



WEST ANGLIAN ORIENTEERING CLUB
WAGAL AND FULL COLOUR-CODED LEVEL C
Rowney Warren 6 December 2015

Welcome to this Level C Full Colour Coded event at Rowney Warren. Please ensure you read the section on Safety below before you start your course.

Entries

Registration is open from 10 am to 12 noon. Beginners are welcome at this event and help will be available to get you started. Please ask at Registration.

Entry Fees

Adults, British Orienteering members	£7
Adults, non-members	£9
Juniors (under 21) first in a family	£3
Students	£3
Second and subsequent juniors in the same family	£2
SI (dibber) hire	50p
Family group sharing a map, single adult rate	£9/£7

Hire Dibbers

If you have pre-entered and requested a hire dibber, please collect it from Registration before going to the Start. 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

	Difficulty	Distance	Climb	Number of Controls
White	very easy	1.4 km	20 m	13
Yellow	easy	2.2 km	30 m	13
Orange	moderate	2.5 km	35 m	9
Light Green	harder	3.3 km	90 m	16
Short Green	hard	3.3 km	120 m	15
Green	hard	4.6 km	165 m	17
Blue	hard	5.9 km	235 m	21
Brown	hard	8.0 km	275 m	24

Start Times – The start will be open from 10:30 to 12:30. You are free to go to the start at any time but please bear in mind that there be a queue for starts to your course and the start is always busiest soon after it opens.

Start and Finish – There is one start for all courses. The Start is approx. 450m from the Assembly area. To reach the Start please follow the red and white streamers from the north side of the parking area and across the road by which you arrived. The road crossing will be marshalled but please take care as the road has occasional fast-moving traffic. There is one Finish for all courses – follow the streamers back to the Assembly area again crossing the road at the marshalled point.

Courses close at 2pm and you MUST report to Download even if you retire and do not finish.

Maps and control descriptions

Maps are A4 in size and printed on waterproof paper. For the longer courses you may need to turn the map over for the second part of your course.

Maps for Yellow and White courses should be collected from Registration. For all other courses you pick up your map after punching the start control.

Control descriptions for all courses are printed on the map. Loose control descriptions will be available at the Start. These are not on waterproof paper.

Due to the popularity of mountain biking some informal minor trails have appeared in the woods. These may not be marked on the map.

Safety – IMPORTANT

All competitors take part at their own risk.

Rowney Wood is split into two sections by a minor road. The Assembly area is in the southern part while the Start and Finish are in the northern part. To go to the Start and when returning from the Finish please use the marshalled crossing.

All courses except Green, Blue and Brown are completely contained in the northern part. Competitors on the longer courses will however need to cross the road during their run. Please use only the crossing points marked on the map.

A first aid kit for minor injuries is available if needed at Download/Registration. The nearest hospital is Bedford Hospital, Bedford MK40 2AW. Tel. 01234 3551222. Maps to the hospital are available if needed from Download.

Mountain Biking

Rowney Warren is a popular wood with mountain bikers. In the northern most part of the wood there is a fenced off enclosure exclusively for their use. Please note that this area is strictly out of bounds and this is marked clearly on the map. Do not enter this area.

Mountain bikers may stray into the main part of the woods; please be aware and take care.

Terrain

Rowney Warren is a well-contoured pine forest with significant spur and valley structure. At this time of year the bracken has mostly succumbed to frost making the terrain quite runnable. The fronds have not completely collapsed so please take care with potentially hidden trip hazards such as roots and brambles in the undergrowth.

With the recent rain some tracks will be muddy; watch out especially for a slippery Finish.

Facilities

Registration, Enquires, Downloads and portable toilets are located in the Assembly area in the car park.

Dogs are welcome but must be kept under close control at all times and on leads in the car park area and when crossing roads.

Results

Preliminary results will be on display at Download during the event and on the WAOC website shortly after the event (www.waoc.org.uk).

Officials

Organiser	Rakesh Chandraker – WAOC
Planner	Bob Hill – WAOC
Controller	Michael Chopping - NOR