



# CHIGWELL & EPPING FOREST ORIENTEERING CLUB



## EPPING FOREST NORTH Combined Club Training Evening St Thomas's Quarters and Long Running

**Wednesday 22<sup>nd</sup> May 2013**

- Welcome:** to WAOC, CUOC and HAVOC to this training evening.
- Directions:** From M25 Junction 26 take A121, signed Loughton, to Wake Arms roundabout. At roundabout take first exit B1393, signed Epping, for 600 metres.  
From north, via Epping, take B1393 south. Carpark on right 600 metres after Upshire turning (on right).  
From south, A104 through Epping Forest to Wake Arms roundabout, then as above.
- Car Park & Registration** Lodge Road Carpark, on the west side of the B1393, 600 metres north of the Wake Arms roundabout  
GR TQ432998 Postcode: CM16 5HW  
Where possible please share transport, parking is limited.
- Terrain:** Undulating open beech forest with small areas of heath. Blue will cross major road. Blue and Short Green will provide a test of a variety of orienteering techniques in fast open runnable woodland.  
Dogs to be kept under control.
- Courses:**
- |             |       |             |
|-------------|-------|-------------|
| Blue        | 6.4km | 20 controls |
| Short Green | 2.8km | 11 controls |
| Novice      | 1.7km | 6 controls  |
- Map:** 1:10,000 Revised and updated for 2013
- Times:** Starts: 6:30 pm to 7:30pm  
Courses close: 8:30 pm
- Electronic punch:** EPS-SI
- Officials:** Planner: Tim Pribul  
Organiser: Ray Curtis (01279 418699)

[www.chig.org.uk](http://www.chig.org.uk)

Participants take part at their own risk