



SOUTHERN CHAMPIONSHIPS – 23RD SEPTEMBER 2012

EPPING FOREST EAST

FINAL DETAILS

Capital Weekend

The Championships form part of the Capital Weekend, together with the **London City Race** <http://cityrace.org> in the City of London on Saturday 22nd September. Chigwell and Epping Forest OC are also organising a **Warm Up Event** at High Beach in Epping Forest on Friday 21st September 2012 for which entries will be available on the day.

Welcome

We look forward to welcoming you to a weekend of challenging orienteering in London - a city that has been basking in the limelight around the world with the Olympic and Paralympic Games. We hope that you will enjoy the city and also the subtle technicalities of the best part of Epping Forest. We hope that you will also take time during the weekend to enjoy the sights of London and take part in some of the cultural events that have accompanied the Olympic and Paralympic Games.

Epping Forest is owned by the Corporation of London and has been an essential green lung for Londoners for centuries. The Forest is of national and international conservation importance, with two thirds designated a Site of Special Scientific Interest and a Special Area of Conservation and it also provides a great orienteering challenge.

Epping Forest East - Some additional local knowledge

The Forest provides fast runnable deciduous woodland with a variety of navigational challenges reflecting its history.

At its northern end the land rises to 113 metres with two major valleys flowing southeast to the River Roding. Some of the valleys are marshy and can be treacherous to the unwary. The larger and more southerly of the two valleys, known as Loughton Brook, has many classic features of a meandering watercourse, including an ox-bow, and attracts students and school children from far and near as part of their studies. Also within the area is an Iron Age hill fort, probably 400-500BC, known as Loughton Camp. Although excavated, these digs have only determined the structure of its walls with nothing of major importance being discovered. Folklore associates the camp with Boudicea (in common with so many other sites of this nature), saying that after the Iceni sacked London they took refuge here to hide from the Roman legions.

On the flatter part of the terrain there are numerous gravel extractions pits with which many of you will become all too familiar. These are mostly thought to have been created for the building of roads

through the forest in the nineteenth century. Unusually this has resulted in a number of larger ponds on the top of some of the hills in the area.

There are many features including earth walls and tracks on the map which reflect the illegal enclosure of forest land. The Epping Forest Act of 1878 prevented any further encroachment and returned much of the previously 'lost' terrain to the forest. The major ride which bisects the map, running from north to south, was purportedly constructed for Queen Victoria's visit in 1882 to celebrate the Epping Forest Act. However it is unlikely that she had the time to traverse the whole route of what is now known as 'The Green Ride' but many competitors will no doubt have the same dilemma as Her Majesty of how long to spend on this particular ride.

The area closest to the Camp Site contains remains of WW2 anti-tank defences. These are slowly being eroded and absorbed back in to the natural forest and it is difficult today to envisage that, other than in one particular location, they would have hindered any advancing tank assault on London.

On the eastern edge of the map is a sanctuary for the forest's fallow deer. Set up in 1959 when road casualties were depleting the herd, numbers have now recovered, so much so that they are now present in the main forest again and early runners are quite likely to see them.

Acknowledgements

We are grateful to The City of London Corporation for allowing us the use of the Forest at the weekend. The Corporation of London has been entrusted with the ownership and care of Epping Forest since 1878. The Management Committee, which acts on behalf of the Corporation, includes locally elected Verderers some of whom will be both spectating in the Forest and be part of the medal awards team. We are also very grateful to the London Borough of Newham who have provided an ideal assembly and parking area for us to stage these Championships.

John Salisbury, who has kindly agreed to officiate at the medal awards ceremony was a member of the bronze medal winning GB 4 x 400m relay team at the Melbourne Olympics in 1956, the same Games which saw Chris Brasher win his gold medal in the steeplechase. As a fellow team member and friend of Chris, John is delighted to be part of the medal ceremony, especially as Chris controlled the first Southern Championships in Epping Forest in 1974.

Originally a member of Birchfield Harriers and a regular GB International in the 1950s, John has been a member of the local club, Woodford Green with Essex Ladies Athletic Club since the 1960s. He has been, and continues to be, a coach at the club, a key role in the continuing success of one of the top athletic clubs in the country.

Our thanks also go to The Conservators of Epping Forest, the London Borough of Newham, Margaret Wright, Debden House, Essex Police, St John's Ambulance, Hertfordshire Orienteering Club (HH), Havering and SE Essex Orienteering Club (HAVOC), London Orienteering Klubb (LOK), Woodford Green with Essex Ladies Athletic Club, Mike Edwards and team, Robert Lines and Jon Cross.

