

Thetford Thrash 2011

Day 1 Final Details

VERY IMPORTANT INFORMATION

- 1. All official cycle routes are forbidden to run along, and are clearly marked on the map by purple crosses. If you are seen running along any of the forbidden routes you will be disqualified. You may cross these routes where required, and the main crossing points will be marshalled. Please follow instructions from marshals. Failure to do so will result in disqualification.**

Failure to comply with Forestry Commission requests to avoid cycle routes will result will almost certainly result in the loss of the area for future use. If FC employees see transgression during the event, they may halt starts.

- 2. Please see the important note about car park fees below – these have been beyond our control. Car sharing/pooling is strongly recommended**

Invitation

CUOC proudly present day 1 of the Thetford Thrash 2011 at High Lodge, a weekend of two Level 2 (Regional) Events in neighbouring areas of Thetford Forest. Day 1 is also an EA League event and incorporates the Icenian Trophy.

Entries

Entries received after 16th January will be subject to a late entry surcharge and are subject to map availability..

Entry online at www.fabian4.co.uk is preferred. Final closing date for online entries will be midnight on 26th January 2011.

Entries by post will be accepted up until 23rd January. Postal entries using standard entry form to:

Thetford Thrash 2011
13 Princess Drive
Sawston
Cambs CB22 3DL

Cheques should be payable to WAOC.

Entry on the day will be available subject to map availability and the late entry surcharge. Registration will be open 1000-1200. You are strongly encouraged to enter online – this does not close until 3 days before the event.

Fees

	Day 1	Day 2	Both Days
Seniors (BOF members)	£10.00	£10.00	£19.00
Seniors (non BOF)	£12.00	£12.00	£23.00
Juniors (under 21) inc first junior in family	£3.00	£3.00	£5.00
Further juniors in the same family	£2.00	£2.00	£3.00
Students	£3.00	£3.00	£5.00
SI Card hire	£0.50	£0.50	£1.00

Late entry surcharge +£2/day/senior entrant +£1/day/junior student entrant

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

Hire Dibbers

If you have pre-entered and have requested a hire dibber, please collect it from enquiries before heading to the start. Remember to return the dibber when you download (even if you are running on Day 2; you will need to collect a separate dibber on the Sunday). Lost dibbers will be charged at their full replacement value.

