



## East Midlands League Event

Sunday 2<sup>nd</sup> November 2025

SHIPLEY COUNTRY PARK, HEANOR, DE75 7GX

Final Details Version 2: Tuesday 28 Oct

**READ THIS EVEN IF YOU READ NOTHING ELSE.....**

### Courses

| Course           | Distance<br>(km) | Climb<br>(m) | Scale    |
|------------------|------------------|--------------|----------|
| White            | 1.6              | 25           | 1:7500   |
| Yellow           | 1.9              | 20           | "        |
| Orange           | 3.3              | 45           | "        |
| Light Green      | 4.2              | 65           | "        |
| Very Short Green | 3.9              | 60           | "        |
| Short Green      | 4.3              | 55           | "        |
| Green            | 5.3              | 80           | "        |
| Blue             | 7.4              | 140          | 1:10,000 |
| Brown            | 9.5              | 200          | 1:10,000 |

**Start Times** – are not being allocated, turn up at the start and go. If you expect to take a long time then please start early.

### **SAFETY**

The park is well used for walking, running, cycling and horse riding. Competitors must be aware of and considerate towards members of the public at all times but particularly when engrossed in the map and moving at pace.

Competitors take part at their own risk and are responsible for their own, and members' of the public, safety.

Full leg cover is required.

**WEATHER** - We do not anticipate a problem but please check the DVO website before setting out if things look doubtful.

**DOGS** – In the car park / park only but not on courses. The area is well used by dog walkers.

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**Travel** - Please follow brown tourist signs from A608 & M1 Junction 26.  
Shipley Country Park, Slack Lane Heanor DE75 7GX

**Car Parking** - Pay and display car parking at the Visitor Centre. What 3 Words: bluff.ranches.moped  
Post Code: DE75 7GX Charges: 3hrs = £3.50 All day £7.00

**Event Centre / Assembly** – 5 minute walk from the car park.

We have use of 'The Green Room' in the Visitor Centre for Assembly, a chance to get together before and after your run. Enquiries, Registration, Download will be situated here.

Please remove all muddy / wet shoes before entering the building.

The Bluebell Café and kiosk adjacent to The Green Room will be open.

**Toilets** – at the visitor Centre

**Start / Finish** The Start is 300m from assembly / 150m from the car park – follow tapes.  
The Finish is very close to Assembly / Download – it will be marshalled.  
*Quiet Start* – please contact the Organiser if you need this provision.

**Times** - The Green Room / Assembly / Download will be open from 09:30 until 14:30.  
Start Times are between 10:30 and 12:30.

**Courses close at 14:00.**

***There are no fixed start times;*** starts are on a come-and-go basis.

If you believe that you are likely to take longer than 90 minutes to complete your course, please make sure that you arrive in good time for an early start time so control collection in daylight hours can commence as soon as possible after courses close / all competitors are accounted for.

**Entries and Fees** - Entry is via the DVO website through *Start Kite*. The closing date for entries is Monday 27<sup>th</sup> 2025 at 11pm. Entry after this date may be possible depending on map availability

Entry on the day will be available for this event between 10:00 and 11:30 subject to the number of maps remaining for courses. Estimates of map availability for different courses will be provided in the week before the event.

- Fees: Senior BOF members £10, non-members £12, All Juniors £4,
- Late Entry - After closing date (27/10/25) £12 / £14 / Entry on the Day: £1 surcharge

Dibber hire is £1.00 per dibber hired and £2 per SIAC (contactless) dibber.

Junior entry fees include the cost of a (non-contactless) dibber.

**Electronic Punching** - All courses will use SPORTident. Both SI contactless and contact punching will be possible.

**Map** - Map scale Brown / Blue Courses 1:10000 // all other Courses 1:7500 with 5m contours. Size A4. Printed on waterproof paper. Control Descriptions both on the map and in start lanes.

**Courses** - You may run any course competitively but to count in the EM Urban Leagues, you must run the correct course, or a higher one, for your age group.

**Download** - Download will be situated in The Green Room. **ALL competitors must download** after their run even if they do not complete the course.

**Safety** - First Aid – available at the Finish / Assembly.

Defibrillator at The Visitor Centre.

The nearest Hospital providing full Accident and Emergency facilities:  
Derby Royal Hospital. Uttoxeter Rd, Derby DE22 3NE  
What3Words: giant.moved.erased

Urgent Treatment Centre – Ripley Hospital. Sandham Lane Ripley DE5 3HE  
What3Words: functions.villager.highs

**Covid19** - Please do not attend if you have tested positive for or have signs / symptoms of Covid, or have been close to someone who has been asked to isolate.

**Clothing and Footwear** - Full leg cover required, shorts are not permitted. It is recommended you carry a whistle. In the event of extreme weather, you may be required to carry a cagoule.

**Personal Data** - The personal data you give will be used by the event organiser for the purposes of processing and publishing the event results, for conducting safety checks and to validate BOF insurance cover.

**Photographs** - You are welcome to take photographs or record video at this event, but please respect people's privacy. Photographs may be posted on the internet. Please make the organiser aware of any concerns re: photographs / videos.

### **Event officials:**

**Planner:** Dave Vincent (DVO)

**Controller:** Stuart Swalwell (DVO)

**Organiser:** Val Johnson (DVO) -

Contact: gmjandfam@aol.com