We appreciate the support of our sponsors Josh Jenner Orienteering Coach and Mapper, Buff, Go Outdoors, Zizzi, and Yum Yum Bros and are especially grateful to the many members of Chigwell & Epping Forest OC who have put in hours of unpaid time.

Accommodation: For those who wish to stay, camping is available on the site of the Sunday Championships as well as a selection of hotels, Bed & Breakfast and hostels nearby. A list of these is available on our website at <http://chig.org.uk/sc2012>.

Tim Pribul, Event Co-ordinator
The Organising Team

WARM UP EVENT

Friday 21st September 2012

This is an opportunity to sharpen your O skills in preparation for the two days of competition. The event takes the form of "Mini-O".

Terrain

Over the centuries parts of Epping Forest have been – often illegally – dug for clay and gravel, leaving multitudes of small holes, knolls, marshes, ditches, banks, etc., mostly too small to show on an ordinary O-map. One such area has been mapped at 1:2500/2.5m showing nearly all land features over about 0.5m high/deep, as well as vegetation, which is largely runnable.

Mini-O

Mini-O is a conventional "cross-country" O course, using numbered mini-kites to mark control sites. You are welcome to treat this as a score event or just visit a few controls, but the real challenge is a fast and furious control-picking race. The course length will be 2.4km, with 24 controls. You won't need an SI dibber: to enhance the mental stimulus a cunning "punching" system will be used to check you have visited the controls in the correct order. This will be explained at the start. Small prizes may be awarded for outstanding performances.

Venue & Travel Directions: Car park by The Epping Forest Centre by the Kings Oak public house in High Beach, Epping Forest, O signed from the Robin Hood roundabout on the A104 through Epping Forest. From M25 Junction 26 take the A121 up the hill to the (Wake Arms) roundabout, then right onto the A104 to the next (Robin Hood) roundabout. Follow O-signs to the Epping Forest Centre by The Kings Oak public house in High Beach IG10 4AF. Grid reference: TQ412982

From Debden House campsite return to the A1168 then turn right onto the A121 and continue to the (Wake Arms) roundabout. Turn left onto the A104, then as above.

Public Transport: Nearest tube station is Loughton (Central Line) (2.2 miles).

If you need transport to or from Debden House campsite for the Warm-Up event, please contact the organisers.

Dogs welcome if under control.

Registration: 3.45 till 6.15 pm, last start 6.30 p.m.; course closes at 7 pm.

Fees: £4/juniors £2. Maps can be reserved with Fabian4, with payment to be made on the day.

Planner: Tom Edelsten

Organiser: John Duffield john.duffield1@ntlworld.com

SOUTHERN CHAMPIONSHIPS – SUNDAY 23RD SEPTEMBER

Venue:

The Assembly Area will be at Debden House Campsite, Debden Green, Loughton, Essex, IG10 2NZ. Grid reference TQ439982 . A mainly grassy area with hard surfaced approach roads, we have been kindly offered use of a number of the camping fields for parking and assembly. It is though, a working campsite. Although orienteers are welcome to camp for the weekend on Debden House's terms, for those of you who are not camping, please be aware that there will be campers on the other fields, and respect their rights of way and dedicated facilities.

The forest surrounding the campsite is strictly out of bounds to competitors before the event.

Travel Details:

Debden House is easily accessible from the Junction 26 of the M25 and will be O signed from the junction of the A121 and A1168 in Loughton with O signs in addition to the permanent brown tourist signs. There will also be O signs from the Northbound J5 of the M11. **Please follow the signed routes only.**

Coaches are welcome but please let the organiser know in advance as there are limits on the size of vehicles entering the campsite.

Public transport: Central Line Underground to Debden Station then bus 167 or 20 to Drove Way or Pyrles Lane. There is a 1km walk from Drove Way up Chester Road, turning right into Pyrles Lane, right into Englands Lane then straight up Debden Road and Debden Green.

Car Parking at Debden House – Please identify yourself as orienteers at the entry to Debden House and follow the Marshalls' instructions. **Parking £1.50 per vehicle.** You will need to have £1.50 ready for car parking – **NO CHANGE WILL BE GIVEN.**

One way system: The entrance to Debden House is narrow, and departure by orienteers will not be allowed until after 12.30. On leaving the site you will be directed to turn left and leave via Theydon Bois where you can take the B172 to the Wake Arms junction with the A104 and follow the signs to J7 of the M11.

