



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



South East Orienteering Association (SEOA) THE South East Relay Championships

HAINAULT FOREST IG6 3UT

Sunday 31st May 2015

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.

Directions

North - junction A113 and A1112, south on A1112 approx 2.5 miles. Straight on at traffic lights at Chigwell Row. Follow signs to Country Park. Turn left into park, just before traffic lights.

South - junction A12 and A1112, north on A1112 approx 3 miles. Turn right into park, just past traffic lights.

From M25, Junction 28. A12 direction Romford. After approx 4.5 miles, turn right at traffic lights onto A1112, then proceed as above.

Car parking

Pay and Display. £3 per vehicle. Foxburrows Car Park (Furthest from main road),

Hainault Forest Country Park, Chigwell Row, Essex. **Grid ref TQ 478929.**
Not more than 100 metres to start/finish from car park.
Dogs welcome if under control.

Public Transport.

Nearest tube station is Hainault (1.5 miles) Central Line. There is a red bus Service no 247 every 20 minutes, from the tube station to A1112 Romford Road, near the Country Park entrance.

Event Centre

This is in the building immediately to the east of the Car Park. Most facilities and services will be available here:

Registration/ EOD for non competitive courses only,
SI dibber hire,
Map collection,
Download,
Clothing dump
and on-the-day results.

There will be provision at download to leave your keys etc safely while you compete.

Unfortunately club tents are not allowed, however club flags are.

Relay Pre entry. Via Fabian4. Entries close midnight on Sunday 24 May 2015.
BOF & SEOA Seniors £7; Juniors/Students £2.50

Entry on the courses 10:30 - 11.30am at Registration. This is for modified yellow and modified orange only.
Day (N\C) only. **NO ENTRY ON THE DAY FOR ANY RELAY COURSES.**

BOF & SEOA Seniors £7; Non BOF Seniors £9; Juniors/Students £2.50.
No String course.

Facilities Public toilets are located back towards the first car park, some 200m from the south east end of car park. The Country Park Café will also be open, selling Snack, drinks and ice creams.

Terrain Gently undulating woodland with an extensive path network and a large grassland area. Some bramble areas have been recently cut back.

Map 1:10,000. 5m contours. Updated 2015 by Tom Edelsten. All maps, will be pre-marked and on waterproof paper. Plastic bags will NOT be provided. Sealed maps will be issued for all runners in the relay teams at registration. Note that they should remain sealed until each runner starts.

Control Descriptions Control descriptions will be on the front of the map.

Yellow course 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

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.

Courses	Open -	short blue/ green/ short blue
	Women's open -	short blue/ green/ short blue
	Junior -	yellow/ orange/ yellow
	Handicap -	short blue/ green/ orange

