



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



South East Orienteering Association (SEOA)
CompassSport Cup and Trophy regional qualifying round.
Level B

BROXBOURNE WOODS

Sunday 16th February 2014

FINAL DETAILS

IF THERE IS ANY LAST-MINUTE INFORMATION ABOUT THE EVENT, WE WILL PUT IT ON THE CLUB WEBSITE: www.chig.org.uk YOU ARE ADVISED TO CHECK BEFORE TRAVELLING.

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| Location | <ul style="list-style-type: none">• Car parks at Broxbourne Railway station, EN10 7AW, and Broxbourne Lido (GR TL373071).• 10 mins from Junction 25 on the M25, via A10, A1170 and B194.• The event will be signed from the junction of the A1170 and B194 at the traffic lights. |
| Car parking | <ul style="list-style-type: none">• There is room for approx 200 vehicles at Broxbourne Lido (car parks 1 & 2), which is free parking on Sundays, so please park here first.• When full, please use the car park at the rear of Broxbourne railway station: fee £1.30, pay and display.• Minibuses and Coaches park at railway station car park only, due to height restriction at the lido car park entrance. |
| Public Transport | <ul style="list-style-type: none">• 2 Trains per hour on London Liverpool Street to Cambridge line.• Engineering works mean some early trains (before 10am) are subject to alterations while services run via Stratford all day.• Services from Cambridge are unaffected.• See Greater Anglia website for details. |
| Event Centre | <ul style="list-style-type: none">• This is at Broxbourne Lido Car Park. Most facilities and services will be available here: Registration/ EOD for non competitive courses only, SI dibber hire, start lists, download and on-the-day results.• There is a grassy area available for club tents.• There will be provision at download to leave your keys etc safely while you compete. |
| Entry on the Day (N/C) | <ul style="list-style-type: none">• 09.30 - 11.00am at Registration.• This is for white, yellow and light green courses only. No String course.
NO ENTRY ON THE DAY FOR ANY OTHER COURSES.• BOF & SEOA Seniors £5; Non BOF Seniors £7; Juniors/Students £5. |



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Facilities

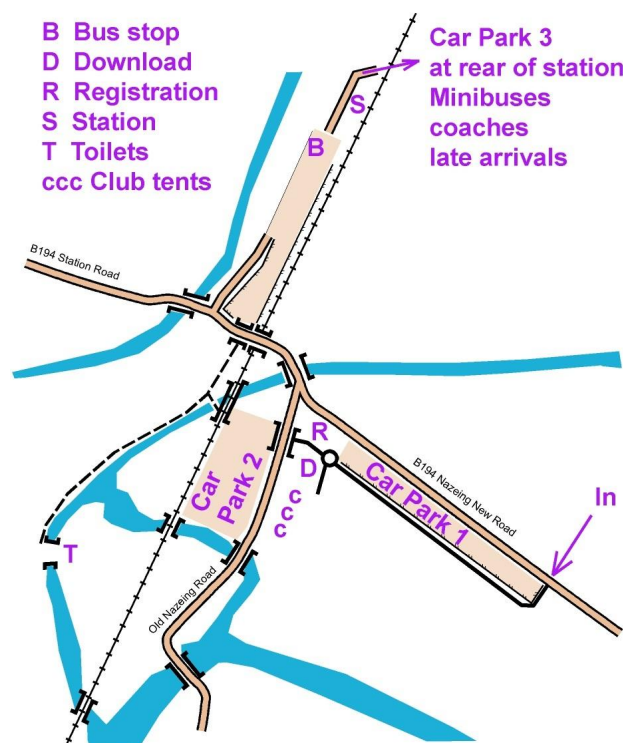
- Ultrasport will be present in the Broxbourne Lido car park.
- Charity stall serving cakes and drinks (to be confirmed)
- Public toilets are located at The Old Mill and Meadows, some 200m from the west end of Broxbourne Lido car park no 2, Follow signs.
- Two portaloos will be sited at the bus drop off point at the edge of the forest.
- St John Ambulance will be in attendance near the bus drop off point.

Bussing

- There will be a shuttle bus service, provided by Golden Boy Coaches, every 15 to 20 minutes from 9.30am. to 2.30pm from the front of Broxbourne Railway station to within 15 minutes of the start/finish area and return.

Please allow 30 minutes for the total journey from the bus stop to the start.

- There is a taped route of 300m from the west end of Broxbourne Lido car park over the River Lee and under the railway line and under the B183 to the entrance of Broxbourne railway station. See diagram.



Terrain

- Broxbourne Wood consists mostly of irregular blocks of young deciduous trees with some interesting stands of mixed conifers, covering the wide gently sloping valley of an eastward-flowing stream. The Wood has slowly become more runnable over the years. Much of the map now looks white or light green, though the distinction is often locally not clear on the ground. The wet bits have much “marsh grass” and elsewhere there is “dead” bracken, neither of which should significantly slow down younger runners, though, where mixed with the occasional brushings, will be more of a hindrance for the more senior competitors. There is one extensive area of recent forest thinning, where



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many logs litter the floor, which only really affects the three long Greens and the Brown course; you should be able to pick your way around or through it without too much difficulty.

