



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



“Michael Brandon” Mitre National/ SE League Event/
Interland junior Selection Race

EPPING NORTH WEST CM16 5EN

Sunday 9th December 2018

FINAL DETAILS

For pre-entered competitors: PLEASE CHECK THAT YOU HAVE BEEN ENTERED ON THE CORRECT COURSE. IF WE HAVE MADE A MISTAKE, CONTACT RAY CURTIS at curtis.rosemount@sky.com

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.

Carparking Parking will be at St John’s Church of England High School, Bury Lane, Epping CM16 5JB (Grid Reference: TL451 019)
PLEASE OBEY CAR PARKING MARSHALS. **Fee = £1**, collected at the entrance.

Directions: **O signs from Miller & Carter/ Wake Arms roundabout.**

From M25: Leave the M25 at Junction 26, signed Epping A121. After approx 1.5 miles at roundabout, take first exit signed Epping B1393. After 2 miles, Straight on at the traffic lights, left at mini roundabout, Bury Lane. St John’s School is approx 400m on right

From M11: Leave at Junction 7 signed Epping B1393. Travel through Epping town; pass Shell garage turn right into Bury Road at mini roundabout. St John’s School is approx 400m on right

Public transport: Epping Underground Central Line station is approx 1500 metres distant.
Head up Station Road to town and turn left along High Street. Approx 300m past Shell Garage turn right into Lower Bury Road. School is at end of road.
Please check beforehand if services are running on the day.

Event Centre This is at St John’s High School. Most facilities and services will be available there: EOD, Dibber hire, toilets, Ultrasport, download and on-the-day results.

There will be facilities to leave your keys and cash safely while you compete.

Facilities Toilets are located at the School. If your shoes are muddy or you have super-long spikes, please leave these at the entrance door. **Please do not use the basins for washing shoes or clothing after your run.** We were reprimanded for dirty sinks found after the last event. **Any reoccurrence could jeopardise our future use of the school as an event centre.**

First Aiders will be in attendance at the start/ finish area and limited first aid at the event centre.

Safety & First Aid

Competitors are recommended to carry whistles for safety. Full leg cover is required. Competitors are reminded to take care. The competition area has uneven ground, rough and slippery surfaces, fallen branches, tree roots, muddy and wet areas, etc.

Waterproofs/cagouls: – if heavy rain or snow is forecast competitors will be required to carry a cagoul/waterproof jacket. In this case, for safety reasons the carrying of a waterproof will be **COMPULSORY** and competitors will not be allowed to start without one. Please check the CHIG website the night before or on the day. CHIG has the right to cancel the event in extreme conditions.

A qualified first aider will be in attendance close to the Start/ Finish area; a basic first aid box will be available at Download.

The nearest hospital with A&E facilities is Princess Alexandra Hospital, Harlow, CM20 1QX. Directions – B1383 through Epping town to M11 junction 7. Take first exit, A414 Harlow, then follow A&E signs. Approx 8 miles from event centre.

Pre-entries Start times will be uploaded on Fabian4 after the closing date of 3rd December.

EOD Registration at the Event Centre: 10.00 – 11.00am.

There will be limited EOD for other courses, subject to the availability of maps. Please ensure you collect your start slip and hand in at the Start.

- **EOD BOF & SEOA Seniors** £17; Non BOF Seniors £19; Juniors/Students £5
- **EOD White, Yellow and Orange Courses – Newcomers** £5; Non BOF Seniors £7; Juniors/Students £5

Starts: 10:30 am to 12:30 pm

Anyone running on Black will be allocated a Start time between 10:30 – 11:30, to allow them up to 3 hours to complete the course.

Courses close: 2:15 pm Sorry, no String Course.

Electronic punching

EPS-SI on all courses. Dibbers will be available for hire (£1 each/Juniors free) at Registration. For those who have pre-booked a hired Dibber, please collect the dibber from Registration before catching the bus to the Start. Sorry, no SIAC.

Should any SI units in the forest fail to function (no bleep or flashing light, or vandalized) there will be a pin-punch nearby. Please punch your map and advise download accordingly.

Toilets

Please use the toilets at the Event Centre before you catch the shuttle bus. There are NO toilet facilities at the start/ finish area.

Please do not relieve yourselves in the Forest as it is frequently used by the general public. Any transgression of this could jeopardize our future use of Epping Forest.

