



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



Regional, Level C/ SWELL/ Yvette Baker Qualifier

WARLIES PARK EN9 3SL

Sunday 8th March 2020

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 Warlies Park House, Waltham Abbey, EN9 3SL (Grid Reference: TL415 014)
PLEASE OBEY CAR PARKING MARSHALS. **Fee = £1**, collected at the entrance.

Directions: **O signs from Woodbine Inn. A121/ Woodgreen Road.**

From M25: Leave the M25 at Junction 26, signed Loughton A121. After approx 450m, take first exit onto Woodgreen Road. After 1 miles, turn right onto Horseshoe Hill , then after 100m turn left into Warlies Park. Parking is hardstanding, approx 400m on the left. Take care as competitors will be walking along the edge of the road to the start.

Please DO NOT approach via Epping New Road and Horseshoe Hill as there is a very sharp turn to access Warlies Park.

Note that it is recommended to return via Upshire, Waltham Abbey and Waltham Cross to the M25, as a right turn on the A121 could be a problem due to busy traffic after 12 noon.

Public transport: Epping and Theydon Bois Underground Central Line stations are both 6km distant and Waltham Cross railway station on the London Liverpool Street to Cambridge line is some 5.5km distant. There is an hourly 66A bus service from the railway station to Waltham Abbey- Upshire shops and a 1.2km walk to the event centre.
The latter is recommended if travelling on foot.

Please check beforehand if services are running on the day.

Event Centre This is at Warlies Park House in the car park.. Most facilities and services will be available there: EOD, Dibber hire, toilets, download and on-the-day results.

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

Facilities PortalooToilets are located at the rear of the car park.

Prizegiving From 2:00pm at the event centre.
We will announce the winners of the qualifying round for the YBT shield and trophy.
These teams will proceed to the national final later in the year.

Coronavirus related restrictions

Based on the latest advice from Public Health England, <https://www.gov.uk>

to limit the spread of coronavirus (Covid-19), we have decided we cannot allow anyone to participate in or attend the Warlies Park event who have travelled from the following countries in the 14 days leading up to the event (from 24 Feb 2020): China, Thailand, Taiwan, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia, Macau, Cambodia, Laos, Vietnam, Myanmar, Iran and Italy north.

We will offer a full refund to anyone who has already entered the event as of 4th March, who this affects, and therefore they can no longer attend. Please contact the event organizer regarding an entry refund.

For all other competitors, please use the hand sanitisers provided if using the toilets or filling in EOD forms, before and after using the pens provided, and at download.

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. Certain uneven areas are marked with yellow/black tape.

The stream area at the northern end of the map may be difficult to cross for the less agile, so crossing using bridges is recommended. The bridges may be slippery, so take care.

There are three small roads crossing the competition area. These are very lightly trafficked, and there will be "caution runners crossing" signs present at either ends of the competition area.

Horseshoe Hill is out of bounds to all competitors and will be marked on the map.

Fences within the competition area have barbed wire on top and MUST be crossed only at the mapped crossing points. Competitors on the Green course may encounter a large locked farm gate, use the fence at the side to cross.

Waterproofs/cagoules: – if heavy rain or snow is forecast competitors will be required to carry a cagoule/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 – turn right on to Horseshoe hill towards Upshire and Waltham Abbey.

At large roundabout, take fourth exit B194, signed Harlow. After approx 5.5 miles turn left onto B181, then after 300m turn right at roundabout onto B1133. At next roundabout take the second exit. A&E is signed from the next roundabout as you enter Harlow.

Approx 10 miles from the event centre.

EOD

Registration at the Event Centre: 9:30 – 11.30am.

There will be limited EOD, subject to the availability of maps.

EOD BOF & SEOA Seniors £10; Non BOF Seniors £12; Juniors/Students £3

- Starts: 10:15 am to 12:15 pm .
Please select a start time so you will complete your course by 1:30pm.

Courses close: 2:00 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.

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.

Terrain

Mixed open undulating parkland with areas of flatter woodland. Good Runnability.

In view of the recent weather, the area is generally wet with some standing water. Some water features appear larger than mapped and some depressions are water filled. Paths and many gateways are muddy.

Map

1:10,000. 5m contours. New for orienteering, mapped 2019 by John Pearce. All maps, size A4, will be pre-marked and on waterproof paper. Plastic bags will NOT be provided. Powerlines are not mapped but the supporting poles are shown as black circles. Non-standard symbols are:

- Black o = telegraph/powerline pole
- Black x = hide
- Large green o = large, solitary tree
- Small green o = small tree
- Solid green dot = bush
- Green x = dead standing tree
- Green dot enclosed by a black square = fenced enclosure usually containing a tree
- Brown x = heap of logs/dead branches used in the open areas only

Control descriptions

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

Courses:	Course	Distance	Controls	Climb
	Blue:	6.9km,	21 controls	110m
	Green:	5.2km,	16 controls	90m
	Short Green:	3.5km,	11 controls	50m
	Light Green:	4.1km,	13 controls	80m
	Orange:	3.3km,	13 controls	70m
	Yellow:	2.6km,	12 controls	50m
	White:	1.4km,	10 controls	25m

Start times

Starts will be available from 10.15 – 12.15. Courses will close at 1:30pm.

For YBT qualifiers the starts between 10:40 and 11:32 have been reserved as follows:

10:40 SN
10:41 GO
10:42 SOS
10:43 SO
10:44 SN
10:45 GO
10:46 SOS
10:47 SO
10:48 SN
10:49 GO
10:50 SOS
10:51 SO
10:52 SN
10:53 GO
10:54 SOS
10:55 SO
10:56 SN
10:57 GO
10:58 SOS
10:59 SO
11:00 SN
11:01 DFOK
11:02 SOS
11:03 SO
11:04 SN
11:05 DFOK
11:06 SOS
11:07 SO
11:08 SN
11:09 DFOK
11:10 SOS
11:11 SO
11:12 SN
11:13 DFOK
11:14 SOS
11:15 SO
11:16 SN
11:17 DFOK
11:18
11:19
11:20 SN
11:21
11:22
11:23
11:24 SN
11:25
11:26
11:27
11:28 SN
11:29
11:30
11:31
11:32 SN

YBT Team leaders can then start their juniors in their preferred order.

Later start times are available at the Start Team Leader's discretion.

If these slots are not filled by YBT competitors, then they can be used by other competitors.

Start and finish: Approx 350m walk from car park, take care along the side of the access road.

Please observe the 4 minute rule if you are from the same club entering the same course.

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.

Taped routes

Because there are few paths in the area, White and Yellow course competitors will need to follow fences, hedges and powerlines. The Yellow course has a taped route between controls 1 and 2. Where routes are not clear there will be additional red and white tapes or smiley/sad faces on both the White and Yellow courses. Please advise competitors on these courses to follow tapes and/or smiley faces.

Finish

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

This approx 150m from the car park and the download tent is enroute to the car park.

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.

Officials

Organiser: Ray Curtis, tel: 01279 418699 (eve); email: curtis.rosemount@sky.com

Planner: Harold Wyber

Controller: Janet Biggs (HAVOC)

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