

Mitre Event – 29th SEPTEMBER 2013

EPPING FOREST EAST

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.

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 for Debden House. **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:

Engineering works are planned for the Central Line on Sunday between Bethnal Green and Loughton. There will be a replacement bus service from Stratford to Loughton – Service C, and between Chingford and Loughton – Service F. At Loughton take the train to Debden and catch the 167 or 20 to Drove Way or Pyrles Lane.

In practice it will be better to catch the 20 bus from Walthamstow Central (Victoria Line) or the 167 from Ilford station – Greater Anglia service from Liverpool Street/Stratford.

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.

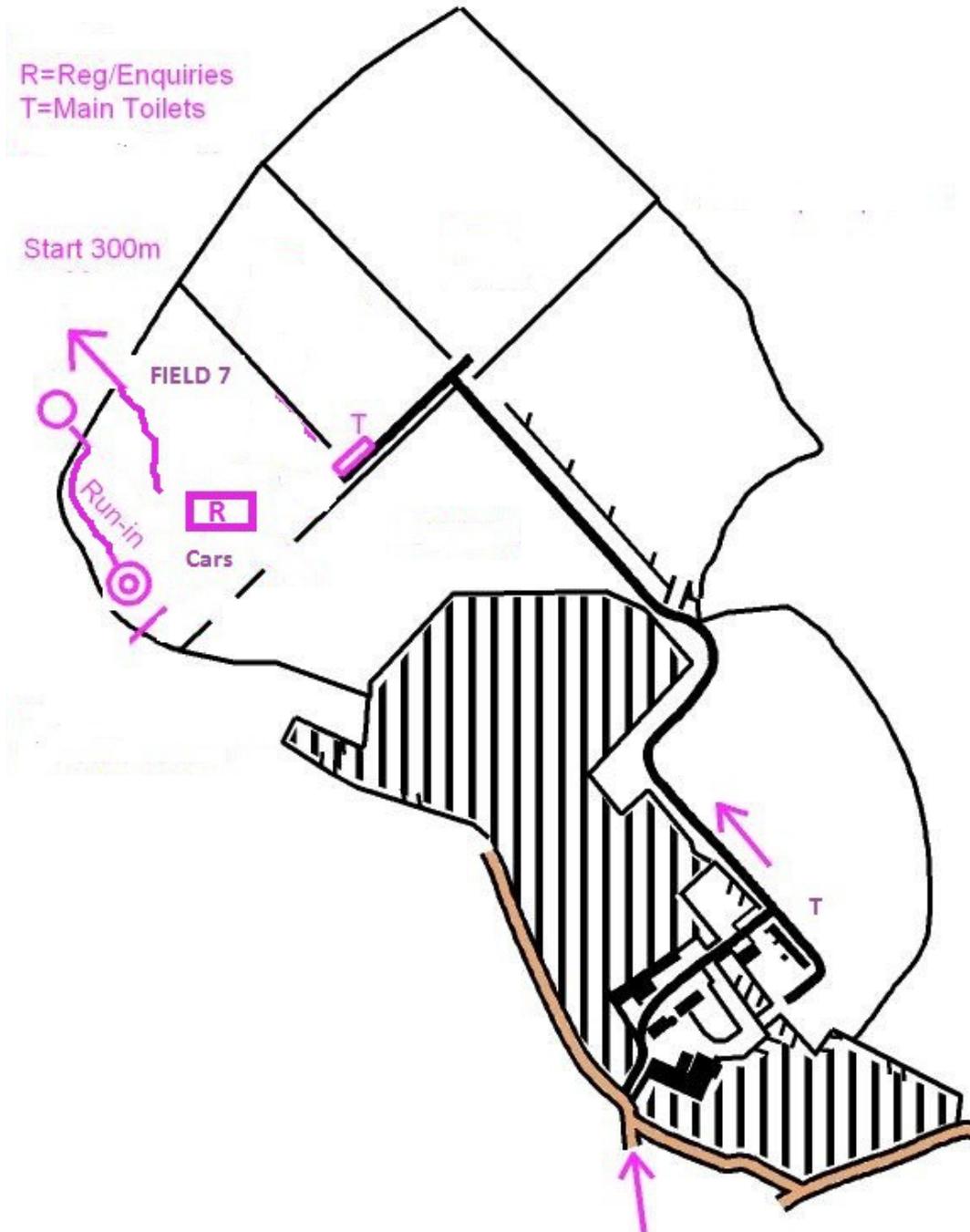
Car Parking at Debden House – Please identify yourself as orienteers at the entry to Debden House and follow the Marshals' instructions. **Parking £2.00 per vehicle.** You will need to have £2.00 ready for car parking – **It would help us greatly if you could bring the correct change .**

One way system: The entrance to Debden House is narrow, and departure by orienteers will not be allowed until after 12.00. 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 or J26 of the M25.

