



Final Details Brandon

Sunday 27th October 2013

Please note that the clocks go back on Sunday morning 27th October!

Welcome to WAOC's Brandon Orienteering Event.

This cross-country event is Day 2 of the 'Town and Country' Weekend, following on from the Cambridge City Race organised by CUOC on Saturday 26th October. It incorporates a free TrailO course. The event is also part of the East Anglian League and the appropriate courses for each age group are shown below.

Entries

On-line entries are now closed, and we encourage entries on the day. Entry fees remain as follows:

Adults £9 (£2 discount for adult members of British Orienteering).

Students and first junior in a family £3, and subsequent juniors £2. (Juniors are under 21.)

Family groups are charged as one adult entry.

Entry on the day is subject to the availability of maps, but we have printed a good excess of maps:

These are the number of maps available over and above the number of pre-entries:

White	20	Yellow	31
Orange	31	Light Green	36
Short Green	10	Green	32
Blue	28	Brown	19

Please note we cannot reserve maps for individuals who have not pre-entered. Entries on the day are available on a first come, first served basis.

Travel

Postcode for SatNav: IP27 0NZ Grid Ref: TL 775854

The event will be signed from the A1065 at the SW end of Brandon. From the south and west, approach Brandon on the A1065 and look for the turn off to the right into the Industrial Estate.

From the north, drive through Brandon until heading SE towards Mildenhall and look for the turn off to the left.

From Thetford, drive to Brandon town and turn left onto the A1065.

DO NOT follow brown signs to Brandon Country Park.

By public transport: Brandon Station is 1.7 miles away.

Roadworks

We are advised that road works affecting the A11/A1065 Fiveways roundabout at Barton Mills will be completed in advance of the event. However, we suggest you check traffic reports before travelling.

If we discover any likely traffic problems, we will send out an email alert to all who have pre-entered. The event webpage will also be updated.

Parking is on the Mile End Industrial Estate in Brandon. Please avoid blocking entrances. There is plenty of space for vehicles including minibuses.

The assembly area including Registration, Download and Enquiries are close to the pathway linking the Industrial area to the forest.

Toilets Portable toilets are situated at this forest entrance.

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

Courses

Course	Difficulty	Distance	Climb (m)	East Anglian League Recommended age classes	Map size
White	very easy	1.7 km	5		A4
Yellow	easy	2.1 km	10	M/W10	A4
Orange	moderate	3.3 km	15	M/W12	A4
Light Green	harder	4.0 km	10	M/W14	A3
Short Green	hard	3.7 km	35	M75 W65-75	A3
Green	hard	4.75 km	5	M65 – 70, W45 - 60	A3
Blue	hard	7.1 km	50	W21 – 40, M45 - 60	A3
Brown	hard	8.8 km	50	M21 - 40	A3

Course lengths are distances as the crow flies.

TrailO A free TrailO course is sited close to the route to the start. We hope that you will try this in addition to your main run. Those on white and yellow courses must run their colour-coded courses before the TrailO to be competitive. Further details on TrailO are provided below.

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.

If you have pre-entered and are hiring an SI card, remember to collect this from Registration before going to the start.

Maps. 1:10 000 maps with pre-printed courses on waterproof paper. The map was updated in Spring 2013.

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, with both text and symbol versions for the Orange Course.

Start is located 700m NE along the path from the forest entrance.

If you have pre-entered you will have been allocated a start block. Please try to arrive at the start within this block time to avoid congestion. If you have entered on the day, you will not be allocated a start time – 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

Brandon consists of coniferous managed forest with areas of differing maturity and runnability. The courses have been designed to make the most of the more runnable areas of forest in the northern part of Brandon Country Park, which also includes some areas of contour detail. An extensive area of heathland in the centre is out of bounds for orienteering and is protected by an obvious fence with gated entrances.