Course lengths – subject to final controlling

Short Blue	5.6km
Green	4.3km
Orange	3.0km
Yellow	2.2km

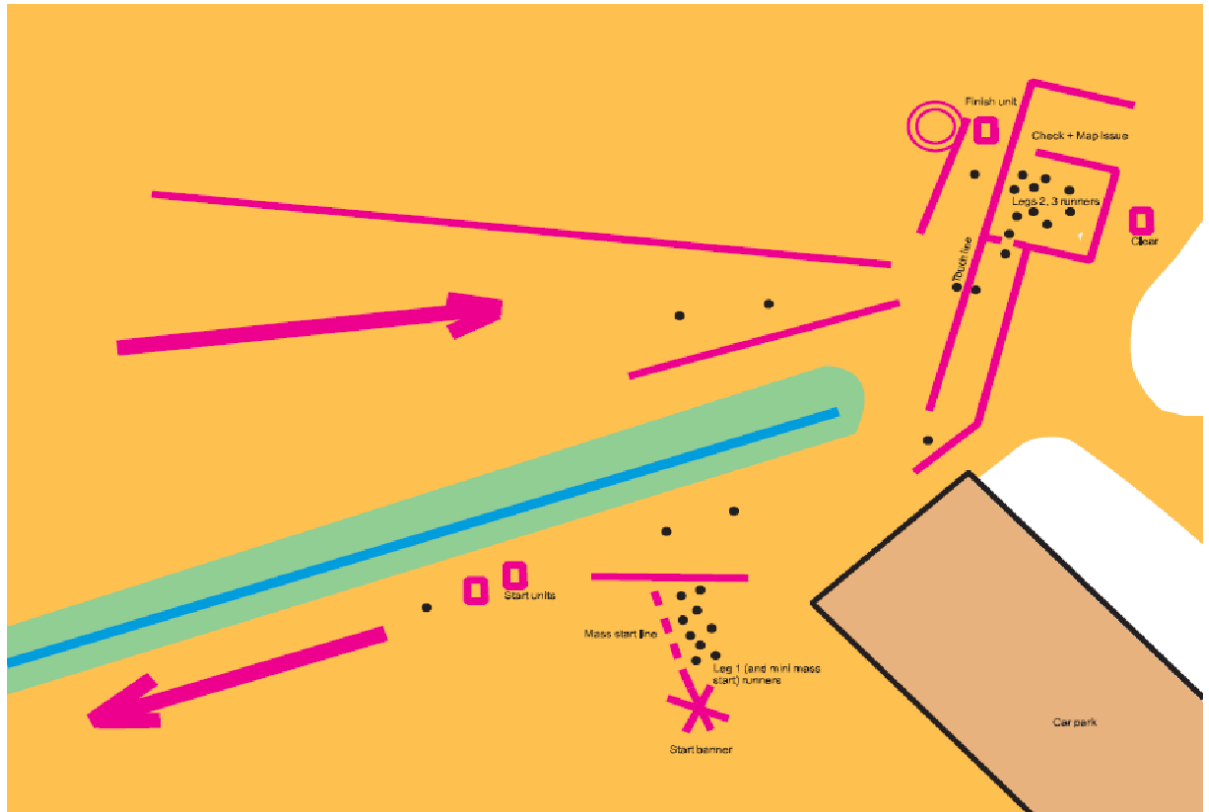
Start times Mass Starts: 10:30 am Open and Women's open;
10:35 Junior;
10:40 Handicap.
EOD modified orange and modified yellow – 11:00 – 12:00
Courses close: 2:00 pm

Relay Start: Start call up is at -4 minutes.
For first leg runners there is a massed start, so no punching of the start control is required.

For second and third leg runners there is a punching start.
There will be a mini mass start at 12:30 for any remaining runners.

Handover. This will take place at the designated area – see plan.

EOD Start. Start call-up at -1 minute.
Runners on the yellow course will collect their maps before their start.
A punching start will be used for both EOD courses.
Start times will avoid any handovers between relay teams.



Finish There is a punching (dibbing) finish for all competitors. Do not forget to punch!

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.

You must visit the Download even if you retire.

Prize giving This will take place at 2pm. Medals will be presented to the first three teams in each class. A Trophy will be also presented to each class winner.
Note to previous trophy winners to bring their trophy to the Event Centre on the day.

Safety All competitors travelling alone are advised to leave something of value that they will not forget at the event centre, 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 the day, cagoules may be compulsory and this will be advertised on the CHIG website

on
in

the car park and at the Event Centre. Come prepared.

A club first aider will be in attendance near the start/ finish area.

The nearest hospital with A&E is Queens Hospital, Rom Valley Way, Romford RM7 0AG. It is approximately 6 miles away.

**Forest
show**

Hainault Forest Country Park is used and enjoyed by members of the public. Please

etiquette them consideration. In particular take care when near horses, and avoid frightening them.

Dogs Dogs are permitted if kept under control.

Thanks To the Woodland Trust,

Officials Organiser: Tony Maycraft, tel: 0208 508 4407 (eve); email: tony.maycraft@talktalk.net
Planner: Tom Edelsten
Controller: Assistant Controller: Tony Maycraft

Event cancellation or postponement

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.