



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



“Michael Brandon” Mitre National Event

EPPING NORTH

Sunday 5th December 2021

FINAL DETAILS

Covid -19 If you are showing any symptoms of Covid-19 or are self-isolating, please do not attend.

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.

Car parking Parking will be at Theydon Bois Village Hall, Coppice Row, Theydon Bois, **CM16 7ER. GR TQ450992.**

PLEASE OBEY CAR PARKING MARSHALS. **Fee = £1**, collected at the entrance. Cash only please.

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

From M25/M11: Leave the M25 at Junction 26, direction Epping (A121). After approx 1.5 miles at roundabout, take second exit B172 signed Theydon Bois. Continue for approx. 1.5 miles through forest and downhill into Theydon Bois village.
Theydon Bois Village Hall is on left hand side approx. 100m past cross roads.

From North Circular: Join M11 northbound and leave at junction 5, signed Loughton. Follow A1168 towards Loughton for approx. 1.0 miles then turn right at roundabout onto A121, Follow A121 through forest to roundabout. Take 4th exit, B172 to Theydon Bois as above.

Public transport: Theydon Bois Underground Central Line station is approx 500m distant.
Head west along Coppice Row B172 . The village hall is approx. 400m on right.

Event Centre This is at Theydon Bois Village Hall. Most facilities and services will be available there: Dibber hire collection, toilets, clothing dump for those using public transport, download and on-the-day results. Please remember to wear a face mask if going inside the village hall for toilets and clothing and maintain social distancing. Hand sanitiser will be available at the entrance.

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

Facilities Toilets are located at the village hall. 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.

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. Take care

when crossing the bottom of re-entrants as they are extremely soft and it is possible to get stuck in them.

Waterproofs/cagouls: – if heavy rain 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.

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

The nearest hospitals with A&E facilities are Princess Alexandra Hospital, Harlow, CM20 1QX, (approx 9.2 miles from event centre) and Whipps Cross Hospital, London, E11 1NR (approx. 9.0 miles). Maps will be available at the Event Centre.

Pre-entries In advance via: www.fabian4.co.uk,
Closing date for receipt of entries: Thursday 2nd December at 23:59.

EOD No EOD

Electronic EPS-SI on all courses. SIAC will be enabled.

punching For those who have pre-booked a hired Dibber, please collect it from Registration before walking to the Start.

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

Toilets Please use the toilets at the Event Centre before you walk to the start. 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 North is comprised of undulating deciduous woodland with a flat plateau. It provides both a physical and technical challenge. Leaf fall is still obscuring some minor paths. The vegetation mapping is a bit out-of-date so should not be relied on. At this time of year, the runnability is often better than shown; the forest mapped as "walk" is generally more like "slow run".. The undergrowth symbol normally indicates bracken or bramble; though the latter is now brown, it will still impede older runners. Recent rain has filled some depressions and made some paths muddy. Rootstocks are not mapped, whatever their size. In general, knolls over half a metre are mapped.

The forest contains several environmentally sensitive features, shown by the purple OOB symbol. Runners must not cross these. Courses have been planned to avoid this.

Map 1:10,000. Black to Short Blue; 1:7500 Green to White.
5m contours. Updated autumn 2021 by Tom Edelsten to ISOM2017. 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 and Yellow. White and Yellow will have text descriptions. Loose copies will be available at the Start.

Courses:

Course	Distance	Control	Climb	Age
Black	11.8km	30	125m	M21
The Black course is double-sided with Part 1 on one side and Part 2 on the other.				
Brown	9.2 km	25	110m	M35,M40
Short Brown	8.8 km	22	105m	M18,M20,M45,M50,W21
Blue	6.9 km	22	85m	M16,M55,M60,W35,W40

Short Blue	6.4 km	18	75m	M65,W18, W20,W45,W50
Green	4.7 km	12	60m	M70,W16,W55,W60
Short Green	3.8 km	12	45m	M75,W65,W70,
V.Short Green	3.4 km	11	35m	M80, M85+, W75, W80, W85+
Light Green	3.6 km	12	35m	M14, W14
Orange	2.9 km	12	55m	M12, W12
Yellow	2.1 km	10	35m	M10, W10
White	1.6 km	9	30m	

Sorry, no String Course.

Start times Starts will be available from 10.30 – 12.15. Courses will close at 2.00pm. Anyone running on the Black course is recommended to select a Start time between 10:30 – 12:00, to allow them up to 2 hours to complete the course.

Start and finish: Follow taped route from village hall, westwards along Coppice Row for approx. 100m, then turn right onto Piercing Hill. After approx. 150m cross road at taped point towards forest then approx 250m to finish, then a further 400m to Start. Allow 10 to 15 minutes walk.

Runners will be called forward at 3 minutes before their allocated start time. If you turn up early or arrive late you may be permitted to start once a suitable slot becomes available.

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.

There is a punching start and finish – for all competitors.

Roads All main roads are out of bounds.

Road crossing Courses Black to Short Blue inclusive cross and recross a busy, 40mph, main road. This crossing may be marshalled, but you cross at your own risk and must be extremely careful. These courses visit a common control on both sides of the road crossing and follow a taped route. Make sure you punch at the control on the near side of the road before you cross. After crossing, there will be a further control at which competitors must punch before continuing on their course. When returning the same procedure will be followed in reverse.

There will be a 2 minute time allowance between the two controls in both directions.

Taped routes The white course includes two legs which are taped.

Finish There is a punching (dibbing) finish for all competitors. Do not forget to punch! Download is back at Theydon Bois Village Hall
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 email: curtis.rosemount@sky.com
Planner: Harold Wyber
Controller: David Rosen (SROC)

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