



CHIG 50th ANNIVERSARY SPRINT EVENT

Sunday 20th MARCH 2016

CHIGWELL SCHOOL and GRANGE FARM

FINAL DETAILS

CHIG's 50th Anniversary

Orienteering commenced at Chigwell School in 1966 under the tutelage of Michael Brandon, a classics master with responsibilities also for cross country running and Scouting. By May there was enough confidence to enter a team for the Southern and Surrey Schools Championships at Peaslake. 10 pupils made the trip on Saturday 14th May and this is the first time Chigwell appears in results. The first event organised by CHIG on the National calendar was in February 1968, in Epping Forest, with over 150 competing.

Venue and parking:

The Event Centre and parking is at the Old Chigwellians Clubhouse, Roding Lane, Chigwell, Essex, IG7 6BE.

Grid reference TQ434941. Parking is around the Clubhouse and on the approach drive. Should available space be filled, cars will be re-directed to park further along Roding Lane or in the School grounds and result in a short walk to the Clubhouse of less than 10 minutes. There is no parking fee.

Travel Details:

From M25 Clockwise and anticlockwise: leave at Junction 26 of the M25 and follow the A121 east in the direction of Loughton. In Loughton turn left on the A1168 and follow to its junction with the A113 having passed under the M11. O signed from this junction.

There will also be O signs from the Northbound J5 of the M11. There is no Southbound exit at J5.

From M11 Southbound: leave at Junction 7 (Harlow) and follow the B1393 in the direction of and through Epping. At the roundabout with the A121 follow directions as above.

From London and the South: the North Circular Road A406 and A12 both have feeds into the M11.

Please follow the signed routes only:

A one-way system of approach to the Event Centre will be in operation which will facilitate the implementation of our overflow carpark should it be required.

Please let the Organiser know if you plan to bring a coach.

Public transport: Central Line Underground to Buckhurst Hill Station then bus 167 (direction Ilford) from the station forecourt to Guru Gobind Singh College stop (1.1km). There is a further 1.1km O signed walk from this stop to the Event Centre, the last 300m of which before the Club drive does not have a pavement. Please take care.

Central Line Underground services to Chigwell Station are less frequent.

Facilities:

The Clubhouse has toilets, changing facilities and showers. Enquiries, Entry-on-the-Day and Download will be in the Clubhouse. In the lounge area competitors will be able to rest and also view the Finish. The bar will not be open. **We ask that should your shoes be muddy or spiked that these are not worn in the Lounge area.**

There will be a Naughty Numbers Grid activity in the vicinity of the Clubhouse.

First Aid: will be available at the Clubhouse.

Traders: No O traders will be present.

Dogs: No dogs are permitted at this event.

Entries:

Entries are open on Fabian4 until midnight Tuesday 15th March.

Entries-on-the-Day:

BOF Seniors £12; Non BOF Seniors £14; Juniors/Students £4

Race A only: Non BOF Seniors £7; Juniors £2; Families £10 including one SI card

At Registration you will be given a slip with your start time. Please ensure that you give this to the start officials.

SI card hire £1. Lost SI cards will incur a charge of £30.
Hired SI cards can also be collected at Enquiries.

The entry fee includes a donation to both Sport Relief and Chigwell School's chosen charity Cancer Research UK.

Electronic punching:

The event will be use Sportident (SI) system. If a SI box appears not to be working, competitors should use the pin punch attached to the control stake to punch their map.

Starts:

There will be two starts, one for each race, both 300m approx. from the Clubhouse.

The route to the starts will be signed from the Clubhouse. There is no clothing dump or transfer.

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

Control descriptions:

Control descriptions will be printed on the map and loose waterproof descriptions will also be available in start lanes at -3min for courses 1 to 3. Pictorial descriptions will be used for all courses. Course 4 will have both pictorial and written descriptions on the map only.

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

It will be a punching start. If you arrive late please follow the instructions of the Start officials.

Competition and Planner's notes:

There are two sets of sprint courses (A and B) on separate but overlapping areas. Each set has 4 courses 1-4. In each set, Course 4 is suitable for beginners. In the case of Set A this will be Yellow standard and in the case of Set B this will be Yellow/Orange standard.

Both sets of courses involve car parks and access roads that may have slow moving traffic. Please take all reasonable care and show respect to car drivers.

One of the football pitches close to the finish and the route to the starts is used by Leyton Orient FC as their training pitch. We have been asked to keep off this pitch.

Sprint A (Grange Farm and part of Chigwell School Grounds)

1. The terrain is a mixture of playing fields, rough semi-open land with some landscaped areas.
2. Some football pitches will likely be in use and will be marked as out of bounds on the course maps. It is permissible to run round the edges of the out-of-bounds pitches but please show consideration to spectators and others involved in matches who may be oblivious to fast moving runners.
3. The terrain contains very little hard surface so appropriate off-road footwear is advisable
4. Courses 1-3 will involve negotiating areas of denser vegetation and a few brambles. **Full body cover is therefore mandatory.**
5. Courses close at 12:45pm.

Sprint B (Chigwell School Buildings and Grounds)

1. The starting running order for Sprint B will be based on the finish order of Sprint A, with one minute intervals and the fastest runner from Sprint A starting last.
2. The terrain is a mixture of school buildings and playing fields.
3. The area contains some football pitches but any matches should be finished before the first start time. If there are any matches, please run around the pitches affected.
4. The courses will be part on fields but will involve running on hard surfaces. Off road footwear will only be necessary if the fields are wet.
5. The area contains little dense vegetation so full body cover is **not** mandatory.
6. Courses close at 3:15pm.

Course lengths

	Course 1	Course2	Course 3	Course 4
Sprint A	2.5km (15m) 20 controls	2.0km (10m) 17 controls	1.5km (10m) 14 controls	1.0km (5m) 10 controls
Sprint B	2.5km (5m) 20 controls	2.1km (5m) 17 controls	1.5km (5m) 15 controls	1.1km (5m) 11 controls

Maps:

1:4000 ISSOM. January 2016 by Tom Edelsten and printed on A4 waterproof paper.

Safety:

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

Please note:

- the information above regarding carparks in both the School grounds and Grange Farm where there may be slow moving traffic;
- in wet weather paved areas and steps may be slippery;
- the instructions regarding body cover;
- there may be static grounds-keeping equipment on the terrain or near the Clubhouse. Please ensure that children do not play or climb on this equipment;
- the possibility of encountering in Grange Farm **disabled** horse riders. Their riding school is adjacent to and uses the competition terrain.

Finish and Download:

There is one finish for all courses in both races. Download is in the Clubhouse. You **MUST** download, **even if you retire**. After downloading please collect your memento and anniversary cake.

Water:

Water will be available in the Clubhouse.

Complaints and Protests:

Please check your results after downloading and resolve any queries with the team at Download. 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 assisted by Ian Andrews

Controller - Paul Beckett (HAVOC)

Organiser - Tim Pribul tel : 01279 724482 (tim@pribul.co.uk)

Race Day Organiser - David Lund