



## Thetford Thrash 2015

### Day 2 - Croxton Heath

#### Final Details



WAOC welcomes you to Day 2 of the Thetford Thrash at Croxton Heath. This event incorporates the East Anglian Championships.

#### Entries

Start lists for pre-entrants with allocated start times are available on the Fabian 4 website and will be on display at Registration. We intend to set up an SI check station at Registration/download so you can use your dibber to check your details are correct.

You are welcome to enter on the day, subject to map availability and a late entry surcharge. Registration will be 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.

#### Fees for entry on the day

Adults, British Orienteering members	£13
Adults, non-members	£15
Juniors (under 21) first in a family	£4
Students	£4
Second and subsequent juniors in the same family	£3
SI card (dibber) hire	50p
Family group sharing a map, single adult rate	£13/£15

**Hire dibbers** If you have pre-entered and requested a hire dibber, please collect it from Registration. (You will need a different hire dibber from Day 1). 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 Champs		Difficulty	Length
<b>White</b>			Very easy	1.7
<b>Yellow</b>	W10	M10	Easy	2.7
<b>Orange</b>	W12	M12	Moderate	2.9
<b>Light green</b>	W14	M14	Harder	3.7
<b>V Short Green</b>	W75+		Hard	2.9
<b>Short Green</b>	W65-70	M75+	Hard	3.3
<b>Green</b>	W16, W55-60	M70	Hard	4.3
<b>Short Blue</b>	W18-20, W45-50	M65	Hard	5.4
<b>Blue</b>	W35-40	M16, M55-60	Hard	6.4
<b>Short Brown</b>	W21, W Open	M18-20, M45-50	Hard	8.1
<b>Brown</b>		M35-40	Hard	9.4
<b>Black</b>		M21, M Open	Hard	10.6

**Please note that EAOA Championship rules have changed recently; to be eligible you must enter either your correct age class or the Open category.**

## **Travel and parking**

### **By car**

Approach on the A11 towards Thetford. Leave the A11 signed for Croxton (north of Thetford). Go through Croxton village and turn right, signed for Wretham, Watton and cycle route 13. Turn right into forest road 67 and continue for 1km to the assembly area (GR 893880).

Nearest postcode for SatNav is IP24 1LN but this is south of the area at Hall Farm. Follow O signs.

### **IMPORTANT**

**After 10:30, competitors will be crossing the forest road that you drive along to the assembly area at a number of points along its length. Please drive dead slow and watch out for competitors emerging from the forest and running across the road in front of you (both ways), both when arriving and leaving.**

Parking will be alongside forest drives and on an area of open grassland. Please follow the marshals' directions. Large vehicles will be in a designated area of assembly.

There will be no exits from assembly until after 11:45 as the approach road is effectively a single track road with passing places. Late runners, please try to arrive by 11:45.

### **By train and bike**

The event is close to cycle route 13. Thetford is served by trains on the Cambridge-Norwich line, though trains are infrequent from Cambridge on Sunday mornings, otherwise an hourly service.

### **Start and finish**

The start is 200m west of the SW corner of the assembly area along a flat track. Starts will be from 10:30 to 12:30. Individual tart times have been allocated to pre-entries. Those entering on the day may start at an available time at the discretion of the start team and in line with rules for separating members of the same EA club.

There are two finishes: both about 250m from the SW corner of assembly on flat tracks. The north finish is used by Green, Short Green and Very Short Green courses. All other courses finish to the south.

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

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

### **Maps**

The map was updated by Bruce Marshall in 2014, and has pre-printed courses on waterproof paper. Map scale is 1:10000.

The Black, Brown, Short Brown, Blue and Short Blue courses will be on a single sided A3 sheet with pictorial descriptions on the map side. The legend will only contain 5 special symbols. There will be some complete legends for collection at registration and on the web site. New felling has started in the east of the forest and these courses have been adjusted to avoid the out of bounds area.

Green, Short Green, Light Green will be on a double sided A4 sheet with descriptions and legend on reverse. Very Short Green will have pictorial descriptions on the A4 map side and the legend

on the reverse. White, Yellow and Orange will have text descriptions on the A4 map side and the legend on the reverse. Maps for white and yellow courses will be available before the start.

### **Control descriptions**

Loose control descriptions will be available at the start.

### **Facilities**

Registration, Enquiries, Download, St John Ambulance and toilets are located in the assembly area.

### **Dogs**

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

### **Terrain**

Croxtan Heath is a mixture of coniferous and deciduous forest of widely varying age, runnability and visibility. Runnability in the north is affected by brashings and bracken. Courses avoid the worst of the brambles. Of the remaining areas, most are affected by low bracken and, where this affects running, the map shows the undergrowth screen.

The area is mainly flat, although there are many large, natural depressions (dolines) throughout the area, some of which are quite deep and water-filled. The small earthwall symbol is used to indicate old rootstock banks which have rotted down. These banks will be difficult to see at running speed. The only remaining evidence may be a line of deciduous trees along the former line. Bracken hasn't died down as much we hoped and may cover brashings - take care.

### **Out of Bounds**

A number of these large depressions are Out of Bounds as they are inhabited by Great Crested Newts. Please do not go into any depression marked as Out of Bounds, indicated on the map with vertical purple stripes.

### **Safety and first aid**

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.**

First aid cover is provided by St John Ambulance Cycling Team close to Registration/Download. Travel directions to hospital are available at registration.

Please be cautious: there has been recent felling in the north and east 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.**

All courses, from Very Short Green and up, cross the access road to the parking in the forest. No courses cross or go near public roads.

Army ranges adjoin the site. While nothing suspicious of a military nature has been seen here, **please do not touch or pick up any suspicious object** and make sure this is brought to the attention of children in your care.

The area to the north of Croxton Heath is a military training area, separated from Croxton Heath by a fence with warning signs. **Do not enter this area!**

### **Cancellation**

If exceptional weather is likely to make orienteering hazardous or travel to the area unsafe, a warning of possible cancellation will be posted on the WAOC website and a decision time given for cancellation of the event.

### **Results**

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

### **East Anglian Championships**

The East Anglian Championship presentations will be made as soon as possible on Sunday afternoon.

### **Officials**

Organiser Cath Pennington [entries@waoc.org.uk](mailto:entries@waoc.org.uk)

Planners Mike Bickle, Helen Bickle

Controller Bruce Marshall