



West Anglian Orienteering Club

Final Details

Second Day of the Thetford Thrash 2013 Sunday 10th February 2013

Enquiries

Email enquiries regarding entries to: entries@waoc.org.uk

Enquiries for the organiser to: peter_woods@ntlworld.com 01223 721433

TRAVEL DIRECTIONS

Thetford Warren is adjacent to the B1107 road which runs between Thetford and Brandon. Parking and Assembly is on Forest Road 16, which is accessed from the B1107 at grid reference TL833853, about 2 miles NW from the A11/ A134 junction in the outskirts of Thetford.

For Sat Nav purposes:

Nearest Post Code IP27 0TU

Lat (WGS84) N 52:26:09 (52.435799)

Long (WGS84) E 0:41:47 (0.696521)

By Road:

If you are planning to bring a minibus or other large vehicle please contact the organiser in advance.

Entry to the forest road will be signposted on the B1107 from both directions. **PLEASE TAKE CARE** if turning right into the event – traffic on the B1107 tends to be fast moving.

From 10:30 am onwards, competitors will be crossing the B1107 at a marshalled crossing to reach the start and return from the finish. **Drivers: if approaching from Brandon, watch out for competitors crossing the road when you approach the event, and also when you are leaving.**

Parking

Parking will be along the verge of a wide forest road. Please follow the directions of the event officials. There is no charge for car parking.

By Public Transport

There is a rail station at Thetford (approx. 3 miles from the event) with trains from Norwich at about 1 hour intervals on Sundays, and more limited choice of trains from Cambridge.

Timetable for the day

10:00 am	Registration opens for Entry on the Day and hire dibber collection
12:15	Registration closes
10:30 to 12:30	Start operating
14:30 pm	Courses close

Controls will be collected in progressively from 14:30, or earlier for controls on courses for which no competitors are outstanding.

Courses

Courses are provided as shown in the table below. Competitors may enter the course of their choice. Recommended courses for experienced orienteers are shown in the age classes column.

Course	Age classes	Length	Climb	Scale	Descriptions	Map size
Black	M21	11.9 km	120 m	1:10,000	Symbols	A3
Brown	M35-40	10.1 km	105 m	1:10,000	Symbols	A3
Short Brown	M18-20, M45-50, W21	7.8 km	75 m	1:10,000	Symbols	A3
Blue	M16, M55-60, W35-40	5.9 km	50 m	1:10,000	Symbols	A4
Short Blue	M65, W18-20, W45-50	4.9 km	45 m	1:10,000	Symbols	A4
Green	M70, W16, W55-60	4.7 km	45 m	1:10,000	Symbols	A4
Short Green	M75+, W65-70	3.8 km	45 m	1:10,000	Symbols	A4
Very Short Green	W75+	3.1 km	30 m	1:10,000	Symbols	A4
Light Green	M14, W14	3.8 km	30 m	1:10,000	Symbols	A4
Orange	M12, W12	3.0 km	20 m	1:10,000	Symbols	A4
Yellow	M10, W10	2.6 km	20 m	1:5,000	Text	A4
White		1.7 km	5 m	1:5,000	Text	A4

String Course

A String Course is provided, located close to registration on the west side of the forest road. This is open to all, and is free of charge.

Entry on the Day

We will accept entries on the day, for all courses, subject to availability of maps.

On the Day Fees

Seniors (British Orienteering members)	£11.00
Seniors (non BO)	£13.00
Juniors (under 21) including first junior in family	£4.00
Further juniors in the same family	£3.00
Students	£4.00
SI Card hire	£0.50

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

We cannot reserve a map for anyone who has not pre-entered, and so we cannot guarantee that a map for your desired course will be available. However, a similar course may be available. Turn up early to have a best chance of getting your first choice of course.

Obtain an entry slip from registration. When you have filled it out, take it back to registration, where you can pay the entry fee and obtain a hire dibber (if needed).

Maps

Maps have been printed on waterproof paper by Print5. Thetford Warren was remapped in Winter 2011/2012 by John Ward of NOR. Minor updates have been made to the map for this event.

Loose control descriptions will be available in the start lanes for all courses except **White and Yellow** which are picked up at registration.