Entry enquiries to entries@waoc.org.uk

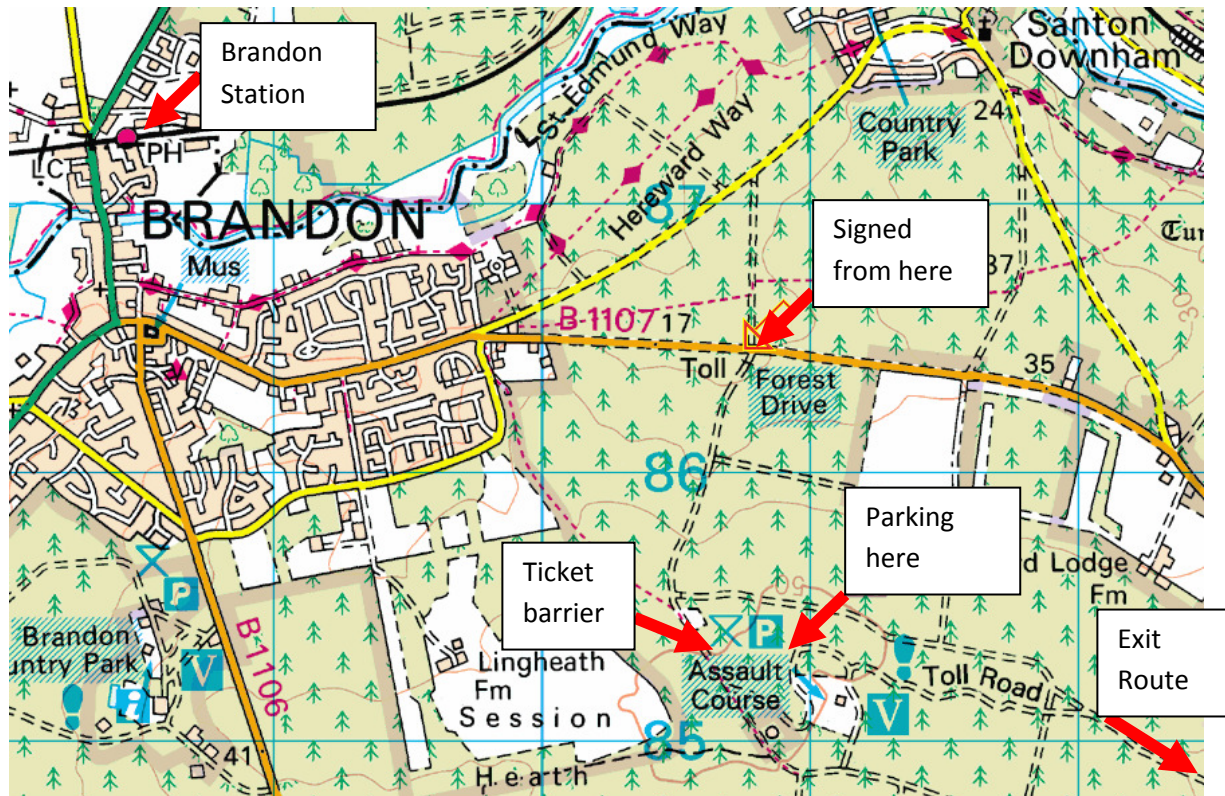
Location, Travel & Parking

By car Access to High Lodge is from the B1107. Turn south down the forest road off the B1107 at TL807864 and follow signs and marshals' instructions. Access is one way and the exit track emerges on the B1107 approx. 3km east of the entrance track.

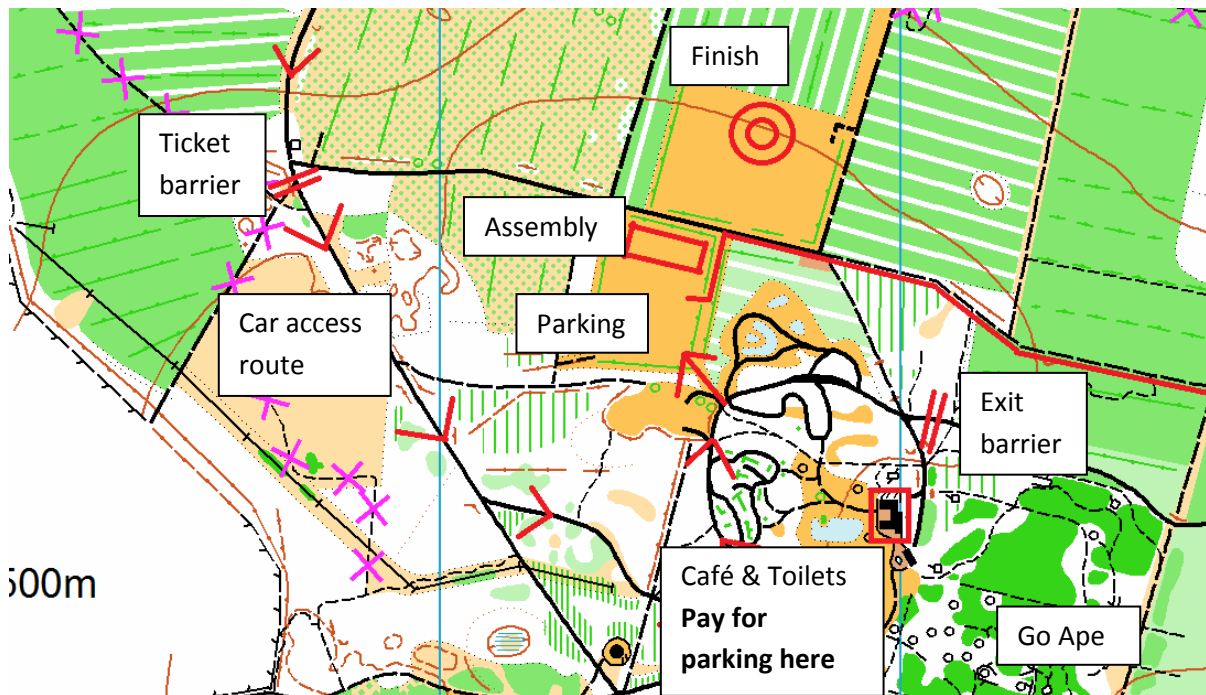
Note **parking charges** apply at £1.80 per hour up to a maximum of £10 for the day. The fee for minibuses is £30. Car sharing and pooling is strongly recommended – there is plenty of parking space in Brandon (4k away) if you want to meet up with others there. When you arrive you will pick up a ticket. Before you depart you need to go to the café/toilet building to pay and receive a validated ticket which will allow you through the exit barrier.

