



## WEST ANGLIAN ORIENTEERING CLUB

### AUTUMN IN ANGLIA DAY 2

#### EAUL, WAGAL AND URBAN REGIONAL (LEVEL C)

NEWMARKET, SUNDAY 8<sup>TH</sup> OCTOBER 2023

We welcome you to Day two of our two-day event Autumn in Anglia 2023 - held jointly with our friends at SUFFOC. For those of you in the EAOA region, this event also forms part of the EA Urban League and for WAOC members this is part of the club league competition WAGAL.

Regrettably due to the nature of the area it is not possible to create a suitable course for M/W 12-. Juniors over 12 and under 16 may only enter the M/W16- course.

#### Location Info:

**Assembly and parking at:** Newmarket Leisure Centre, Exning Road, Newmarket

**Postcode for Sat nav:** CB8 0EA

**What3words:** /// stapled.stitch.steam

#### Directions/ Parking:

Assembly is at Newmarket Leisure Centre, Exning Road, Newmarket, Postcode: CB8 0EA. Parking will be in the Leisure centre car park.

- If travelling Eastbound on A14, leave at Junction 37 and turn left in direction of Fordham/Exning. Take next left signposted Exning, down Windmill Hill, and turn left at junction by The White Horse pub, then travel along B1103 to Newmarket for about 1.5 miles and the leisure centre will be on your right just before Aldi.
- If travelling Westbound on A14, leave at Junction 37 and turn left in direction of Newmarket A142. After about 2 miles take next right at traffic lights just before Premier Inn into Fred Archer Way B1103 Continue onto Mill Hill/B1103 for about 0.5 mile and the leisure centre will be on your left just after Aldi.

**By bus:** Sunday service may operate. The leisure centre is a 15 minute walk from the bus station.

**By train or train and bike:** Travel to Newmarket Station, which is a 25 minute walk from the leisure centre.

**Facilities:** Assembly, toilets and café at the leisure centre adjacent to the car park. Assembly will be open from 10am and will include dibber hire and collection, and download. There will not be race bibs. Anybody who has hired a dibber through racesignup will need to collect their dibber on the day, before going to the start. There will not be a clothing dump, nor any water at the finish.

**Courses close at 2.30pm. Please report to Download even if you do not finish your course.**

#### Entries:

On-line advance entry using [racesignup.co.uk](https://racesignup.co.uk) is now open, and will remain open until 5th October 2023. There is a discount of £2 off adult entry and £1 per junior/student for entering both Autumn in Anglia events in advance.

**In addition, entry on the day will be available for all courses between 10 am and 12 noon, subject to availability of maps.**

Helper discounts are available for WAOC and SUFFOC club members, set at 50% of the entry fee.

Please contact [entries@waoc.org.uk](mailto:entries@waoc.org.uk) for the helper code before entering. You can help on either or both days- we are aiming to have mixed teams of helpers from both clubs across the two days.



#### Fees:

Pre-entry until 5<sup>th</sup> October 2023: Seniors (BOF members) £9 (non-BOF) £11  
Juniors/Students in FTE £3

Entry on the day: Seniors (BOF members) £11 (non-BOF) £13  
Juniors/Students in FTE £4

S.I. card hire £1 Siac card hire £3

We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired as part of the racesignup entry.

**Starts from:** 10.30am until 12.30. All start times are open and it is a punching start.  
Courses close at 2.30pm.

#### Courses:

Lengths given are "as the crow flies", and so shortest feasible routes on urban courses may be somewhat longer due to the need to navigate round buildings and other impassable features.

Course	Length (km)	Controls	Male classes	Female classes
1	9.2	34	M Open	-
2	7.1	33	Mens Veteran MV (40+)	Womens Open
3	5.8	26	M Supervet MSV (55+)	Womens Veteran WV (40+)
4	4.0	20	M Ultravet MUV (65+)	W Supervet WSV (55+)
5	3.5	15	M Hypervet (M75+)	W Ultravet WUV (65+); W Hypervet (W75+)
6	4.2	18	M Junior MJ 16-	W Junior WJ 16-

To be competitive in the EAUL, you must run the designated course for your age class.

#### SI card capacity on courses 1 and 2

Courses 1 and 2 have over 30 controls. This will be a problem for those with series 8 dibbers, which have insufficient capacity to record that many punches. Series 5 dibbers are alright as they can save 36 timed punches in total although if you use a dibber of this type you won't get splits for controls 31 onwards, and there is limited capacity for unintended additional punches - you should make sure you check your control number before punching so as to avoid running out of capacity.

If you are hiring a dibber for these courses, we will provide you with a suitable dibber. If you don't usually hire but are affected by this, then please contact the organiser who will provide a free replacement dibber for the event.

**Map and Terrain:** Map scale 1:4,000 and printed on waterproof paper. Map size is A3 single-sided.  
Loose control descriptions will be provided in the start grid.

Most of competition area is residential with low speeds and very limited traffic on Sunday mornings.  
Courses 1 and 2 will navigate to Newmarket Town centre. Heavier traffic will be encountered on these two courses with one reasonably busy B road to cross without a timed out crossing and a timed out crossing of 2 minutes at a busier section.





## **Start and Finish:**

There is one start and one finish for all courses.

Start is approximately a 15 minute walk from Assembly. Finish is approximately a 5 minute walk.

There will be a taped route involving a marshalled road crossing. The route to the Start involves walking along the Exning Road, crossing at the marshalled road crossing/pelican crossing and continuing to walk along the Exning road until a residential cut through into the competition area. The route from the finish involves returning to the nearby Exning Road to cross at the marshalled crossing and so return to Assembly. Parents, please ensure your children are escorted if necessary.

## **Safety:**

On the day of the event there may be horse riders out in the area covered by our courses. All competitors should be aware they must give way to horses if they come across any riding activity.

Please show consideration to other competitors, and pedestrians including dog-owners and cyclists.

Competitors take part at their own risk and are responsible for their own safety.

The club first aid kit will be located at download at the leisure centre.

**Dogs:** This event is not suitable for dogs. Dogs are not allowed on urban courses.

**Nearest hospitals:** Addenbrookes, Cambridge CB2 0QQ. A&E Tel: 01223 217118

West Suffolk NHS Foundation Trust., Bury St Edmunds, IP33 2QZ.. Tel: 01284 713000.

No water or drinks will be provided- please bring your own drinks.

**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: Andrew Elliott (SUFFOC)

CONTROLLER: Mike Bickle (WAOC)

ORGANISER: Helen Hague (WAOC)

Tel: 07790316873

For email contact: entries at waoc.org.uk

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

**NEXT events:**

NOR Sunday 15th October

Blickling Estate  
Cambridge City Race

CUOC Saturday 28th October

**Safety and Risk:** A 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.

