



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



Sunday 9 December 2018

“Michael Brandon” Mitre National Event

Epping Forest North West

Directions:

From M25:

Leave the M25 at Junction 26, signed Epping (A121). After approx 1.5 miles at roundabout, take First exit B1393 signed Epping. Straight on at traffic lights, enter 30mph limit, then turn left at mini roundabout– Bury Lane, signposted B182 Epping Green. After approx 400m turn right into school entrance.

Parking is at St John’s Secondary School, new site, CM16 5JB.

Park as directed. Cost £1 per vehicle. GR TL452018 .

From M11:

Leave at Junction 7 signed Epping B1393. Travel through Epping town and past Shell garage. Turn right at mini roundabout into Bury Lane. Proceed as above.

Public transport:

Epping Underground Central Line station is approx 2km distant.

Head up Station Road to town and turn left along High Street. Pass Shell Garage then turn right before mini roundabout into Lower Bury Lane. School entrance is at end of this road.

Facilities:

Toilets at school. To be confirmed: traders & drinks and snacks.

Start and finish:

Bus service to/ from Robin Hood roundabout, along Epping New Road.

Approx 300m walk to Start and 100m to Finish from bus stop.

Allow 25 - 30 minutes from St John’s School to the start..

Map:

Epping Forest North West, updated 2018 1:10,000 Mixed deciduous forest.

Courses:

The SE League recommended age classes are offered. S and B runners please select your own course.

Black	M21
Brown	M35, M40
Short Brown	M18, M20, M45, M50, W21
Blue	M16, M55, M60, W35, W40
Short Blue	M65, W18, W20, W45, W50
Green	M70, W16, W55, W60
Short Green	M75, M80, M85, W65, W70, W75,
Very Short Green	W80, W85,
Light Green	M14, W14
Orange	M12, W12
Yellow	M10, W10
White	

Times:

Limited EOD Registration: 10:00 am to 11.00am
Starts: 10:30 am to 12:30 pm
Courses close: 2:30 pm String course TBC

Electronic punch:

EPS-SI on all courses. Dibber hire £1.00/ juniors free

Entries:

Preferably via: www.fabian4.co.uk, or by SEF (cheques to Chigwell & Epping Forest OC) to: Mitre 2018, 11 Rosemount, Harlow, Essex, CM19 4 HS.

Closing date for receipt of entries: Tuesday 4 December 2018, 23:59hrs. **Limited EOD.**

Late entries subject to availability of maps. Final details and results on www.chig.org.uk

Entry Fees:

Up to 9/11/18 BOF Seniors £13: Non BOF Seniors £15; Juniors £4.
From 9/11/18 to 04/12/18 BOF Seniors £15: Non BOF Seniors £17; Juniors £5
EOD BOF Seniors £17: Non BOF Seniors £19; Juniors £5
EOD Orange, yellow & white Newcomers £5.

Officials:

Organiser: Ray Curtis Tel: 01279 418699 Email: Curtis.rosemount@sky.com
Planner: Tony Maycraft
Controller: Mike Edwards (RAFO)

N.B. Competitors take part at their own risk and are responsible for their own safety.

Affiliated to the British Orienteering Federation