



West Anglian Orienteering Club

Second Day of the Thetford Thrash and East Anglian Championships

Croxton Heath

Sunday 30th January 2011

Final Details

SEVERE WEATHER

In the event of severe weather causing doubt about the safety of proceeding, an assessment will be made on Thursday 27th January. Any postponement will be notified on the club website by the end of Friday 28th January.

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1. Timetable for the Day

10:00	Registration and Enquiries open for Entry on Day
10:30 to 12:30	Starts
13:30	Presentation of East Anglian Championships Trophies and East Anglian League Mugs
14:30	Courses Close

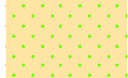





2. Courses, maps and control descriptions

Course	Length	Climb	Controls	Scale	Descriptions
Black	13.0km	20m	22	1:15,000	Symbols
Brown	11.2km	15m	21	1:15,000	Symbols
Short Brown	9.3km	15m	16	1:15,000	Symbols
Blue	7.4km	20m	14	1:10,000	Symbols
Short Blue	6.2km	15m	14	1:10,000	Symbols
Green	4.8km	10m	13	1:10,000	Symbols
Short Green	3.8km	10m	11	1:10,000	Symbols
Very Short Green	3.3km	10m	10	1:10,000	Symbols
Light Green	3.9km	10m	10	1:10,000	Symbols
Orange	3.7km	10m	9	1:10,000	Text
Yellow	2.7km	5m	9	1:10,000	Text
White	1.9km	5m	10	1:10,000	Text

Maps will be A4, laser-printed, on waterproof paper. Control descriptions and a legend will be printed on the back of the map. Blank maps will be available to view in the assembly area and start lanes.

Special Symbols

The map is drawn to ISOM standards, with the addition of the following special symbols:

	Yellow with green dots	Rough open with young trees
	Green line with green crosses	Rootstock wall (Difficult to cross)
	Green circle	Distinctive tree
	Green dot	Holly bush
	Green crosses	Timber stack (Keep Off!)
	Black circle	Hide

Loose control descriptions (on non-waterproof paper) will be available in the start lane for all courses except **White and Yellow**, which will be available in the **pre-start area (along with White and Yellow maps)**.

Holly bushes are described as “thickets” in the control descriptions –



3. TRAVEL DIRECTIONS

Approaching on the A11 from the West, the junction from which the event is signed is the fourth beyond the Elveden Traffic lights (about 5 miles). The junction has grid reference TL872853.

At this A11/minor road junction, take the minor road to Croxton. Follow the signed route towards the North for approx 4 miles. **This will be the only access route to the car park** due to safety considerations. Please do **not** use the more direct minor road as it cuts through the competition area. Go straight through Croxton village and continue straight on North to a T-junction where you turn right then right again at the next T-junction. In 200m there is a forest entrance that has been opened for our exclusive use and a marshal may issue you with any on the day details and an Entry on Day Sportident entry form if you are not pre-entered.

Proceed up the forest road for 1k to the assembly area (grid ref TL893880). There will be no exits from assembly until 11:45 as once in the forest it is effectively a single road with passing places for cars. Late runners please try to arrive by 11:45.

NB After 10:30 competitors will be crossing the forest road that you will be driving along to access parking and assembly, at a number of different 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 at the event and when leaving.**

Parking

This will be in a triangular grass area near the centre of the map (grid ref TL893880). Please follow the directions of the marshals to ensure tight parking and minimal pedestrian and car crossing movement during the morning. There will be no charge.

Dogs

Dogs are welcome in the forest but must be kept under control.

Facilities

Portaloos will be available in the car park at SE corner.

Orange squash and water will be available near the Finishes.

String course

The String Course will be located 200m E from the car park further along the forest road used for access. Please follow the signs.

Food

Sorry, no food or caterers on this occasion at the assembly area.

Off forest in Elveden at the *Elveden Estate* food will be available until 5pm.

Children eat free in January but it is expensive (£6 for soup and roll) for adults. Nice restaurant though. Handout available in hospitality area.

For cheap but good, try this next about 10 miles West of Croxton just off the A11. At the A1065/A11 Mildenhall 4 ways junction on the A11 there is an outdoor snack bar for a variety of hot foods. (Walkers Snacks, turn up N on the A1065, then turn right at the toilets in 200m) They open at 7 am and close at 5pm. Handout with details available in hospitality area.

4. Terrain and Safety

Terrain

Croxton Heath is a mixture of coniferous and deciduous forest of widely varying age, runnability and visibility, together with some areas of rough open as a result of felling. Undergrowth is in general not a problem; the few areas of significant brambles are marked on the map with undergrowth screen, as are areas of significant brashings.

Unfortunately brashings are rather more extensive than in previous years as a result of recent thinning – whilst these are unlikely to have much of an impact on stronger and more agile competitors, less agile competitors might wish to choose routes which avoid them as far as possible.

The area is mainly flat, although there are a number of large natural depressions (dolines) throughout the area, some of which are quite deep, and some of which have ponds in the bottom of them (see below re Out of Bounds).

