



The West Anglian Orienteering Club (WAOC) welcomes you to Rowney Warren. We hope you enjoy your run here this evening. Please take the time to read these notes before going to Registration.

COURSES

The following courses are available:

Ochre	(Dark Yellow)	easy	1.6 km 45m climb
Maroon	(Dark Orange)	moderate	2.9 km 85m climb
Olive	(Dark Green)	hard	3.2 km 150m climb
Navy	(Dark Blue)	hard	4.6 km 210m climb
Chocolate	(Dark Brown)	hard	5.4 km 245m climb

All courses except Ochre will cross a minor road twice. For this reason, juniors under age 16 are restricted to the Ochre course.

Maps are printed on waterproof paper.

PLEASE SEE NOTES ABOUT RECENT FORESTRY WORK AT ROWNEY

Loose control descriptions are available at registration. These have been reprinted to take account of recent changes on the ground.

Control descriptions are also printed on the map, but please be aware that the maps were printed prior to these changes and have been amended by hand.

ENTRY FEES

Seniors

British Orienteering members or members of WAOC	£4.00
Non-members	£6.00

Juniors (under 21)..... £2.00

Students (those of any age in full time education) £2.00

SI-Card hire 50p

DIBBER HIRE

Every competitor requires an electronic SI-Card or "dibber" for their run.

If you need to hire a dibber, take your completed Registration Slip to registration. You will be issued with a hire dibber (pay 50p) and the dibber number will be added to your Registration Slip.

LOST SI-CARDS Take care of your hire dibber. We will charge the full replacement value (£30) for each one not returned.

REGISTRATION

You will need to fill in one Registration Slip for each person participating. Complete all the boxes before going to Registration. WRITE VERY CLEARLY: your information needs to be typed into the download computer.

Once you have a dibber, hand over your completed Registration slip to the registration official and use your dibber to register on the download system. The official will give you a control description list. Those on Ochre courses get their map here too. For all other courses, a pre-marked map is waiting for you at the start.

PLEASE DO NOT ENTER OR CROSS AREAS ON THE MAP MARKED OUT OF BOUNDS BY VERTICAL BLACK OR PURPLE HATCHING. Our ability to use this area in future depends on your compliance with this rule.

RECENT FORESTRY WORK

Five rough open areas have recently been ploughed in lines for tree planting. The furrows were about a foot deep. It will not be pleasant to cross these areas even in daylight. Courses have been modified to avoid the affected areas. (Changes are minor; Maps have been manually amended).

The affected areas are not strictly out of bounds but we advise you to avoid running across them. They will be highlighted in the maps with pink highlight marker. We cannot guarantee this highlighting is waterproof.

EVENT SAFETY

All participants take part at their own risk. All courses except Ochre cross a minor road twice. Please take care when crossing the road – the road crossing is not marshalled and you are responsible for your own safety in crossing the road.

It is Extremely Important that we know you have finished – even if you do not complete your course you MUST report to download when you get back to the finish/car park area.

A first aid box is located at the download tent.

Nearest Hospitals:

Nearest hospital is Bedford Hospital, Bedford. MK42 9DJ. Tel. 01234 355122

Directions are available at registration/download.

Addenbrookes Hospital, Cambridge CB2 0QQ. Tel: 01223 217 118

START procedure

Before starting you need to clear out any previous information in the dibber. Insert the dibber into the CLEAR station near the Start. Keep your dibber in the station for about 5 seconds until it beeps.

An official at the start will check that you have correctly cleared your dibber.

For today we are using a punching start. This means that your race time will not start until you punch in the station immediately beyond the start line and before you pick up your map.

CONTROL procedure

At each control put your SI-Card (dibber) into the station until it beeps - this is normally takes less than a second but **some units are slower than others, especially in cold weather.** At recent events we have had individuals report units as not working when all other runners, earlier and later, have had no problems punching that control. Please be aware that, in these circumstances the affected runner is disqualified, **even if there is no doubt that the correct control has been visited.** Genuine failure of a control will not lead to disqualification.

FINISH procedure

At the finish, punch as normal. Your race time now stops. Walk back to the download station. Place your dibber into the download station until it beeps, which will be about 5 seconds. If you have a hired dibber, return it now.

For safety reasons you must report to the download officials even if you do not complete your course.

RESULTS

Provisional results will be printed out and displayed at download during the event. After the event, results will be displayed on the WAOC website: www.waoc.org.uk.

Toilets are not provided for this event.