Terrain

Epping Forest East is comprised of undulating deciduous woodland with two flatter areas. It provides both a physical and technical challenge.

There has been recent thinning activity that has made the forest much more open than in the past. The thinning has varied in intensity, both in the amount of pollarding of trees and of the remaining surface debris. The map attempts to show the former by segueing white/scattered trees/yellow and the latter by undergrowth screens. Note that pollarding has made several areas of forest appear to be open on the ground when they are, in fact, still wooded – but do not have a canopy. There has been some work done since the map went to print. This is small in scale and will be indicated on the maps in the start lanes.

Other points to note are:

- *Leaf fall is still obscuring some minor paths.*
- *“Walk” on the map may indicate thick clumps of holly or occasionally hawthorn. These areas should be treated with respect; blind alleys may catch out the unwary.*
- *Slow run generally has good visibility and narrow “white” runnable tracts provide route choice.*
- *The undergrowth symbol normally indicates bramble. Bracken is not shown as it is now brown and present a small impediment to progress*
- *Recent rain has filled some depressions and made some paths muddy, although it is still dryer than normal for the time of year.*
- *All streams and water courses are easily crossable and most have little running water. However, some do have fairly steep sides and may become less easily crossable if there is heavy rain in the days before the event.*
- *Rootstocks are not mapped, whether with or without accompanying knolls/depressions, whatever their size. However, in general, isolated knolls over half a metre high are mapped.*

Map

1:10,000. 5m contours. Updated 2018 by Tom Edelsten. All maps, size A4, will be pre-marked and on waterproof paper. Plastic bags will NOT be provided.

Control descriptions

Control descriptions will be on the front of the map. All courses will have IOF descriptions, except White, Yellow and Orange . White, Yellow and Orange will have text descriptions in addition. Loose copies will be available at the Start.

Courses:

Course	Distance	Control	Climb
Black	10.7km	26	150m
Brown	9.0 km	23	140m
Short Brown	7.4 km	20	95m
Blue	6.1 km	18	90m
Short Blue	4.9 km	16	65m
Green	4.3 km	14	55m
Short Green	3.6 km	11	35m
V.Short Green	2.9 km	12	30m
Light Green	3.4 km	10	35m
Orange	3.0 km	10	35m
Yellow	1.8 km	11	15m
White	1.4 km	9	10m

Start times

Starts will be available from 10.30 – 12.30. Courses will close at 2.15pm.

Start and finish: Shuttle bus service to/ from drop-off point along Epping New Road. Follow taped route from bus stop, approx 50m to start and clothing dump, then a further 50m to finish. 2 Buses will run at regular intervals from the Event Centre.

Allow 20 - 25 minutes from St John's School to the start.

Runners will be called forward at 3 minutes before their allocated start time.

If you turn up early or arrive late for your start time you may be permitted to start once a suitable slot becomes available. If EOD, please hand in your start slip to event officials.

Control description sheets will be issued at -3 minutes.

Blank maps will be available for inspection at -2 minutes.

Runners on white and yellow courses will collect their maps before the start.

Start lists will be displayed at Registration.

- Roads** All main roads are out of bounds – and are marked as such on the map. Marshals are instructed to disqualify any competitors running along main roads.
- Taped routes** The yellow course follows a number of ditches that go through marshes. Taped routes will be provided to avoid the worst areas. An indistinct path used by the white course will also be marked with red and white tapes. Please advise competitors on these courses to follow these tapes.
- Finish** There is a punching (dibbing) finish for all competitors. Do not forget to punch!
The clothing dump is next to the finish.
Download is back at St John's High School, via shuttle bus.
You must visit the Download even if you are retiring.
- Forest etiquette** Epping Forest is used and enjoyed by members of the public. Please show them consideration. In particular take care when near horses, and avoid frightening them.
- Dogs** Dogs are permitted in Epping Forest if kept under control.
- Thanks** To the Superintendent of Epping Forest and his staff. Epping Forest is owned by the Corporation of London.
To St John's School, Epping.
- Officials** Organiser: Ray Curtis, tel: 01279 418699 (eve); email: curtis.rosemount@sky.com
Planner: Tony Maycraft
Controller: Mike Edwards (RAFO)

All competitors take part in this event at their own risk.