the headline course lengths.

There will be one start, which is c100 metres from Assembly. Start times are 10:30 to 12:30 with a punching start. You can start whenever suits you, subject to queuing at the start. Control descriptions will be on the map and loose control descriptions will be available in the start lanes.

SI electronic contactless and contact punching can be used, except for both the start and finish which must both be punched and will not be contactless enabled. The finish is c200 meters from Assembly.

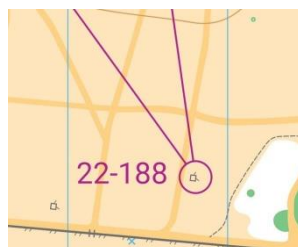
Planner's notes:

Cranford Park is a historic countryside park that was originally the grounds of Cranford House. The park still features a number of historical relics including a walled garden, icehouse, a restored 18th century stable block and the medieval St Dunstan's Church and graveyard which is mentioned in the Domesday Book. It is known for the ghost of the Grey Lady who is said to haunt the park.

The park comprises runnable parkland and meadows with some wooded areas (not very runnable at this time of year) and a good network of paths. There are some ha-ha walls which are shown as uncrossable (unbroken thick purple line) due to the height of the drop from the top of the ha-ha. As major refurbishment works are currently under way to the area around the visitor centre, this area has been marked Out of Bounds using the purple cross-hatch symbol. While the boundaries of the construction area may well have reduced by the time of the event, all competitors should choose routes to the NE or SW of this area. As with the comment re ha-has above, this only affects route choices on the GLOSS Extension course.

The map has been updated by Don McKerrow to ISSprOM 2019-2 standard at a scale of 1:4,000, with 5m contour interval. Maps are pre-marked on waterproof paper. As above, the GLOSS map is double-sided with the Extension on the reverse.

For the convenience of the competitor, the control code has been marked next to the control number on the GLOSS and Extension course maps as per below example, where the code is 188 on the 22nd control:



While this presentation is quite common in major international relay competitions e.g. Jukola (Finland) etc., it is somewhat experimental in the UK – we hope you like it.

Results: We expect to be uploading live results on the day and to have the QR code on your splits.

Safety: COURSES CLOSE AT 14.00. Competitors MUST report to the Finish and Download by this time, whether they complete their course or not.

We will not be providing any water – please bring your own and take your litter home with you.

Cranford Country Park is used by lots of members of the public, so please give way to them. Dogs are allowed in the car park and on the event area. The courses do not cross the access road so you should not encounter any moving vehicles. Some competitors on the GLOSS Extension may choose to run through the main car park, in which case they may encounter some slow moving/manoeuvring traffic – please take care.

If you become disoriented or wish to retire, head North to the assembly area.

The nearest A & E Hospital is Hillingdon Hospital, Pield Heath Road, Uxbridge, Middlesex, UB8 3NN. Tel 01895 238282. This is approximately 7.5k from assembly. Details will be held at Enquiries.

Please make yourself aware of and abide by the current British Orienteering Covid-19 Participant Code of Conduct. We will offer a full refund to you if you need to withdraw your entry because you have COVID-19 symptoms. Please contact the organiser to arrange this.

A full risk assessment has been undertaken by the Organiser. Orienteering is an adventure sport. However, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety. Entries and results will be processed by computer. Your entry will be taken as agreement to this. The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering.

Officials:

Planner – Julie Cleary, Controller – Ronan Cleary

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www.londonorienteering.co.uk