Control descriptions will also be printed on the front of the map with the exception of the Blue and Short Blue courses, where control descriptions are printed on the reverse.

Blank maps will be available to view in the start lanes.

Please see the important information below regarding special symbols and event safety.

Terrain

Thetford Warren is mainly coniferous forest split into blocks at various stages of maturity, the majority of which are fast runnable. The terrain is peppered with thickets, clearings, and small knolls and pits as well as the traditional generous Thetford serving of earth walls and stump banks.

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
Solid Green line	Stump bank (difficult to cross)
Black X	Hide or tripod

The X symbol on control descriptions also denotes a hide or tripod.

Event Safety

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

WARNING – MOUNTAIN BIKE TRAILS

Thetford Warren is popular with off-road cyclists for whom a range of trails have been provided by Forest Enterprise, based at its High Lodge Visitor Centre. Courses have been planned to avoid mountain bike trails as far as possible; please cross any mountain bike tracks with care and please be respectful to other users of the terrain.

The area includes part of the High Lodge “Red Mountain Bike Trail” and running **along** this trail is strictly forbidden. It is clearly marked on the map as out of bounds by a line of purple crosses:



Bikers on this trail can be travelling fast and will expect, and must be given, priority.

All courses cross the bike trail at least once. You may cross the forbidden trail where required.

If you are seen running **along** this forbidden trail you will be disqualified.

Failure to comply with Forestry Commission demands to avoid running along cycle trails 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.

WARNING – WIRE FENCE

Two blocks of forest in Thetford Warren are surrounded by high fences in various states of repair. Where fences are mapped as ruined there may still be wire at head height so take great care when crossing.

A solid Purple line on the map indicates one such fence. Control descriptions give warning of other instances where high and low-level fence wire may be encountered.

WARNING – OUT OF BOUNDS AREAS

There is very recent forestry work in progress in Thetford Warren. The affected area is out of bounds and is marked on the map by purple overprint. There will be no forestry work ongoing on the day of the event. However, competitors may find new or widened tracks on the edge of the out of bounds area and all participants should avoid log piles and forestry machinery.

The competition area is bordered on the West by an Army Rifle Range and on the East by a golf course. Both of these are obviously out of bounds and clearly marked on the map as such.

The Rifle Range is also made obvious by red flags on large flag poles, and possibly the sound of guns - from previous experience the guns sound a lot closer than they are, so please don't be alarmed if you hear shots but DO pay attention to the red flags!

First aid

Nearest A&E Hospital: West Suffolk Hospital, Bury St Edmunds, IP33 2QZ (map and directions at enquiries).

A St John Ambulance First Aid post will be located at registration. 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.

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.**

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.

Event Cancellation Policy

In the event of actual or forecast severe weather causing doubt about the safety of proceeding with the event, an assessment will be made on or before Friday 7th February and any resulting decision not to proceed will be notified on the club website by the end of that day and emailed to entrants for whom we have email contact details.

Otherwise, in the extremely unlikely circumstance that unpredicted severe weather forces the event to be cancelled at short notice we will do our best to inform entrants as soon as possible.

Start and Finish

The start and finish are close to each other and both are approximately 300m from assembly.

However, the competition area, including the Start and Finish, is on the opposite side of the main B1107 road from the assembly and parking area.

Streamers mark the route from registration to a marshalled road crossing. Please follow the streamers to reach the manned crossing point.

Please take care when crossing. Even though the crossing is marshalled you are responsible for your own safety, and youngsters should be accompanied.

Please **DO NOT** walk back along the forest access road to try to reach the start. **DO NOT** walk along the main road!

Similarly, after your run please use the same marshalled crossing and follow the streamers back from the finish to reach download.

If you have entered White or Yellow, please pick up your map and control descriptions from Registration before going to the Start.