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

The TrailO overlaps in part with tracks used by the Yellow course. If you are taking part in the TrailO please give way to runners on the colour coded courses. Controls with numbers and SI boxes are used by the colour coded courses and are not part of the TrailO. Markers off the paths in the terrain that have no SI box or number are part of the TrailO.

Special Symbols On control descriptions and on the map, a black cross **X** indicates a hide.

Safety Adders are present in this part of the forest. Please advise your children not to approach any snake. Please note that ticks are prevalent in this area. If you are bringing a dog, be aware that the Thetford forest has been the source of Canine seasonal illness, which though uncommon, may occur at this time of year.

Please keep clear of the pond near the Brandon Country Park Visitor centre. Warning posts indicate when you are approaching the pond (which you shouldn't be – courses are planned to avoid it!).

The major road bordering the Eastern side of the forest is marked out of bounds on maps by a series of purple crosses. DO NOT run or walk along this road.

Some courses cross a minor road. Control descriptions indicate where this occurs. Please keep a lookout for cars on this road when crossing.

Brandon is used by cyclists who might be found on the waymarked "blue" cycle route or on unmarked MTB paths in the forest. There is not expected to be any significant number of bikes around during this event, but please keep an eye out for bikes and avoid running along MTB tracks if any cyclists are approaching.

First Aid. A first aid kit is available at Download. The nearest hospital with A&E is West Suffolk, Bury St Edmunds (15miles). Travel directions to this and also Addenbrookes, Cambridge and the Minor Injuries Unit, Ely 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 before leaving the site. Brushes and water will be provided.

You may be interested in visiting Brandon Country Park Visitor Centre (open 10am until 5.30pm) which has a shop and Tea rooms, or the more extensive High Lodge Visitor Centre which includes Café and Adventure playground, which is open to 6pm. Parking at High Lodge is £2.10 per hour.

Planner Peter Woods WAOC **Controller** Richard Bonnet SOS **Organiser** Cath Pennington WAOC

TrailO at Brandon

TrailO concentrates on map interpretation and knowledge of the pictorial descriptions. It is not a timed exercise, although there is a maximum time set in competitions and timed controls are used as a tie-breaker.

Each control involves a segment of map with a circle marked on it, a Decision Point (DP), and from 1 to 5 markers in the terrain, designated A-E.

Your task is to decide which marker (if any) is at the point indicated by the centre of the circle. Check what is and what is not shown on the map. The descriptions show the number of markers relevant to each control, e.g. A-C (3) or A-E (5) and not a code, as in FootO. The markers relevant for each control are obvious but you may be able to see others to the side.

Markers are labelled A-E from the left as you see them from the Decision Point (DP), which is marked on the ground but not on the map. There may not be a marker in the centre of the circle, if so it is a "Z" control. A "Z" should always be clear; it will not be a marker just a few centimetres from the correct spot unless some other part of the description makes it obvious. A control description just showing A, gives you the choice between A and Z.

Record your choice using the pin punch attached to the control number board, make sure that you punch both parts of the double card. Only one punch per control is allowed, any change is considered wrong and appeals are not considered.

Today's competition starts with a timed control. You will be seated and the position of the markers indicated before the timing starts as you are handed a correctly orientated map. Make your choice by touching the correct letter on the board in front of you, keep your finger there until sure the marshal has recorded the answer and time taken. You have up to a minute to decide and will be warned after 50 seconds if necessary, you may not change your choice. The start is close by and your actual start time is added to your card and the map issued, today you have 93 minutes as shown in the top right hand box of the descriptions.

The course follows the route to the colour coded start and continues along the main ride, any side path is out of bounds and shown as such on the map. You may walk up and down the track studying the terrain, features and markers but must not leave the track, or go further than any stop signs before recording your decision. A smaller path through green forest is to be followed to control 8 and there are tapes to the decision points on a couple of occasions. You must never go past these points further in to the terrain and at a couple of controls you may have to wait your turn.

A map showing the solutions and your half of the control card will be available soon after the last person has started. Enjoy.