



**WEST ANGLIAN ORIENTEERING CLUB**  
**WAGAL AND COLOUR-CODED LOCAL (LEVEL D)**  
**AMPTHILL PARK, SUNDAY 6<sup>TH</sup> SEPTEMBER 2020**

**FINAL DETAILS**

**Directions:**

Amphill Park is at the Western end of Amphill close to the junction of the B530 and the A507. From the west, take the A507 from M1 Jct 13. The event will be signed only from the B530/A507 junction. From the north/east, take the A421 to Bedford, then the B530 to Amphill and turn towards the West in the centre of Amphill keeping to the B530.

**SatNav:** There is no exact postcode for Amphill Park, but MK45 2HX will take you to a point about 700m East of the west car park entrance. The west car park entrance is at TL024382.

**By car:** Amphill park has two car parks, the central and the west car park. Competitors should drive to the west car park where they will be directed to an orienteering specific parking area (not the main body of the west car park itself.) Please do *not* use the central car park under any circumstances for this event.

We thank you greatly in helping us comply with these conditions which will allow us continuing use of Amphill Park over the coming years. There will be car parking marshals on hand to direct you - please follow marshal directions. If you are planning on bringing a coach or minibus, please contact the organiser beforehand.

**By bus:** Sunday service may operate.

**By train or train and bike:** Travel to Flitwick Station, which is 2 miles from Amphill by bike.

**Facilities:** Toilets at Amphill Park Hub/café near central car park.

**Pre-entry via fabian4 only, see [www.fabian4.co.uk](http://www.fabian4.co.uk), with a £2 discount for WAOC helpers.**

Seniors	(non BOF)	£8	(BOF members)	£6
Juniors/Students		£3	S.I. card hire	£1

We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired as part of the fabian4 entry. [ENTRIES NOW CLOSED.]

**Starts from:** 10.15am until 12.45. The Start is within 300m of the car park.  
Courses close at 2.30pm.

**IMPORTANT:** Please report to the Download even if you do not finish your course.

***PLEASE READ THE COVID-19 INSTRUCTIONS BELOW WITH REGARD TO HOW THE EVENT WILL RUN WITH SOCIAL DISTANCING IN PLACE.***

**Map and Terrain:** The ground is mostly fast open with detailed contour and some patches of runnable forest canopy. Full leg cover is strongly advised, as there are nettles in parts of the wooded areas.

Out of bounds areas on the map are denoted by purple vertical hatching. One fence to the North of the park, indicated by a thick purple line, must only be crossed at Mandatory crossing points:-)(- There may be cattle in the field enclosed by this fence. White and Yellow courses do not enter this area.

Map 1:5,000 A4 sized with pre-printed courses including control descriptions. All maps will be printed on waterproof paper. **There will be no loose control descriptions. The control descriptions are available online at [www.waoc.org.uk](http://www.waoc.org.uk) so that you may print your own.** Blue course maps will be two-sided – controls 1-13 on one side, 14-24 on the other.

#### Courses:

	Difficulty	Controls	Distance	Climb
White	Very Easy	10	1.3 km	15 m
Yellow	Easy	11	1.8 km	45 m
Orange	Moderate	12	2.5 km	70 m
Light Green	Harder	15	3.7 km	115 m
Short Green	Hard	12	2.8 km	90 m
Green	Hard	17	4.4km	140 m
Blue	Hard	24	7.0 km	220 m

#### Safety: [NOTE SPECIFIC COVID-19 INSTRUCTIONS BELOW.]

Take care for the usual hazards in the forest such as tripping, eye-level branches and brambles. There are some nettles and lots of rabbit holes. There may be some livestock as discussed above and bee hives are present in a fenced-off area marked as out of bounds. Please show consideration to other Park users including dog-owners and cyclists. Competitors take part at their own risk and are responsible for their own safety. Dogs are permitted as long as kept under control.

PLEASE ENSURE YOUR SHOES ARE CLEANED IN ADVANCE OF THE EVENT TO AVOID SPREADING TREE DISEASES.

