



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



“Michael Brandon” Mitre National Event
Incorporating the SE League and SWELL

EPPING NORTH WEST

Sunday 3rd December 2023

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.

Location: Event centre including download is at the Epping Forest Visitor Centre, High Beech, IG10 4AF.
GR TQ 411982 What 3 words: <https://w3w.co/feels.crate.tolls>

Car parking is in the public spaces along Rushey Plain. **(Pillow Mounds then Rushy Plain car parks.)** Please park as directed.

Pay and display via card or Ringo App. No cash accepted. **£2.50 for up to 2 hours; 2-4 hours £4; over 4 hours £6.**

The Visitor Centre is sign posted from just north of the Forest Oak pub. (visible from the car Park.)

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

From M25: From M25/ M11: Leave the M25 at Junction 26, signed Epping (A121). After approx 1.5 miles at roundabout, take fourth exit signed A104 towards Woodford. After approx. 1.5 miles turn right at next roundabout (Robin Hood), take third right after approx. 800m, continue for approx. 500m then park as directed in the parking spaces on Rushey Plain. Do NOT park in the small car park next to the pub, unless you have prebooked lunch in the pub .

Public transport: Loughton Underground Station (Central line) is 2.4 miles away via High Beech Road and Earls Path to Robin Hood roundabout. Allow 50- 60 mins walk.

Event Centre This is at the Visitor Centre. Most services will be available there: Dibber hire collection, **(side entrance)** clothing dump for those using public transport, download and on-the-day results. Hand sanitiser will be available.

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

Facilities Public toilets are located on the north western edge of the car park next to the Forest Oak pub. Hot drinks and snacks are available from the kiosk next to the pub and at the hut at the northern end of Pillow Mounds car park. The pub will provide more substantial meals.

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 11 miles from event centre) and Whipps Cross Hospital, London, E11 1NR (approx. 6.6 miles). Maps will be available at the Event Centre.

Pre-entries In advance via: www.fabian4.co.uk,
Closing date for receipt of entries: Friday 1st 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.

There will be a SIAC battery check station at the Visitor Centre car park pedestrian gate. If your SIAC unit does not work, there will be a limited number of hired SIAC dibbers available for £2.50 at Registration (or £1.00 for non SIAC dibbers.)

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 public toilets 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 frequented by the general public. Any transgression of this could jeopardize our future use of Epping Forest.

Terrain

Epping Forest is lovely undulating beech woodland, with very little ground cover and undergrowth which will make for fast running.

All the main paths have been mapped, but you may encounter a number of small and seasonal paths that are unmapped. Smaller paths used on the white & yellow courses will be cleared as best as possible, however tapes may be used to help define these. Please can parents of young competitors on these courses ensure that they are aware of this point.

The limited leaf cover at this time of year means that the distinction between white forest (run) and lighter green (slow run) is vague in places, and you will find that many of the light green areas do not limit running speed. Vegetation boundaries are generally indicative only and should not be relied upon for detailed / fine navigation.

There are several fallen trees in the forest from the storms over the last few years, plus other rootstocks from storms 30+ years ago. These numerous rootstocks, and their associated knolls or pits, are not shown on the map where decaying wood is visible.

The recent spell of rain means that 2 weeks prior to the event, some of the marshes had become ponds and some small depressions had filled with water in the bottom. It is unlikely that these will have drained by the time of the event.

All roads surrounding the area are forbidden routes and must NOT be run on. A marsh towards the eastern edge of the area, shown as OOB, is also environmentally sensitive and should not be crossed.

Map 1:10,000.
5m contours. Updated autumn 2023 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 Orange, White and Yellow. Orange, White, Yellow will have text descriptions. Loose copies will be available at the Start.

Courses:

Course	Distance	Control	Climb	Age
Black	11.2km	24	245m	M21
Brown	9.2 km	19	230m	M35,M40
Short Brown	7.4 km	20	160m	M18,M20,M45,M50,W21
Blue	6.7 km	15	145m	M16,M55,M60,W35,W40
Short Blue	5.8 km	12	130m	M65,W18, W20,W45,W50
Green	4.6 km	13	100m	M70,W16,W55,W60
Short Green	4.0 km	11	75m	M75,W65,W70,
V.Short Green	3.3 km	11	75m	M80, M85+, W75, W80, W85+
Light Green	3.5 km	12	80m	M14, W14
Orange	3.1 km	12	60m	M12, W12
Yellow	2.0 km	12	60m	M10, W10
White	1.1 km	13	40m	

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 the entrance to the Visitor Centre Car park. (Approx 250m.) There will be a clothing dump next to the finish, which is visible on the way to Visitor Centre. It is a further 100m from the finish/ clothing dump to the start.

Runners will be called forward at 4 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.

SI check at 4 minutes

Control description sheets will be issued at -3 minutes.

Blank maps will be available for inspection at -2 minutes.

Briefing at -1 minute.

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.

Finish There is a punching (dibbing) finish for all competitors. Do not forget to punch! Download is back at the Visitor Centre. Follow tapes
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. Beware of mountain bikers.

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: ray.rosemount@icloud.com
Planner: Jim Prowting (TVOC)
Controller: Harold Wyber (CHIG)

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