



Final Details Ampthill

Sunday 24th November 2013

Entries. Entries on the day. No pre-Entry. Entry fees remain as follows:

Adults £7 (£2 discount for adult members of British Orienteering).

Students and juniors £2. (Juniors are under 21.)

SI card hire 50p.

Family groups are charged as one adult entry.

Travel. Postcode for SatNav: There is no exact postcode for Ampthill Park, but MK45 2HX will take you to a point about 700m East of the car park entrance. Grid Ref: TL 024382.

Take the A507 from M1 Jct 13. Ampthill Park is at the Western end of Ampthill next to the junction of the B530 and the A507. It will only be signed from the B530/A507.

Alternatively take the A421 to Bedford, taking the B530 to Ampthill and turning towards the West in the centre of Ampthill keeping to the B530. There is no exact postcode for Ampthill Park, but MK45 2HX will take you to a point about 700m East of the car park entrance.

By public transport: Travel to Filitwick Station is 2.0 miles away. Then you will have to cycle the final 2.0 miles to Ampthill Park. No buses run on Sunday.

Parking. Parking is in the Public Car park south of the park. **Do not** go to the Car park near the football stadium. If you are planning on bringing a coach or minibuses, please contact the organiser beforehand.

Toilets and café. Toilets are situated at the Ampthill park hub north of the east car park. Also at the park hub, there is a café selling a wide variety of refreshments.

Beginners. Are welcome at this event and help is available to get you started. Just ask at Registration.

Courses

	Course Difficulty	Controls	Distance	Climb (m)
White	very easy	10	1.2 km	35
Yellow	easy	10	1.6 km	35
Orange	moderate	13	2.8 km	75
Light Green	harder	13	3.5 km	105
Short Green	hard	15	3.7 km	115
Green	hard	19	4.4 km	125
Blue	hard	21	5.9 km	180

Course lengths are distances as the crow flies.

SI cards. This event uses SportIdent electronic punching. SI cards are available to hire for 50p. Please take care of your hired SI card as replacement will cost you £30.

Maps. 1:5000 Scale. Maps with pre-printed courses on waterproof paper A4 size. The map was updated in Autumn 2012.

Maps for yellow and white courses can be collected on the Clear Station side of the start. Other maps are picked up after punching at the start.

Control descriptions are printed on the map as text for white and yellow and symbols from Orange upwards. Loose, waterproof control descriptions will be available in the start lanes. The blue course will be double sided.

Start is located 86m NW from the Car Park.

Just go to the start when you are ready. Please follow the instructions of the start officials. There is a punching start at this event. Please remember to punch the start control before picking up your map.

Remember to report to download even if you retire – or we may need to launch a search party.

Terrain. The ground is fast open with detailed contour and some patches of runnable forest canopy. Much bramble and undergrowth has been cleared very recently making wooded areas more runnable than previously.

Out of bounds areas on the map are denoted by purple vertical hatching. Courses have been planned to avoid any temptation to cross into any of these areas.

One fence to the North of the park must not be crossed. This is indicated by a thick purple line. It must only be crossed at Mandatory crossing points -)(- .

Safety. Cows are present in two parts of the park. If you are bringing a dog, keep it on a lead at all times. Ampthill park is regularly used by many dog walkers. Please keep clear of the lake which is marked as out of bounds on the map. There are many rabbit holes around the park.

First Aid. A first aid kit is available at Download. The nearest hospital with A&E is Bedford Hospital, Bedford (8miles). Travel directions to this and also Addenbrookes, Cambridge and A&E at Milton Keynes are available at Download.

Dogs. Are welcome but must be under close control at all times.

Ash Die-Back Disease. (Chalara fraxinea) Please follow advice from BO and Forestry Commission and clean shoes.

Planner Oliver Hague WAOC **Controller** Neil Humphries WAOC **Organiser** Lakshmi Chand WAOC