



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



HAINAULT FOREST COUNTRY PARK

Regional (Level C) and SWELL event

Sunday 24th March 2024

Terrain: This is our first time back orienteering in Hainault Forest since 2017, by kind permission of the Woodland Trust and Redbridge Vision, who jointly manage the site. The area comprises a mix of recently thinned faster runnable woodland, more complex forest, open grassland to the south, and a good path network throughout.

Event centre: Hainault Forest 2nd car park, Fox Burrow Road, Chigwell, IG7 4QN. Grid Ref: TQ478929. What 3 words: <https://what3words.com/cowboy.enjoy.bets>. Look for the orienteering banner in the car park.

Parking: Second car park in the country park, closest to the new visitor centre. Follow Fox Burrow Road from the entrance to the country park past the main car park to the second car park, on your left. Park as directed. Hainault Forest has become busier recently - please consider car sharing if you can, and be considerate of other car park users. Car park fee is £2.40 per car for 2 hours or £5.20 all day. **NB payment is cashless either via the RingGo app, online at <https://myringgo.co.uk>, or call 020 3046 0010. The RingGo location is 21410. There are no payment machines in the car park and cash is not accepted.**

Please note that the above car park is within the extended ULEZ zone. See [Ultra Low Emission Zone - Transport for London](#).

Courses:	WHITE:	1.8km	11 controls	30m climb
YELLOW:	2.6km	12 controls	65m climb	
ORANGE:	3.5km	11 controls	55m climb	
LONG ORANGE:	5.8km	16 controls	85m climb	
LIGHT GREEN:	4.1km	13 controls	70m climb	
SHORT GREEN:	3.7km	14 controls	60m climb	
GREEN:	4.5km	16 controls	80m climb	
BLUE:	7.4km	21 controls	110m climb	
BROWN:	10.1km	27 controls	140m climb	

Entry / Fees: **No entry on the day;** please pre-enter using Fabian 4. [Fabian4 - Entries and Timing](#). Entries close at 23.59 on Friday 22nd March. Seniors £10 (BOF/ SEOA members)/£12 non-members. Juniors: £3. SI Dibber hire £1, SIAC hire £2.50. SIAC will be enabled.

Start: Starts: **10.30 – 12.00**. Courses close: **13.45**. If you plan to do one of the longer courses, please choose a start time that will ensure you finish before courses close.

The start is approximately 500m (5 minutes walk) from the 2nd car park. There will be a battery test and taped route from the 2nd car park to the start - please look for the red and white tapes on stakes to guide you to the start.

Finish / Download: Finish is 400m (5 minutes) walk back to download, which will be in the new Woodland Trust Visitor Centre, itself adjacent to the 2nd car park. The route will be signed & taped from the finish. **You must visit download even if you are retiring.**

Map: 1:10,000 updated winter 2023 by Tony Maycraft. 5m contours. All maps will be pre-marked and on waterproof paper. Control descriptions will be on the front of the map, as well as loose. All courses except White will have IOF pictorial descriptions; White will have text descriptions; Yellow maps will have both. **Brown maps will be double-sided.** Loose control descriptions will be at -3 minutes; blank maps at -2 minutes. Runners on White and Yellow courses will collect their maps before the start.

Facilities: In 2023, the Woodland Trust opened a new visitor centre, shop and "1856" cafe serving light meals, snacks and drinks. The Global cafe on site also serves light meals, snacks and drinks. Toilets are in the main block between the 2 car parks. Enquiries and dibber hire will be in the 2nd car park. There will not be a clothing dump provided.

Electronic punching: SIAC will be enabled. Start and finish will be punching for all competitors. Do not forget to punch! For those who have pre-booked a hired dibber, please collect the dibber from the event centre in the 2nd car park.

Safety: Competitors should 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 paths and wet areas. Some water logging both in open areas and in the forest may be present.

You should abide by the British Orienteering Covid-19 code of conduct. In particular: you should not come if you have symptoms of Covid-19, are required to self-isolate, are awaiting the results of a non-routine Covid-19 test or are serving a quarantine period after travel. You will get a full refund. Before, during and after your run, maintain appropriate distance from other runners and other park users.

There are minor road crossings on Blue and Brown courses which will be unmarshalled and will not be timed out. Please **take care when crossing roads**. Signs will ask drivers to take care.

If heavy rain, snow or other particularly adverse weather is forecast, **competitors will be required to carry a cagoule/waterproof jacket with a hood**. 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 www.chig.org.uk the night before or on the day. CHIG has the right to cancel the event in extreme conditions.

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

Environment: Hainault Forest incorporates many environmentally sensitive areas. The north-eastern section of the map (as shown on 2017 RouteGadget map) is out of bounds and is not included in the competition area; several small out of bounds areas are also marked on the map; competitors must avoid crossing these areas and optimum routes avoid them.

In addition to the OOB areas marked using standard purple cross-hatching, **all areas of long grass in the central field are out of bounds**, due to nesting birds, so **please keep to mown paths**. These areas are shown as rough open rather than OOB to preserve map clarity, but they are out of bounds and any competitor found crossing them is liable to be disqualified. Please take care to follow these rules to preserve our wildlife and avoid jeopardising any future use of the area.

Forest Etiquette: Hainault Forest is jointly managed by Redbridge Vision and The Woodland

Trust. The Forest is used and enjoyed by members of the public, including horse-riders. Please show them consideration. In particular, take care when near horses and avoid frightening them. Dogs are permitted in Hainault Forest if kept under control.

First Aid: A qualified first aider will be in attendance close to the Start/Finish area; a basic first aid box will be available at Download. Nearest A&E hospital: Whipps Cross Hospital, Whipps Cross Road, London E11 1NR. King George Hospital, Barley Lane, Goodmayes, Essex, IG3 8YB. Directions will be available at download.

Results: Final details and results at: <https://chig.org.uk/>. There will not be a Live Results facility, but we will aim to publish results on the same evening.

Officials: Organiser: Iain Ambler. Tel: 07714 697245 Email: ianambler15@gmail.com
Planner: Jacob Stevens Controller: Tony Maycraft

We are very much looking forward to seeing you, and hope you enjoy our return to Hainault Forest and the event. Thanks in advance go to Jacob Stevens for planning, to Tony Maycraft for mapping and for controlling, to the CHIG volunteers helping to make the event possible, and last but by no means least, to George Lewis of the Woodland Trust and Claire Oliverio of Redbridge Vision and their teams for making it possible for us to use the forest and the facilities in the park once again.