



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



“Michael Brandon” Mitre Badge Event

EPPING EAST IG10 3JA

Sunday 22nd November 2009

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 Roding Valley High School (Grid Reference TQ423958), PLEASE OBEY CAR PARKING MARSHALS. **Fee = £1**, collected at the entrance.

Directions **O signs from Loughton High Street.**

From M25: Leave the M25 at Junction 26, signed Epping (A121). After approx 1.5 miles at roundabout, take third exit A121 signed Loughton. Straight on at next mini roundabouts A121 signed Buckhurst Hill and go through Loughton Town Centre. Turn left at mini roundabout signed Loughton Underground, past Sainsbury's on right, turn left to Alderton Hill, over mini roundabout turn left into Brook Road and park in Roding Valley High School car park.

From North Circular A406: Take Woodford exit (A104) northbound for 2.5 miles, then right fork A121 signed Loughton. After 2.7 miles turn right at mini roundabout, signed Loughton Underground as above.

Public transport: Loughton Underground Station – Central Line is less than five minutes away from the school. Please check beforehand if services are running on the day.
See - <http://www.tfl.gov.uk/> Also for buses.

Event Centre This is at Roding Valley High School. Most facilities and services will be available there: EOD (take money!), Dibber hire (take money if not pre-paid with entry), toilets, Ultrasport (take money!), Alfresco (food!), string course, 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 spikes, please leave these at the entrance door. Please do not use the basins for washing shoes or clothing after your run.

Entry on the day 10.00 - 11.30am at Registration at the Event Centre. There will be limited EOD for the Badge courses, subject to the availability of maps.
BOF & SEOA Seniors £11; Non BOF Seniors £13; Juniors/Students £3.

Also **Wayfarers & White BOF & SEOA Seniors £5: Non BOF Seniors £7; Juniors/Students £3.**

String course - free, and suitable for pushchairs.

Terrain Epping Forest East is undulating deciduous woodland with a flat plateau. It provides both a physical and technical challenge. Leaf fall is most likely to obscure 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 bracken or bramble. The dry summer has rendered some features quite dry, though they may have been mapped as wet (marshes, minor streams etc). Rootstocks are not mapped, whatever their size. In general, knolls over half a metre are mapped.

Map 1:10,000. 5m contours. Resurveyed 2009 by Tom Edelsten. All maps, size A4, will be pre-marked and on waterproof paper. Plastic bags will NOT be provided. The black and brown courses will have two copies of the map, back-to-back, for the two part course. It is the competitors responsibility to check they start on part 1.

Control descriptions Control descriptions will be on the front of the map. All courses will have IOF descriptions. Orange, yellow, white and wayfarer courses will have text descriptions on the map. Loose copies will be available at the Event Centre for all courses.

Electronic punching SI on all courses. Dibbers will be available for hire (£1 each) at Registration. For those who have pre-booked a hired Dibber, please collect it (and pay for it if necessary) from Registration before walking to the Start.

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

Courses	Course	Distance	Climb	Class
	Black	11.6 km	255m	M21L
	Brown	9.9 km	195m	M35L,M40L
	Short Brown	7.7 km	160m	M18L,M20L,M45L,M50L,M21S,W21L
	Blue	7.2 km	145m	M16,M55L,M60L,M35S,M40S,W35L,W40L
	Short Blue	6.0 km	125m	M65L,M18S,M20S,M45S,M50S,W18L, W20L,W45L,W50L,W21S
	Green	4.0 km	85m	M70L,M55S,M60S,W16,W55L,W60L,W35S, W40S
	Short Green	3.2 km	70m	M75L,M80,M65S,M70S,W65L,W70L, W75L,W80,W45S,W50S,W55S,W60S
	Light Green	3.4 km	75m	M14, W14
	Orange	3.1 km	50m	M12, W12
	Yellow	2.4 km	45m	M10, W10
	White	1.4 km	35m	
	Wayfarer	3.3 km	55m	Novice

Start times Starts will be available from 10.30 – 12.30. Courses will close at 2.30pm.

Start There is a 1650 metre taped walk to the start. This is along Brook Road, crossing at the pedestrian crossing on Loughton High Street, then along Forest Road and across Shaftesbury road. **The finish and clothing dump** are located nearby (approx 800 metre walk).

The start is a further 850 metres walk on taped forest paths.

We are using a start block system. (Very early; early; middle; late). Runners will be allocated a start block and called forward at -3 minutes. If you turn up early or arrive

late for your start block you may be permitted to start once a suitable slot becomes available. 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 autumn leaf fall has necessitated some taped routes. The white course will have a taped route between three controls. The yellow course will have a taped route between two controls. Other courses (Black, brown, short blue and orange) may encounter these routes but should ignore them.

Finish There is a punching (dibbing) finish for all competitors. Do not forget to punch! The clothing dump and drinks are next to the finish. Download is back at Roding Valley High School, approx 800 metre taped walk. **You must visit the Download even if you are retiring.**

First aid St John Ambulance will be in attendance, near the finish on Shaftesbury. In addition there will be a trained First Aider at the event centre at Roding Valley High School. The nearest hospital with A & E is Whipps Cross Hospital, E11 1NR. Tel. 020 8539 5522.

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. Please do nothing that could compromise CHIG's continued use of the Forest.

There are several areas in the forest that are ecologically sensitive. They are marked Out of Bounds on competition maps. Courses have been planned to avoid these.

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:	Mike Brett	
Assistant Planner:	Josh Jenner	
Controller:	Simon Errington (HH)	

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

Next Events:

Sun 6 December 2009.	Langdon Hills	SWELL	HAVOC
Sat 9 January 2010	Pishiobury Park	SWELL/ Schools league	CHIG