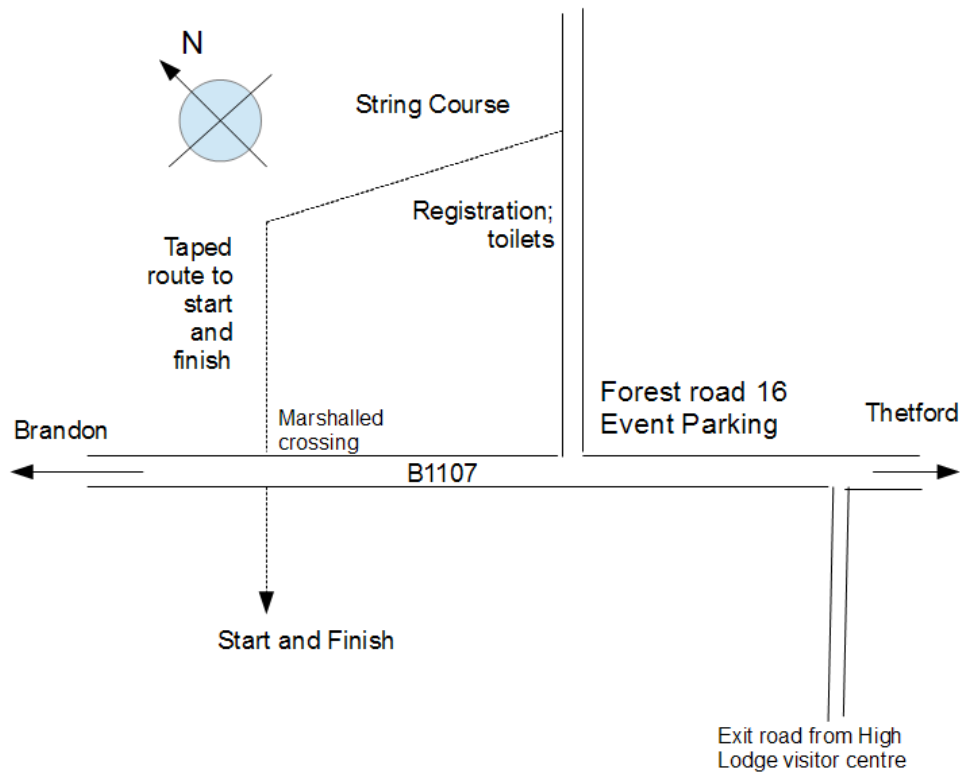
Start Times

Starts are between 10:30 am and 12:30 pm. Courses close at 14:30.

Pre-entered competitors have been allocated a start time within a 15 minute block, as displayed on the Fabian4 website. A printout of the start list will be available to view at Registration.

The start time shown 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). We rely on entrants arriving at the start in line with your block allocations. Priority will be given to those competitors who have been allocated to the current start block.

The start is a punching start – please remember to punch at the start control before you pick up your map.



HIRE DIBBERS

If you have pre-entered, and requested a hire dibber, a dibber will have been pre-allocated for you. Please remember to collect this from enquiries before going to the start.

If you have pre-entered for both days, you will be allocated the same dibber for both days.

Dibbers will also be available to hire for people entering on the day.

Please remember that these dibbers are expensive to replace, and you will be charged the full cost of replacement (currently about £30) if you fail to return it after your run.

Punching

The event will be using SportIdent (SI) electronic punching.

All control units have the correct version of firmware to work with the latest generation of dibbers. You can check compatibility using the demonstration control at registration.

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 enquiries for those who want to practice using the system.

There will be a pin-punch attached to each control. If an SI unit does fail, 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 follow the streamers back over the road to the Download tent. You must also report to the Download tent even if you retire from your 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).

Once you have started you MUST report to download before you leave the event, even if you do not finish your course.

RESULTS

Results will be posted on the WAOC website (www.waoc.org.uk) as soon as possible after the event. During the event the provisional results will be displayed in the vicinity of the Download tent.

Results will be uploaded to the BO website, for ranking points etc., as soon as we are happy the result data are accurate.

If you have a complaint or query about the event please speak to the organiser.

Dogs

Dogs are welcome in the forest but must be kept under control at all times and must be on leads in the vicinity of the B1107.

Toilets

Portaloos will be sited near registration.

Nearby facilities

The Forest Enterprise Visitor Centre at High Lodge is very close to the event, and is accessed from the B1107 about 1 mile from the event parking in the direction toward Brandon. Parking at High Lodge is £1.80 per hour.

Officials

Organiser: Peter Woods WAOC
Planner: Steve Hinshelwood WAOC
Controller: Michael Chopping RAFO/NOR