



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



Sunday 4th December 2022

“Michael Brandon” Mitre National, SE League and SWELL Event and incorporating the SE Long Championships

Epping Forest East

Event Centre: Event centre including download is at the Sixth Form Centre, Roding Valley High School, IG10 3JA
Car parking is in the school car park/playground with entrance from Brook Road; park as directed. Fee - £1 per vehicle.
Follow signs to event centre from car park, approx. 100m
GR TQ 42398 95975 <https://w3w.co/gazed.models.deals>

Directions:

From M25/ M11: Leave the M25 at Junction 26, signed Epping (A121). After approx. 1.5 miles at roundabout, take third exit signed A121 into Loughton. Just opposite Loughton Police Station, turn left onto Station Road (O signs from here) towards Loughton Underground station. Turn left at the mini-roundabout, past Roding Valley High School and left into Brook Road.

From North

Circular: Join M11 northbound and leave at junction 5, signed Loughton. Follow A1168 towards Loughton for approx. 1.0 miles then left at roundabout onto A121. Follow A121 through Loughton town to Station Road, then proceed as above.

Public transport: Loughton Underground Central Line station is approx. 500m distant.
At car park entrance turn right into Alderton Hill. The school is approx. 400m on left.

Facilities: Toilets at Roding Valley High School. To be confirmed: traders and drinks and snacks.

Start and finish: Approx 1.1km walk to Start and Finish from school car park. Allow 15 -20 minutes. Clothing dump near start.

Map: Epping Forest East, updated 2022 1:10,000 to ISOM2017. Mixed deciduous forest.

Courses: The SE League recommended age classes are offered:

Black	M21	12.0km (estimated length)
Brown	M35, M40,	9.5km
Short Brown	M18, M20, M45, M50, W21	9.0km
Blue	M16, M55, M60, W35, W40,	7.0km
Short Blue	M65, W18, W20, W45, W50	6.5km
Green	M70, W16, W55, W60	5.0km
Short Green	M75, W65, W70,	4.0km
Very Short Green	M80, M85+, W75, W80, W85+	3.5km
Light Green	M14, W14	3.5km
Orange	M12, W12	3.0km
Yellow	M10, W10	2.0km
White		1.5km

Times: Starts: 10:30 am to 12:15 pm
Courses close: 2:00 pm

Electronic punch: EPS-SI on all courses. SIAC enabled.

Entries: In advance via: www.fabian4.co.uk,
Closing date for receipt of entries: Friday 2nd December at 23:59 . **No EOD.**
Late entries subject to availability of maps. Final details and results on www.chig.org.uk

Entry Fees: Up to 14/11/2022 BOF Seniors £13; Non BOF Seniors £15; Juniors £4
From 15/11/2022 to 2/12/2022 - BOF Seniors £15; Non BOF Seniors £17; Juniors £5
Dibber hire £1.00 SIAC: £2.50

Officials: Organiser: Ray Curtis Tel: 01279 418699 Email: Curtis.rosemount@sky.com
Planner: Matthew Vokes (DRONGO)
Controller: Graham Louth (WAOC)