If the weather is bad, please carry a cagoule. A whistle should be carried in case of emergency.

A First aid box will be located in the download tent.

Nearest hospital is Bedford Hospital, Bedford, MK42 9DJ.

**Results:** The results from this event will be published online as soon as possible, see [www.waoc.org.uk](http://www.waoc.org.uk).

PLANNER: Oliver Hague (WAOC) CONTROLLER: Mike Edwards (RAFO)  
 ORGANISER: Peter Haynes (WAOC)  
 Tel: 07913913473 Email: phh1 at cam.ac.uk

Grateful thanks go to the Ampthill Town Council for allowing us to run this event, and all at WAOC who have helped in putting this event on.

**NEXT WAOC events:** Sunday 19<sup>th</sup> September Trumpington Meadows Park-O-  
 Sunday 14<sup>th</sup> October Cambourne Local/Level D  
 Sunday 13<sup>th</sup> December Mildenhall North Regional/Level C

**Safety and Risk:** A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

**Insurance:** Please note that if you have participated in three orienteering events/activities and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

**Privacy:** You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not limited to) name, any club affiliation, race times and age group. Read our data protection page for further information about how we look after your personal information.

## COVID-19 INSTRUCTIONS:

- 1) Do not come to the event if you think you may be suffering from Covid-19 or have been exposed to it within the last 2 weeks. If you have pre-entered and are then unable to come due to confirmed or suspected Covid-19 infection, or exposure to Covid-19, then please email the organiser for a refund.
- 2) Whilst you are at the event, maintain social distancing guidelines of 2m at all times. Use the hand sanitiser provided at key locations. Minimise touching of equipment and objects.
- 3) Pre-entry online only. (There is no entry on the day.) During pre-entry you will be given a start block time and you may reserve a rented dibber, to be collected from Enquiries when you arrive at the event. After entries have closed we have allocated individual start times to each competitor. Please keep to these as far as possible, but they are for guidance only. If you think you have missed your start time do not panic, simply insert yourself into the start sequence when there is a suitable gap.
- 4) There are two Starts, separated by several meters. The A Start (left) is for Blue course competitors only. The B Start (right) is for all other competitors. (There will be separate SI units for each Start, but a single start control marker.) Go to the Start to arrive just before your start time (allowing 4 minutes to proceed through the start grid). Only 6 people are allowed to gather at each Start at any time. You may need to wait away from the Start area. At each Start there will be a maximum of 10 start slots (less at the A Start) for each 15 minutes with 1 person/ household setting off at a time.
- 5) We will operate as far as possible a quiet Start. Safety notices will be printed and available to read. Check and Clear boxes will be on canes for you to use.
- 6) A Start official will place your map under the map box ready for you to take. No loose control descriptions will be provided – control descriptions are available from [www.waoc.org.uk](http://www.waoc.org.uk) if you wish to print your own in advance. There will be a punching start – ‘dib’ and then take your map. (White/Yellow course competitors will be given their maps in advance.)
- 7) Please respect social distancing during your course – this applies to your encounters with both orienteers and non-orienteers. Move away from a control as soon as you have ‘dibbed’ and wait for people to move away from the control before dibbing. Keep a safe and courteous distance away from non-orienteers. Avoiding exposure to Covid-19 and maintaining the safe reputation of orienteering is more important than saving a few seconds on your course at Ampthill!
- 8) At the Finish, after you have ‘dibbed’, keep moving. Do not wait or rest near the Finish.
- 9) At Download queue in an orderly fashion keeping 2m apart from others. A paper copy of your split times will be provided automatically – all you have to do is insert your dibber and then take the piece of paper (which will be cut automatically by the printer). Avoid touching the Download SI box or the printer. If you experience a problem alert the helper responsible for Download. Be prepared to stand away from the equipment as you explain the problem to them and as they attempt to resolve it.
- 10) Clean your hands after Download.