



## Bush Heath Woods

25 October 2015



WAOC welcomes you to this East Anglian League event at Bush Heath Woods.

### TempO

In the trees around the car parking area there are a small set of Temp-O clusters. These are free to all to have a try at, before or after your run. Please do have a go. There is no additional entry fee for this and it is intended as a taster session rather than a competition, so we will be publishing the answers but no results lists. The rest of these details concern the normal cross country orienteering courses.

### Entries

Registration is open from 10 am to 12 noon. Beginners are welcome at this event and help will be available to get you started – just ask at Registration.

### Entry Fees

Adults, British Orienteering members	£7
Adults, non-members	£9
Juniors (under 21) first in a family	£3
Students	£3
Second and subsequent juniors in the same family	£2
SI card (dibber) hire	50p
Family group sharing a map, single adult rate	£9/£7

**Hire dibbers** If you have pre-entered and requested a hire dibber, please collect it from Registration. Remember to return it to Download when you finish. Take care of your dibber as it will be charged at replacement value if lost.

### Courses

	Age Classes for EA League		Difficulty	Length (km)
<b>White</b>			Very easy	1.4
<b>Yellow</b>	W10	M10	Easy	1.6
<b>Orange</b>	W12	M12	Moderate	3.2
<b>Light green</b>	W14	M14	Harder	3.5
<b>Short Green</b>	W65+	M75+	Hard	3.6
<b>Green</b>	W16-20, W45-60	M65-70	Hard	4.4
<b>Blue</b>	W21-40	M16-20, M45-60	Hard	6.2
<b>Brown</b>		M21-40	Hard	7.5

**Start Times** - The start will be open from 10:30 am to 12:30. You are free to go to the start at any time which suits. Bear in mind that there may be a queue for starts to your course, and the start is always busiest soon after it opens.

**Start and Finishes** - There is one start for all courses. The start is approx. 600m from Assembly. To reach the start from assembly, exit the Caravan Club site by the same route that vehicles will be entering –TAKE CARE. Turn right onto the road, then cross the road. The road crossing will be marshalled, but you are responsible for crossing safely.

Follow the red and white streamers along the track, through the opening in the fence, then continue along the path with the fence now on your right. At the path junction where the fence turns a corner, the start and one finish will both be visible. Take the NE path to reach the Start.

There are two finishes. The finish for all courses from White up to and including Green is a short distance NW of the path junction noted above on the route to the Start. The route back to assembly is back along the fence following the streamers, and involves the same road crossing. Once again please take care.

The separate finish for the Blue and Brown courses is very close to the Assembly area.

### **Courses close at 2:30 pm**

**You MUST report to download, even if you retire.**

#### **Maps and control descriptions**

The map was significantly updated by Peter Duthie of WAOC in 2015. Maps are A4 size, printed on waterproof paper. Map scale is 1:10,000. There is no legend printed on the map.

Maps for white and yellow courses will be available in advance of the start grid. For all other courses, you pick up your map after punching the start control.

Control descriptions will be printed on maps for all courses. In addition, loose control descriptions will be available at the start. These are NOT printed on waterproof paper.

#### **Safety - IMPORTANT**

Courses from White up to and including Green do not involve any road crossings.

Blue and Brown courses involve the following road crossings: The first of these has a timed out crossing. You will cross this road once, at the designated point, enforced by controls on either side of the road. There is a time out period to allow you to wait if necessary without penalty, in order to cross safely. **BE AWARE THAT THE ROAD IS VERY CLOSE TO THE PRE-CROSSING CONTROL**, and the forest extends to the edge of the road. **TAKE IT SLOWLY** – your road crossing time will be subtracted from your total run time.

The more southerly crossing is a minor road which you are free to cross at any point. This will be crossed twice, out and back. There is no timed out period in either direction. Please take care when crossing.

Do not run along roads.

Please do not go into any area marked as Out of Bounds, indicated on the map by either solid olive colour, or vertical purple stripes or cross hatching.

Avoid the BMX track - this area is marked OOB on the map by purple hatching.

There is a single mineshaft not far from the start which could potentially be a hazard. This has been marked off by black/yellow tapes, which should not be crossed, and it is marked on the map by a small rectangle of purple hatching.

Please be cautious: there has been recent felling in the north east part of the area. You may encounter machinery. **Keep away and do not touch or climb on any machinery.**

There are stacks of timber (log piles) in the area, some very large. It is very dangerous to play around or climb on these stacks. **Please ensure that children in your care do not play near or climb on timber stacks.**

There may be cyclists and pedestrians in the forest please be aware of them.

You take part in this event at your own risk and are responsible for your own safety. Full leg cover is compulsory and you are advised to carry a whistle. In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.

**You MUST report to download, even if you retire.**

A first aid kit for minor injuries is available if needed at Registration/Download. Travel directions to hospital are available at registration/download.

Nearest Hospitals:

West Suffolk Hospital	Bury St Edmunds	IP33 2QZ	01284 713000
Addenbrookes	Cambridge	CB2 0QQ	01223 217118

### **Biosecurity**

Please note the revised biosecurity guidelines issued by British Orienteering:

*We should all be checking our clothing and equipment before leaving the car park to ensure that there is no visible plant material either on our shoes or our clothing. If there is any plant material it should be removed and left on site. We should also knock off any soil or leaf litter.*

*Once home thoroughly clean your footwear and clothing and then leave it to dry for as long as possible. Many of the INNS other Invasive Non-Native Species (INNS) are able to survive in damp corners for very long periods of time, but are less able to survive if the equipment is thoroughly dried.*

### **Terrain**

Bush Heath is a mixture of open heathland and forest blocks of differing maturity and runnability. The prevalence of undergrowth is not as great as when Bush Heath was last used for orienteering. However, there are areas containing brambles, shown on the map by a vertical green line screen. Most courses may encounter nettles in the north-west corner of the map. Bracken will not have died down so some route choice may be affected as a result.

Recent felling work has left its impact on the forest. Please observe any advice given at the start and avoid any obvious hazards such as log piles.

### **Facilities**

Registration, Enquiries, Download, and portable toilets are located in the assembly area. Please note that the Caravan club site is closed and the site facilities are not available. Please use the portable toilets we have provided.

**Dogs** are welcome but must be kept under close control at all times, and must be on leads in the car park area and when crossing roads.

**Results** Preliminary results will be on display at Download during the event. Results will be posted on the WAOC website shortly after the event

### **Officials**

Organiser Peter Woods (WAOC) [entries@waoc.org.uk](mailto:entries@waoc.org.uk)

Planner Oliver Hague (WAOC)

Controller Richard Bonnett (SOS)

### **Acknowledgements**

We are grateful to the Caravan Club for their assistance on the day and allowing us to use their site for parking.