Facilities:

Parking is adjacent to the Assembly Area where you will find toilets, catering, O equipment, and space for club tents. Download and the Finish are also in the Assembly Area. There will be a String Course in the vicinity and as well as being able to warm up physically on the way to the starts, competitors will also be able to warm-up their technical skills using a special small mapped area near the Assembly field.

First Aid: St John's Ambulance will be in attendance as well as qualified first aiders at the Near Start and in the Assembly area.

Traders: Compasspoint and Ultrasport will be present and catering will be provided by O Nosh and the Red Baron burger bar. There will also be a cake stall run by the Friends of Roding Valley High School. They would all appreciate your patronage.

Toilets: Portaloos and a men's urinal will be provided in the Assembly field, with a further minimal provision on the way to the Far Start. Please use the main set of portaloos and leave the fixed toilets in the campsite for campers. Please also abstain from using the forest as this gives competitors a bad reputation and could make organisation of future orienteering events in Epping Forest difficult.

Dogs: well-behaved dogs on leads are welcome in the Assembly/Car park fields only. Please clean up after your dog.

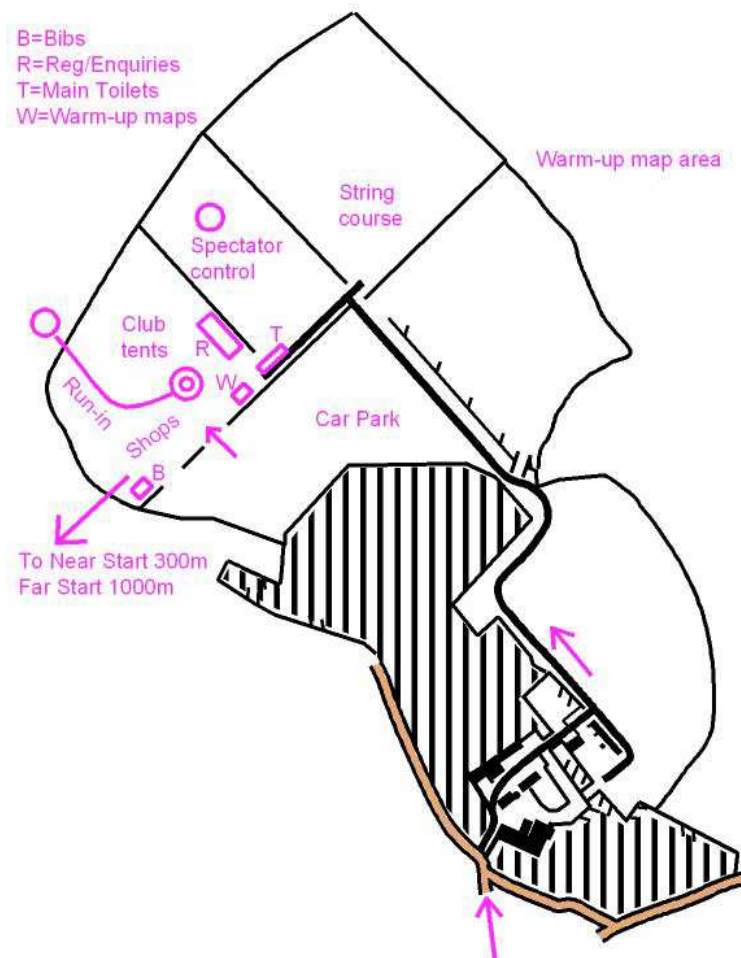
Warm-up Map: A small map of a part the Forest not used for competition will have a few sample controls. They are marked with standard kites and are numbered but do not have SI units. As part of your warm-up you are welcome to visit as many as you wish. You must not stray into out-of-bounds areas. The map is available at two scales, 1:10000 and 1:15000 and may be picked up at Enquiries in the Assembly field.

Two words of warning: The sample control sites are in an area of the same technical difficulty as the main map so may not be suitable for juniors.

The warm-up map area is sited approximately 5 minutes in the opposite direction to the route to the starts. There will also be a conventional warm-up area, without controls, on the way to both starts.

String Course: There will be a string course provided in a field adjacent to the Assembly field. It will be open from 10.00 am until 13.00, and there will be no charge.

Map of the Parking and Assembly area



Entries:

Entries are capped according to the requirements of the Conservators of Epping Forest at 1,200. **EARLY ENTRY IS THEREFORE ADVISED** via Fabian4. Colour coded courses will only be available on the day if this limit has not been reached. Runners who have pre-entered should collect their numbered bibs and proceed directly to the appropriate start.

