



# **HAVERING & SOUTH ESSEX ORIENTEERING CLUB EPPING FOREST SOUTH WEST SUNDAY 21<sup>st</sup> FEBRUARY 2010**

## **EA LEAGUE and SWELL round #6**

**CAR PARK:** Car park is at Chingford Plain, near Chingford, Essex. TQ 394 949. This is on the east side of Bury Road, which runs north from Rangers Road (A1069). Dogs welcome if under control.

**DIRECTIONS:** From M25 Junction 26: Follow the A121 east to the Wake Arms/City Limits roundabout; take the 4th exit (A104) & continue for about 2 miles to the Robin Hood roundabout; cross this roundabout & after 1 mile turn right into Rangers Road (A1069) signposted Chingford. After 1 mile turn right into Bury Road & then right again into the Chingford Plain car park.

From A406 North Circular: Follow the A104 north through Woodford Green; after 3 miles turn left into Rangers Road (A1069), then proceed as above.

**PUBLIC TRANSPORT:** Chingford railway station is 400m SW of Chingford Plain.

**FACILITIES:** No public toilets nearby.  
For those approaching from the north, e.g. M25 J26, the nearest free public toilets (and free car park) are in High Beach near the King's Oak public house and Forest Centre in Nursery Road, IG10 4AE (TQ411981). The Royal Forest pub 4 Rangers Road, 400m from the car park; The Lush Bar, 160 Station Road & Café Delice Baz Sulan, 141 Station Road, 500m from the car park participate in the community toilet scheme allowing public access to their facilities. There are toilets at Chingford station.

**COURSES/MAP** White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown courses. Map is A4 size or A3 (Blue & Brown) 1:10,000 scale updated autumn/winter 2009. Courses will be overprinted and maps will be on waterproof paper or be bagged.  
Competitors take part at their own risk.

**TIMES:**

Registration	10:00 am to 12:00 noon.
Starts	10:30 am to 12:30 pm.
Courses close	2:30 pm

**STARTS & FINISHES:** Start & Finish within 400m of the Chingford Plain car park.  
Water and squash available near Download.

**ENTRY FEES:** Seniors £7.00 Juniors £2.00. Groups/families as per seniors.  
British Orienteering senior members £2 deduction.  
Electronic punching (SI) will be used – SI 'dibber' hire fee £1

**PLANNER:** Brian Daniel (HAVOC)

**CONTROLLER:** Mike Edwards (HH)

**ENQUIRIES:** Janet Biggs [chairman@orienteering-havoc.co.uk](mailto:chairman@orienteering-havoc.co.uk) 020 8883 2338