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

String Course: There will be a string course provided adjacent to the Assembly field. It will be open from 10.00 am until 12.30, and there will be no charge.

Map of the Parking and Assembly area



Facilities:

Parking is adjacent to the Assembly Area where you will find some toilets. More toilets and a small café are located at the campsite's main entrance. Please also abstain from using the forest as this gives orienteering a bad reputation and could make organisation of future events in Epping Forest difficult.

There will be space for club tents. Download and the Finish are also in the Assembly Area. There will be a String Course in the vicinity.

Entries:

Entries through Fabian4.

There will be a full range of courses for Level B events including a Long Orange course for less experienced orienteers.

Black	11.0 km	310m	M21
Brown	9.3 km	240m	M35, M40
Short Brown	8.0 km	220m	M18, M20, M45, M50, W21, M21S
Blue	6.2 km	185m	M16, M55, M60, W35, W40, M35S, M40S
Short Blue	5.0 km	155m	M65, W18, W20, W45, W50, M18S, M20S, M45S, M50S, W21S
Green	4.2 km	125m	M70, W16, W55, W60, M55S, M60S, W35S, W40S
Short Green	3.7 km	105m	M75, M80, M85, W65, W70, M65S, W18S, W20S, W45S, W50S, W75, W80, W85, M70S, M75S, M80S, M85S, W55S, W60S, W65S, W70S
Light Green	3.7 km	90m	M14, W14, M16B, W16B
Long Orange	4.7 km	110m	M21N
Orange	3.3 km	50m	M12, W12, M14B, W14B, W21N
Yellow	2.6 km	70m	M10, W10, M12B, W12B
White	2.0 km	50m	M10B, W10B

EOD will be available although this may be restricted by map numbers.

While the date for pre-entries at the cheaper entry fee rate has now passed, entries will continue to be taken on Fabian4 until Friday evening (subject to map number restrictions). EOD entry fee rates apply to these late online entries.

Enquiries:

Hired SI cards can also be collected at Registration.

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

Registration:

Entry on the Day entry fees: £12 seniors (+£2 if not a member of a BOF affiliated club, £4 Juniors. SI card hire £1 (juniors free). Registration will be open from 09:30 to 12:00.

Entry on the Day start times will be between 10:30 and 12:30.

Start lists will be available in the Assembly Field.

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.

Start:

The route to the start (distance approx 300m) will be signed from the Assembly field.

Start times will be allocated and available on the CHIG website. 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, additionally, written descriptions will be provided for the Long Orange, Orange, Yellow and White courses.

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

It will be a punching start.

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. Courses have been planned to avoid the worst areas of bracken.

Map:

1:10000. Updated summer 2012 (with further minor updates summer 2013) by Tom Edelsten and printed on waterproof paper. A3 size for Black, Brown and Short Brown courses; A4 for all other courses.

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.

Planners notes:

- White Course: Unfortunately, the planned course is at the upper limit of the recommended distance in order to remain within the necessary technical difficulty. Could parents and those responsible for young children doing this course please ensure that they are aware that it is longer than courses that they may be used to.
- Yellow Course: Where the conditions in the forest have made paths indistinct, some red and white tape has been used to help mark the route along the path.
- Long Orange Course: The planned course is shorter than the recommended distance in order to remain within the necessary technical difficulty.

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. 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. On the western part of the Black, Brown and Short Brown courses, there is a marsh which has been highlighted with the purple OOB overprint and must not be crossed. 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:

- There is a manned road crossing for the Black, Brown and Short Brown courses which these competitors will use twice (in opposite directions) – please remember to punch the controls either side of the crossing on both occasions. The time taken between the 2 controls on either side of the crossing will be deducted from each competitor's race time, up to a maximum of 2 minutes in each direction. Please obey the marshals' instructions
- Whistles are strongly recommended.
- Full leg 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.

Water:

There will be **no** water provided on the courses. Water will 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 **2:30pm.**

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

Officials:

Planner – Tony Maycraft

Controller – Ronan & Julie Cleary

Organiser – David Lund e-mail dw.lund@ntlworld.com