

**West Kent Downs Community Trust
Ranscombe Farm Reserve
and Dartford Orienteering Klubb
invite you to a Family Fun Off Road Bike O event
to raise money for charity**

Final Details

Event Date: Saturday 22 July 2017

Venue: West Kent Downs and Ranscombe Reserve, near Gravesend, Kent

Travel :

- Take the Cobham/Shorne exit from the A2 East of Gravesend. Follow signs to Cobham. Before entering the village when the main road turns sharp right, turn left into Lodge Lane. Follow this road to its end.
- **Public Transport:**
Nearest rail station is Sole Street, served by trains at 34 minutes past each hour from London Victoria. Journey time is 51 minutes but please check rail websites before travelling. The station is 3km from the Event Centre

Car Parking :

- At Lodge Farm adjacent to the Event centre by kind permission of Mr Jim Jackson. Please follow the signs and marshall's instructions. There is no parking fee.

Event Centre:

- The Event Centre is at Cobham Heritage Park Visitor Centre, Lodge Lane, Cobham, DA12 3BS with kind permission of National Trust TQ681684
Latitude/Longitude 51.38955, 0.41247

Event Centre Facilities:

- Enquiries, registration and return of question and answer sheet after your ride
- Toilets will be available. Please leave any muddy shoes at the door.
- Opens at 10:15 for registration and closes at 11:00
- Squash, water, coffee and tea available at the Event Centre
- There are a number of local pubs and restaurants in nearby Cobham that serving food and drink

Start and Finish:

- Just outside the Event Centre
- Starts from 10:30 to 11:30; courses close 13.30
- Please ensure you report back to the Event Centre after your ride, even if retiring.

Terrain:

- The area is on the slope of the North Downs and is hilly. Mainly forest with some open areas and a good path/ride network.
- The mountain bike tracks are narrow and have many twists and turns. When combined with the steepness of the terrain, these present a more difficult cycling challenge than the other paths and tracks.

- There are no public roads on the course

Map:

- The map has been specially prepared for this event based on an existing orienteering map. The map shows vehicle tracks, footpaths and mountain bike tracks.
- The map shows in yellow/orange the open areas, rough open areas and open areas with scattered trees. All forest areas are shown in white
- The map has contours at 5m intervals and includes some earth features such as large depressions. Smaller earth features are not shown
- Fences are shown where they border the area and fields within the area but not otherwise
- Several gates have cycle friendly drawbars to aid opening but you are likely to encounter some gates which are kissing gates without a cycle friendly opening. You will need to lift your cycle over these - please take care doing so
- All routes marked on the map can be used for the event except routes which have red crosses along them - these must not be used.
- There are out of bound areas shown with purple hatching around settlements and overt land not being used for this event. Where the out of bounds area crossed tracks and paths, this means that the tracks and paths are also out of bounds and must not be used.
- The map is at 1:10,000 with 5m contours. The map was surveyed in July 2017 by Andrew Evans, DFOK
- Maps are printed double sided A4 on water resistant paper.

Dogs:

- Not allowed on the course.

Course and Nature Quiz:

- There is one course used by all competitors.
- Maximum time allowed in 2 hours
- The course has 26 checkpoints, each marked with a control number on the map. At each checkpoint there will be a white and orange orienteering kite and stake showing the control number so you will know you are at the right place. An example will be displayed near the Event Centre.
- At each checkpoint there will be also a simple question based on nature or features in the immediate vicinity. The answer will be apparent to you from notice boards or other signage when you are at the correct location
- Each correct answer is worth one point
- Loss of one correct answer for every 2 minutes late back. Be aware that the start and finish are at the extreme western end of the map so allow adequate time to return there at the end of your ride
- Please take a pen (pencil if it is wet) to write your answers down

Entries and Fees

- All entry is on the day at the Event Centre
- Fees are

Senior day riders	£10
Under 21s and OAPs	£5
Families (one entry/map)	£20 maximum (up to 5 people)

- £2 reduction for Seniors who are members of British Mountain Bike Orienteering (BMBO) or of West Kent Downs Countryside Trust, in each case with their membership cards.

Prizes

- Prizes will be awarded by a draw from all those with the highest number of correct answers. There will also be spot prizes drawn randomly from all entries.
- Prizes are primarily various bike accessories and these have been generously donated by **Tri the Bike of Gravesend** trithebike.co.uk
- We expect the prize giving to commence at 13:30 or as soon thereafter as possible

Safety before you come to the event and during the event:

The event will be run under BMBO rules. This means for this event that:

- You must wear a helmet at all times
- You should carry a whistle if competing as a sole competitor
- Bring a small first aid kit - minimum of plasters and dressing to stop a severe bleeding
- You are strongly encouraged to wear full body cover and appropriate footwear as you will encounter ground vegetation close to some of the paths

Safety on your ride:

In accordance with BMBO rules, you must:

- Keep together in your group at all times if you enter as a pair or family group. You will be disqualified if a rider separates from the pair or group
- Close all gates that you open
- Individual and team competitors must navigate and ride independently of other competitors. Penalty 25% loss of overall score.
- You must report to the finish even if you retire. Failure to do so may render entrants liable to search and rescue costs.
- You must offer assistance to any competitors who are injured or in danger. Compensation for time lost will be awarded at the discretion of the event organiser.
- Towing or the use of towing aids is not allowed.
- Use of GPS is not allowed.
- Competitors are expected to visit controls by riding or pushing their bike, not on foot from a nearby point or junction.

Remember that you will be on paths shared with walkers, horse-riders and other cyclists, so please:

- Be courteous and considerate of walkers, riders and other cyclists at all times.
- Give priority to walkers and horse-riders. Always cycle slowly past horses and allow them plenty of room.
- Take special care on bends and junctions, particularly where you cannot see far ahead.
- Don't assume that others can see or hear you - they may be hard of hearing or visually impaired.
- Keep your speed down. The paths are not suitable for cycling fast.
- Cycle slowly past all livestock. Always go around groups of cattle, and not between them.

- Look out for working vehicles on the farmland.

Accidents:

- First aid will be available at two locations on the course. In the event of any minor injury the nearest A&E unit is the Darent Valley Hospital, Darenth Wood Road, Dartford DA2 8DA (14km, 12 mins by car)
- There is also A&E at Medway Maritime Hospital, Windmill Road, Gillingham ME7 5NY for those heading east (17km, 20 mins by car)
- Directions will be available at the Event Centre in case of need

Cancellation:

- Cancellation is a last resort, however if very bad weather is forecast or some unforeseen event makes it necessary to cancel, a notice will be placed on the DFOK website. Please check the dfok website for any last minute information www.dfok.co.uk

The charities

- Further information on the two charities, West Kent Downs Countryside Trust and Ranscombe Farm Reserve is available through links from the event page on the dfok website www.dfok.co.uk or via www.wkdct.org.uk and the Plantlife nature reserves pages accessible via www.plantlife.org.uk/uk/

Officials:

- **Question setters:** Andrew Baylis, West Kent Downs Countryside Trust
Richard Moyse, Ranscombe Farm Reserve
- **Organiser:** Andrew Evans (DFOK),
contact chairman@dfok.co.uk Mobile 07794 379711

Thank you for coming to the event and for supporting the countryside work at our two charities. We hope you enjoy your ride.