

Warren Wood

Sunday, 31 January 2010

Final Details

Entries

All pre-entry is now closed.

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

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

Email enquiries to entries@waoc.org.uk or phone 01223 721433

On the Day Fees

Seniors (BOF members)	£9.00
Seniors (non BOF)	£11.00
Juniors (under 21) inc first junior in family	£5.00
Further juniors in the same family	£4.00
Students	£5.00
SI Card hire	£0.50

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

Courses

Course	Length	Climb	Control descriptions
White	1.8 km		Text, on front of map
Yellow (M10,W10)	2.4 km		Text, on front of map
Orange (M12, W12)	3.3 km	15 m	Text, on front of map
Long Orange	6.8 km	40 m	Text, on reverse of map
Light Green (M14,W14)	3.8 km	20 m	IOF, on front of map
Short Green (M75+, W65+)	3.9 km	20 m	IOF, on front of map
Green (M70, W16, W55-60)	4.9 km	40 m	IOF, on front of map
Short Blue (M65, W18-20, 45-50)	5.9 km	30 m	IOF, on reverse of map
Blue (M16, 55-60, W35-40)	6.9 km	40 m	IOF, on reverse of map
Short Brown (M18-20, 45-50, W21)	8.7 km	65 m	IOF, on reverse of map
Brown (M21-40)	10.3 km	55 m	IOF, on reverse of map

Competitors may enter the course of their choice.

Recommended courses for experienced orienteers are shown in brackets.

Climb on Yellow and White courses is negligible.

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

Map

The map scale is 1:10,000, 5m contours, resurveyed in 2009. Control descriptions are on the front of some maps and the back of others, as indicated in the table above. All symbols are IOF standard, the special symbols used are as follows:

Green circle: distinct tree

Green dot: holly bush

Line of green crosses: rootstock bank

Feeding station: up-arrow ↑

Black cross in the IOF descriptions is a tripod except for control #160 which is a metal trough (Brown, Short Brown, Blue, Long Orange).

Green dots on yellow background: young trees - slow run

All maps are printed on A4 waterproof paper and don't need protection.

Control Descriptions can be downloaded from www.waoc.org.uk and will be available at Registration.

Terrain

Warren Wood is a typical part of Thetford Forest containing a wide range of mature and young conifers. There are two complex areas of depressions, one of which is now in a cleared open area. The technical courses will visit one or both of these.

In areas of good runnability there are some unmapped extraction lanes. These extraction lanes are no more runnable than the surrounding forest. Most of the old stumpanks have now decayed. The most prominent are retained and shown on the map as low earthwalls.

Electronic Punching

This event will use SportIdent electronic punching.

Hire Dibbers

Dibbers will be available to hire for the day for 50p. If you have pre-entered and requested a hire dibber, you must collect your dibber from Enquiries before you go to the start. Please note that if you are also using a hire dibber at Day 1 of the Thetford Thrash at Brandon the day before, you cannot use the same hire dibber on both days, so please remember to return your hire dibber at the end of your run on both days.

Travel Directions

Warren Wood lies between Thetford and Brandon. Entrance to the forest is at Forest Road 16, grid reference TL834854, accessed from the B1107 that links the two towns, and about 2 miles NW from the A11 at Thetford. PLEASE TAKE CARE if turning right into the event – traffic on the B1107 tends to be fast moving.

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

Facilities

A cake stall will be serving tea, coffee, and home made cakes. Proceeds to WAOC Junior Squad. Chemical Toilets will be situated close to registration. St John Ambulance will be in attendance.

Dogs

Dogs are welcome but must be kept under control, especially in the vicinity of the cake stall.

Registration

For entry on the day, registration will be open between 10:00-12:00 am

Start Times

Starts are between 10:30 am and 12:30 pm.

Pre-entered competitors have been allocated a start time within a 15 minute block, as displayed on the Fabian4 website. 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.

Start. The Start is 600m from car parking along a level track. There will be no clothes transfer.

Finish. The Finish and download are adjacent to car parking. **You must report to the download station even if you retire.** Maps will not be collected. You are trusted not to show your map to those who have yet to start.

Courses close at 14:30.

Event Safety

You take part in these events at your own risk and are responsible for your own safety. You are advised to carry a whistle. If the weather is bad the controller may insist on competitors carrying gagoules. You must report to the download station, even if you do not complete your course.

Officials

Organiser: Sue Woods WAOC
Planner: Bruce Marshall WAOC
Controller: John Ward NOR