Out of Bounds

A number of the large natural depressions in the area are **Out of Bounds** as they are inhabited by Great Crested Newts. **Please do not go down into any depression marked as Out of Bounds on the map (vertical purple stripes).**

There are also a number of private houses in the area, marked with the olive green habitation symbol on the map. **Please do not go into the grounds of any house.**

Other Forest Users

You will encounter many other users of the forest during this event, but particularly dogs and small children “toddling” uncertainly a few metres from Mum or Dad. Please extend to dogs and children and their adult guardians the same courtesy that you would expect to receive.

Safety

The **Black, Brown and Short Brown** courses all cross the road between Croxton and Wretham twice. Traffic on this road is light, but sometimes moves very fast. **Please take exceptional care when crossing this road (on both occasions).**

All courses except White, Yellow and Orange cross and re-cross the forest road that competitors will be driving along to access parking and assembly. Again, **please take care when crossing this access road** – the relevant points are noted in control descriptions.

There are a number of stacks of timber in the area. It is very dangerous to play around, or climb on these stacks. **Parents, please ensure that your children do not play near, or climb on timber stacks.**

The area is occasionally used by the armed forces for training (and may be being used by cadets during the competition). Whilst nothing suspicious of a military nature has been seen in the area, **please do not touch or pick up any suspicious object that you come across.**

The area immediately 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!**

In the event of **becoming injured in the forest**, if you can, go to the nearest control and seek assistance. Otherwise use your whistle to summon help. **Whistles** should be carried by all competitors. The emergency signal is six long blasts repeated every minute. The response signal is 3 short blasts every minute. **Please do not use your whistle for any other purpose.**

First aid

A First Aid post will be located at the SW corner of the car park. If you have a **medical condition** that may be relevant in an emergency (e.g. diabetes, epilepsy, heart condition, asthma), please inform “First Aid” on arrival. These details will be used solely for First Aid purposes.

Voluntary Additional check on your return from your run

If you wish to be checked out of the forest in addition to downloading, please leave an article of value (e.g. car keys) at Registration/Enquiries, together with your name and course details.

5. Procedures and Rules on the Day

Start and Finish

Both the start and finish will be less than 250m from assembly and signed from the SW corner of the car park.

Start Times

Starts will be from 10:30-12:30. Courses close at 14:30. Start times will be displayed, when allocated, on the Fabian4 website. We are using 15 minute start blocks rather than individual start times. The time shown on Fabian4 is the start of each 15 minute block (e.g. if your start time is shown as 11:15 your start block is from 11:15 to 11:29). You may start at any available time, but priority will be given to those competitors who have been allocated to the current start block. There will be a 2 minute call up.

FABIAN 4 ENTRIES PROCEDURE FOR START TIMES

You have been allocated to a 15 minute start block, available at enquiries if you did not get this information from the website.

Simply go to the start and enjoy your run, reading the safety notices at the start and observing them.

If you have pre-entered and have requested a Hire dibber, remember to collect this from enquiries before going to the start.

EOD ENTRIES AND START TIMES

Fill in the entry slip issued to you on entry to forest road and take General Enquiries and Registration in the car park SW corner from 10:00 – 12:20. Entry on the day will be available only while maps last. We cannot guarantee that your desired course will be available on the day, but a similar course may be available. Turn up early to have a best chance of getting the course you would like.

A 15 minute start block will be allocated to you.

Entry Fees

These apply to online entries after 16th January and entries on the day.

Seniors (British Orienteering members)	£12.00
Seniors (non BO, Independent of Club)	£14.00
First Junior (under 21) in a family	£ 4.00
Further Juniors in the same family	£ 3.00

Students £4.00
SI Card hire £ 0.50

Please remember to include details of your British Orienteering membership to obtain the discount.

Punching

The event will be using SportIdent (SI) electronic punching. Remember that it is **your** responsibility to ensure that your visit to each control site is registered on your SI card (“dibber”) – wait for the flash and beep from the control unit. If you are not sure that your punch registered correctly the first time, do it again (and keep the “dibber” in the control unit until you hear the beep and see the flash). There will be a demonstration control at enquires for those who want to practice using the system.

If an SI unit does fail there will be a pin-punch attached to each control – use the pin-punch to punch your map and report the problem to download after you finish. Remember to punch at the finish control then go to the Download tent back in the Car Park field. You must also report to the Download tent if you retire from the course.

Courses close at 2:30pm. If you will not be able to finish your course by this time then you must retire and report to download. Controls will be collected in from 2:30pm onwards (and some controls earlier than this on course for which no runners are outstanding). **Once you have started you MUST report to download before you leave the event, even if you retire.**

If you are using a hired dibber, return this at download. Lost dibbers will be charged at full replacement value.

RESULTS

Provisional results are expected to be on the club website (www.waoc.org.uk) by the next day. During the event the provisional results will be displayed next to Download.

The results of the East Anglian Championships will be available at 1.30pm for the award ceremony.

6. East Anglian Championships and East Anglian League Presentations

The presentation will be at 1.30 pm on Sunday. For the championships follow [this link for the rules](#) <http://www.eaoa.org.uk/ChampsRules.pdf> and this [link for the winners from last year](#): <http://www.eaoa.org.uk/EAChampions2010.pdf> **who should return their trophies on the day to enquiries.** This year’s winners will be based on performance today for the East Anglian Championships. The East Anglian League mugs will be presented at the same ceremony.

DISCLAIMER:

ALL COMPETITORS TAKE PART IN THIS EVENT AT THEIR OWN RISK.