Enquiries and Registration for Championship and Colour Coded courses:

EOD and changes for Championship courses may be possible subject to our overall entry limits and map availability – please ask at the Enquiries tent.

Hired SI cards can also be collected at Registration.

Please note that loose control descriptions will be available in the start lanes only.

Registration:

If numbers permit, there will be entry available on the day for the following colour coded courses:

Course	Start	km	Climb	Map
Light Green	Near	4.00	125m	1:10000
Orange	Near	3.40	80m	1:10000
Yellow	Near	2.50	65m	1:10000
White	Near	1.90	65m	1:10000

Colour coded entry fees: £10 seniors, £6 Juniors. SI card hire £1. At Registration you will be given a slip with your start time. Please ensure that you give this to the start officials.

Trophies:

Southern Championship trophies will be awarded to members of SWOA, SCOA or SEOA. Current holders of Southern Championships trophies should bring them to Enquiries before they run and are advised to contact Helen Hampton (helen.hampton@btinternet.com) if they have not already done so.

Eligibility Rules For Southern Area Champion Titles:

From British Orienteering rules:

1.5 Eligibility

1.5.1 Eligibility for the English Area Championship titles awarded at these events is defined by the Association shown on the competitor's membership card: Southern = SWOA, SCOA, SEOA

If you have entered using a non-Southern Club name **and** the Association on your Membership card is SWOA, SCOA or SEOA, you **must** inform us that you are eligible for a Southern Area title. Contact the organiser at jennifer.taylor4@btinternet.com or register with Enquiries on the day. Where there are Elite and Long courses in any age class the Regional Championship trophies go to the highest placed eligible competitors in the highest category.

The Championships also count towards the [UK Cup](#), [UK Masters Cup](#) and the [Future Champions Cup](#).

Start lists and blank copies of the maps will be available in the Assembly Field.

EVENT INFORMATION

Courses:

<u>Course</u>	<u>Start</u>	<u>Classes</u>	<u>Controls</u>	<u>km</u>	<u>Climb</u>	<u>Scale</u>
1	Far	M21E	35	16.50	400 m	1:15000
2	Far	W21E	24	10.70	330 m	1:15000
3	Far	M21L	29	13.70	345 m	1:15000
4	Far	M35L, M40L, M20E, M18E	24	11.80	290 m	1:15000
5	Far	M18L, M20L, M21S, W21L	19	8.90	240 m	1:15000
6	Far	W35L, W40L, M35S, M40S, W20E, W18E	18	8.20	235 m	1:15000
7	Far	M18S, M20S, W18L, W20L, W21S, M21V	16	6.10	165 m	1:15000
8	Far	M45L, M50L	22	10.10	270 m	1:10000
9	Far	M55L, M60L	23	9.00	220 m	1:10000
10	Far	M16A	20	8.00	215 m	1:10000
11	Far	M45S, M50S, W45L, W50L, M65L	19	7.00	205 m	1:10000
12	Far	M55S, M60S, M70L, W55L, W60L, W16A	14	6.00	130 m	1:10000
13	Far	W18S, W20S, W35S, W40S, W21V	16	5.20	130 m	1:15000
14	Near	W45S, W50S, W65L, W70L, M65S, M75L, M80L	13	5.20	165 m	1:10000
15	Near	M70S, M75S, M80S, W75, W80, W55S, W60S, W65S, W70S	10	3.70	140 m	1:10000
16	Far	M14A, M16B	17	6.00	145 m	1:10000
17	Near	W14A, W16B	13	4.00	125 m	1:10000
18	Near	M12A, M14B, W12A, W14B	9	3.40	80 m	1:10000
19	Near	M10A, M12B, W10A, W12B	14	2.50	65 m	1:10000
20	Near	M10B, W10B	12	1.90	65 m	1:10000

(All courses provisional and subject to final controlling)

Race Bibs:

Each competitor must display their competitor number (your entry number given to you by Fabian4). Bibs will be provided in the Assembly field – please bring your own four safety pins. You will not be allowed to start without a race bib.

Electronic punching:

The event will be using the Sportident (SI) system. If a Sportident box appears not to be working, competitors should use the pin punch attached to the control stake to punch their map. Those competing on course 1 (M21E) will require a type 6 SI card. Please let the organisers know if you wish to hire one for the event.

Starts:

There will be two starts, the Far Start (for longer courses) approx 1km from car parking and assembly. We suggest you allow 20-25 minutes. The Near Start is approximately 500m away – allow 10 minutes walk.

