

Organiser, Ray Curtis

Many thanks for helping out at yesterday's event, including those who volunteered at short notice. Without your help the event wouldn't have been the success that it was. Everything appeared to go smoothly: car parking, start and download.

The Forest terrain looked good for this time of year and hopefully not too wet underfoot. Roding Valley High School was an ideal venue, with a large car park and use of the Sixth Form Centre. I've even received an email from one competitor thanking for a warm room after the event.

As this event was also the South East Long Championships the medal winners will be notified shortly and the medals will be presented in the New Year. Details to follow.

Planner, Matthew Vokes

I hope you all enjoyed your run in Epping. I started planning the courses for this event 3 years ago... for the ill-fated BUCS Championships (Inter-University Championships) due to be held in March 2020. The Black & Short Brown courses today I tried to make as close as possible to the original Men & Woman's courses respectively, albeit with a different start & finish location.... perhaps "using as many of the original legs" would be a better description!

I think Epping East is a really nice area – particularly in the north where I tried to take most of the longer courses, and all TD5 courses visited the complex area of contour detail in Loughton Camp. The forest has changed significantly in the last few months – now the leaves have fallen, the visibility, and runability, has really improved. However, I think that this is certainly an area that you need to concentrate on – it is deceptively tricky in parts, and will drag you, which seems to have been reflected in many of the comments at the finish!

Thanks to all that gave feedback, which seemed to be overwhelmingly positive, so I'm glad I was able to make some fun, interesting and challenging courses to make you think. Thanks to Graham for his helpful controlling, Phil & Tony for helping me hang controls, and Phil, Chris, Tim & Jacob for helping collect. Finally, thanks to Tim for asking me to plan and allowing the opportunity to finally use the BUCS courses!