

EPPING WALTHAMSTOW FOREST

SUNDAY 13TH NOVEMBER 2016

FINAL DETAILS

Car Park	Best Western Hotel, Oak Hill, Woodford Green, Essex IG8 9NY TP 394913 Please follow the directions of any parking marshal. <i>Note: the entry barrier raises automatically, exit barrier code is "246".</i>
Cancellation	In the unlikely situation that the event needs to be cancelled, a notice will be displayed on the CHIG website no later than the day before the event.
Clothing Dump	Located next to the Start / Finish area.
Courses	White, Yellow, Orange, Light Green, Short Green, Green, Blue, Brown. A small section of the Yellow course is taped to avoid a busy road. <i>Note: the Green, Blue & Brown courses are closed to Under 16's due to potentially hazardous road crossings.</i>
Dogs	Welcome if kept under control (i.e. on a lead or comes when called).
Download	Download will be situated in a Ground Floor Meeting Room at the hotel. Muddy shoes are not to be worn within the building. Please ensure that you report to Download, <i>even if you do not complete your course.</i>
Drinking Water	Available at the Finish but competitors are advised to bring their own supply. The Finish is close to the Clothing Dump.
Fees	Seniors: £9 (less £2 discount for BOF/SEOA Seniors) Juniors / Students: £3
First Aid	A First Aider will be at the Event Centre. There will also be a map of the route to the nearest A&E Hospital (Whipps Cross) at Download.
Incident Reporting	Any incidents that result in injury to a person, or damage to property, must be reported to the Organiser who will complete an Accident Report Form.
Litter	Please be aware that litter may be encountered anywhere within the forest. Please take special care when passing litter containing glass or metal.
Map	1:10 000 (revised autumn 2016)
Medical Conditions	If any competitor has a pre-existing medical condition that might affect them during the event, please write the details on the Entry Form and advise the Download staff.
Mobile Phones	All 3 networks provide coverage over the event area but signal strength is mostly rather weak.

Officials	Organiser: Paul Corney Tel: 020 8531 9168 paul.cOrney@btinternet.com Planner: Tom Edelsten Controller: Janet Biggs (HAVOC)
Other forest users	The forest is extensively used by dog walkers and cyclists. Please keep aware of these hazards and be considerate to all other users.
Road Crossings	Only the crossings across Oak Hill will be manned. Competitors are asked to follow any instructions given by marshals at these points. Extra care should be taken when crossing other roads. Follow taped routes where they exist.
SI	SportIdent. Dibber Hire £1 (Charge for lost dibber £30).
Start / Finish	Situated about 400m from the hotel. Please follow the taped route.
Times	Registration: 10:00am-11:30am Starts: 10:30am- 12noon Courses close: 2:00pm
Toilets	Available within the hotel.
Trip Hazards	There are many trip hazards in the forest due to uneven ground, slippery surfaces and tree roots. Competitors are cautioned to take care at all times and avoid the risk of injury.
Vegetation	There are many holly bushes and brambles in the area to be used and these can cause cuts and abrasions. Thus ALL COMPETITORS MUST WEAR FULL LEG COVERINGS.
Water Features	There are many ponds and streams, especially on the longer courses. Do not enter any of the ponds. Also, if there has been heavy rainfall immediately before the event, many of the depressions are likely to be flooded.
Weather	If severe rain is forecast for the event day, competitors will be required to wear a cagoule to reduce the risk of hypothermia. Check the CHIG website on the day before the event for any special notices.
Whistles	It is recommended that all competitors carry whistles in case of emergency.