- All senior course lengths are at the top end of the suggested range; this reflects the challenge to run courageous red-line routes, although Broxbourne has a generous path network.
- **IMPORTANT:** The three Blue and both Brown courses cross into the nice almost entirely white bits of Wormley Woods. This involves a total of four crossings of minor roads. You must use the marked crossing points. These are not timed out. Though there are nearby controls or gates to slow you down, you will need to concentrate because (a) road traffic is infrequent but can be fast, (b) anyone crossing in the wrong place runs the risk of disqualification - and being photographed! - and (c) care is required not to mispunch, as all courses visit the same control in and out of the northern, Broxbourne, section. Remember to punch in both directions. Marshals' instructions must be adhered to: they are there principally for your safety.
- The linking woodland between the Woods contains a large paint-ball activity area surrounded by a high screen. All courses run along the eastern side. The paint-ball area and the western side are clearly marked as out of bounds on the map: if you find yourself running here please retreat, as future use of this woodland depends on not encroaching on this part.
- Wormley has rather steeper slopes than Broxbourne, formed from the tributaries of an eastward-flowing stream, but generally fast underfoot under a mature deciduous canopy.

Map

- 1:10,000. 5m contours.
- Updated 2013 by Tom Edelsten.
- All maps, will be pre-marked and on waterproof paper. Plastic bags will NOT be provided.
- Special symbols - x = hide and o = statue, both on the map and in descriptions.

Control Descriptions

- Control descriptions will be on the front of the map.
- Loose copies will be available at the start.
- Yellow and white courses will have text descriptions; all others will have IOF descriptions.

Electronic punching

- SI on all courses.
- Dibbers will be available for hire (£1 each) at Registration.
- For those who have pre-booked a hired Dibber, please collect it from Registration before leaving the Broxbourne Lido car park .
- Should any SI units in the forest fail to function (no bleep or flashing light, or vandalised) there will be a pin-punch nearby. Please punch your map and advise download accordingly.



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Courses

- Subject to final controlling.

Course	Length (km)	Climb (m)	Controls	Map size
Brown	11.1	180	23	A3
Short Brown	9.3	175	21	A3
Blue Women	7.5	155	17	A3
Blue Cup Men	7.3	130	17	A3
Blue Trophy Men	7.4	145	18	A3
Green Women	4.8	90	14	A4
Green Men	5.0	75	14	A4
Short Green Veterans	3.8	55	11	A4
Green Junior Men	5.0	75	14	A4
Green Junior Women	3.8	55	11	A4
Orange Men	3.2	40	10	A4
Orange Women	3.2	40	10	A4
Light Green	3.8	40	9	A4
Yellow	2.3	30	9	A4
White	1.3	15	9	A4

Start times

- Starts will be from 10.00 - 12.30. Courses will close at 2.30pm.
- Start lists will be displayed at registration.
- Please note minor changes to start times from Tuesday 11 February.

Start and finish

- Shuttle bus service to/ from Pembridge Road.
- Drinks station, first aid and 2 x portaloos will be located adjacent to bus stop.
- Approx 1000m walk from bus stop to Start/Finish.
- Allow 30 minutes from Broxbourne railway Station to the start.
- You may leave clothing near the clear station at the start, if you wish. This informal clothing dump will not be manned. A shelter will be provided if the weather dictates.
- Start call up is at -4 minutes.
- If you arrive late for your start time you may be permitted to start once a suitable slot becomes available and maintains separation from other club members on the same course.
- Blank maps will be displayed at -2 minutes.
- Runners on white and yellow courses will collect their maps at the start.
- A punching start will be used for all courses.
- YOUR MAP WILL NOT BE COLLECTED IN WHEN YOU FINISH. YOU ARE TRUSTED NOT TO SHOW YOUR MAP TO ANYONE WHO HAS YET TO START.

Roads

- All roads are out of bounds.
- Marshals are instructed to disqualify any competitors running along roads.



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- Road Crossings**
- Courses Brown to Blue will recross two minor roads. These crossings will be marshalled, but you must be extremely careful.
 - There are no timed controls across the roads.
- Finish**
- There is a punching (dibbing) finish for all competitors. Do not forget to punch!
 - The clothing dump is next to the start.
 - Download is back at the Event Centre at Broxbourne Lido car park, via shuttle bus. You must visit the Download even if you retire.
- Safety**
- All competitors travelling alone are advised to leave something of value that they will not forget at the download tent, e.g. car keys, together with name, club and emergency contact.
 - All competitors are advised to carry a whistle.
 - In the event of extreme weather on the day, cagoules may be compulsory and this will be advertised on the CHIG website, in the car park and at the bus stop. Come prepared - if cagoules are stated to be compulsory, runners without one will not be allowed to start under any circumstances.
 - St John Ambulance will be in attendance near the start/ finish area.
 - The nearest hospital with A&E is Princess Alexandra Hospital, Harlow, CM20 1QX, tel 01279 444455, some 12 miles from the event.
- Forest etiquette**
- Broxbourne Woods is used and enjoyed by members of the public. Please show them consideration. In particular take care when near horses, and avoid frightening them.
 - There are several areas in the forest that are ecologically sensitive. They are marked Out of Bounds on competition maps. Courses have been planned to avoid these.
- Dogs**
- Dogs are permitted if kept under control.
- Thanks**
- To the Woodland Trust, Hatfield House Estate, the Broxbourne Commoners, Paradise Wildlife Park and local residents .
- Officials**
- Organiser: Ray Curtis, tel: 01279 418699 (eve); email: curtis.rosemount@sky.com
 - Planner: Tom Edelsten
 - Controller: Keith Downing (SMOC) Assistant Controller: Tony Maycraft
- Event cancellation or post-ponement**
- In the unlikely event of cancellation or postponement, a notice will be posted on our website, www.chig.org.uk
 - CHIG reserve the right to retain enough of your entry fees for any costs incurred.

All competitors take part in this event at their own risk and are responsible for their own safety.