By train and bike Nearest railway station is Brandon and it is about 3 miles cycling beyond this. Trains leave Cambridge on the hour and take 35 mins. Hourly service returning to Cambridge at 39 mins past the hour. There are numerous mountain bike trails in the area if you want to combine your visit.

Directions



Parking and Assembly Layout



Facilities

Registration, download, and St John's ambulance will be located in the assembly area.

The High Lodge café and toilets will be available for competitors to use, see map for location.

Start & Finish

The start is about 800m along flat tracks from the NE corner of assembly. Follow the tapes. The finish is clearly visible from assembly about 200m away to the north.

Courses (subject to final controlling)

Competitors may enter the course of their choice. Recommended courses are shown in brackets, and these are also the EA league classes. SI electronic punching will be used on all courses.

Course		Length (km)	Scale
White		1.7	1:10 000
Yellow	M/W10	2.3	1:10 000
Orange	M/W12	3.0	1:10 000
Light Green	M/W14	3.8	1:10 000
Very Short Green	W75+	3.3	1:10 000
Short Green	M75+, W65-70	3.9	1:10 000
Green	M70, W16, W55-60	5.0	1:10 000
Short Blue	M65, W18-20, W45-50	5.9	1:10 000
Blue	M16, M55-60, W35-40	7.3	1:10 000
Short Brown	M18-20, M45-50, W21	8.9	1:15 000
Brown	M35-40	10.2	1:15 000
Black	M21	12.5	1:15 000

String Course

There will be a string course adjacent to the assembly area.

Start Times

Starts will be from 1030-1230. Courses close at 1445 but distant controls may be collected in before then. Start times will be available, 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 3 minute call up.

Control Descriptions

Loose symbolic descriptions for orange to black will be available in the start lanes at -3 minutes, with both symbol and written descriptions for the orange course. Loose descriptions (symbolic and written) along with maps will be available at the pre-start for white and yellow competitors. Descriptions will also be available from www.cuoc.org.uk before the event.

Control descriptions will also be printed on the map.

Map

The area is High Lodge. Many vegetation updates have been made for the event, but the vegetation in the south of the area (mainly visited by black) has not been updated in detail (i.e. within blocks). Cyclists extensively use this area so be aware there may be cycle tracks unmarked on the map.

Maps will be printed on waterproof paper by Print5. 1:15000 maps will be A3 and 1:10000 on A4.

Special symbols used are black x for sculpture, black circle for playground equipment, and green earthwall symbol for rootstock bank (these are fairly uncrossable but often have gaps in them).

Legends will be on the map for 1:15000. There will be no legend on the 1:10000 maps. Copies of legends will be available from enquiries.

Maps for the white and yellow courses will be available at the pre-start.

Out of bounds is shown with purple hatching, and forbidden routes are shown by purple crosses.

Terrain

The terrain is mostly flat, consisting mainly of managed coniferous forest, with some deciduous areas. Visibility varies between open and low visibility areas of small trees. There is an interesting area of depressions in the East and an area of complex vegetation boundaries in the South East. There is a good path network, although there are several mountain bike trails which will be **strictly out of bounds**.

Safety

You take part in this event at your own risk and are responsible for your own safety. You are advised to carry a whistle. You must report to the download station, even if you do not complete your course. Full leg cover is compulsory (i.e. no shorts). In the event of extreme weather cagoules may be made compulsory, signs will be displayed in assembly if this is the case.

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St. John's ambulance will be located in the assembly area.

In an emergency the organiser can be contacted on 07975 845569, although mobile coverage in the area is variable.

Dogs

Dogs are welcome but must be kept on leads.

Results

Results will periodically be displayed near the download tent. Full results will be posted to the CUOC website (www.cuoc.org.uk) shortly after the event.

Icenian Trophy

The Icenian Trophy will be awarded to the club with the lowest score when the positions of their top ten placed runners are added. A minimum of ten runners is required. Results from each course will be counted together, even if competitors are in different age classes. The Icenian Trophy will be awarded alongside the EA championships presentation on Day 2

Cancellation

In the event of extreme weather, a decision may be made to cancel. In this case a notice will be posted on the CUOC website (www.cuoc.org.uk) at the earliest possible opportunity, and online entrants will be contacted by email. CUOC reserve the right to retain all of part of the entry fee to cover costs already incurred.

Officials

Organiser Ben Windsor (email captain@cuoc.org.uk, phone 07975 845569)

Planner Matt Halliday

Controller Mike Capper (WAOC)

Many thanks to WAOC for lending us lots of equipment and to all the helpers from WAOC, DrongO, and elsewhere!