The route to the starts will be signed from the Assembly field. There is a road crossing on the way to the Far start – please obey the marshals' instructions when crossing the road. There is no clothing dump or transfer, but there will be some toilet facilities on the way to the Far Start.

Start times will be displayed on Fabian4 after the final date for entries and at Enquiries on the day. It is your responsibility to check your start time in advance and to ensure that you arrive at the correct start in time. Call up will be at -4 minutes.

Control descriptions: Control descriptions will be printed on the map – loose waterproof descriptions will also be available in start lanes at -3min. Pictorial descriptions will be used for all courses, and written descriptions will also be printed on the map for courses 18, 19 and 20 and the orange, yellow and white colour-coded courses.

Blank maps will also be available to view in the start lanes at -2min.

It will be a punching start. If you arrive late, you will be directed to the Late Starters lane, and will have to await a free start slot for your course. Note that on some courses, this may necessitate a long wait. Please follow the instructions of the Start officials. Refusal to do so will result in disqualification.

Terrain:

Fast, open and undulating deciduous woodland with occasional areas of intricate detail. At the time of writing the small areas of bracken are well below head height and not so dense as to warrant significant diversion.

Out of Bounds: Most of the surrounding roads are fast and dangerous. Many are marked with purple crosses on the map to indicate they are out of bounds both running along the roads and running along the adjacent grass kerbs. We have been specifically asked to prevent this occurring, and will have forest patrols to police such incidents. You will be disqualified if found on a road hatched in purple crosses.

Roads not marked with purple crosses are in bounds and can be run along or crossed wherever required.

We have been fortunate that many of the areas usually restricted in this forest are not currently restricted due to the time of year. However the marshy areas with black hatching are dangerous and remain out of bounds. I can assure you that this **is never the optimum route** unless you are a world champion mud swimmer, so please give them a wide berth.

Safety:

Competitors take part in this event at their own risk and are responsible for their own safety, but should be aware of the following hazards:

- Road crossing – there is a manned road crossing for all courses from the Far start. The time taken between these two controls will be deducted from your race time, up to a maximum of two minutes. Please obey the marshals' instructions."
- Whistles are strongly recommended and cagoules maybe also be required at the discretion of the Organiser. A notice will be displayed at the exit of Assembly on the route to the start. Please bring a cagoule with you to Assembly just in case.
- Full body cover **MUST** be worn (no shorts).

The forest is well used at weekends by dog walkers, horse riders, cyclists and other members of the public. Please be courteous and allow them right of way.

Map:

1:15000 and 1:10000. Updated summer 2012 by Tom Edelsten and printed on waterproof paper.

Map notes: No rootstocks or fallen trees are shown, other than where significant areas of slow forest result. Nor are the hundreds of small pits and knolls caused by the roots of wind-blown trees. Ditches beside tracks are generally not shown. Old boundaries (over 0.5m) are shown variously as earth walls or shallow gullies, depending on their appearance. The scale of brown features varies significantly across the area. Although every attempt has been made to maintain uniformity a number of shallow depressions and low knolls (less than 1m) are mapped in parts where they are distinct. There is one special symbol: a black cross X represents a man-made object.

Water:

There will be a water point on the longer courses, adjacent to the road crossing. Water will also be available in the Assembly Field after downloading.

Finish and Download:

There is one finish for all courses, in the Assembly Field. Maps will not be collected but **please do not show your map to competitors waiting to run.**

You **MUST** download, **even if you retire.**

Courses Close: Courses close at **3:30pm.**

Complaints and Protests: Please check your results after downloading and resolve any queries with the team in the download tent. Any competitor with a complaint should make it to the Organiser. If they are not satisfied with the Organiser's decision on the matter, they can make a protest in writing using the form obtainable from the organiser

Commentary: Full commentary throughout the event will be provided by Mike Edwards and his team.

Spectator Control: There will be a Spectator Control visited by the M21E and W21E courses adjacent to the Assembly Field.

Prize giving: There will be a medal awards ceremony for 1st, 2nd and 3rd places for those eligible for the Southern Championships.

Awards will be presented by John Salisbury who was a member of the bronze medal winning GB 4 x 400m relay team at the Melbourne Olympics in 1956 and members of the Forest Management Committee.

All prize winners should be prepared to assemble in the designated area so that presentations can be made with the minimum of delays. If any prize winner cannot be present at the ceremony, please arrange for someone to go to the Enquiries tent after the ceremony to collect their award.

Officials:

Planner – Mike Brett

Controller – Simon Errington (HH)

Organiser – Jennifer Taylor, jennifer.taylor4@btinternet.com