



## Autumn in Anglia OCTOBER 2021

WEST ANGLIAN AND SUFFOLK ORIENTEERING CLUBS

SATURDAY 9th OCTOBER 2021

BUSH HEATH, MILDENHALL

NATIONAL EVENT UKOL AND EAST ANGLIAN LEAGUE

### Final details

**THIS EVENT IS SIAC ENABLED**

We welcome you to day one of our two day event Autumn in Anglia 2021 held jointly with our friends at SUFFOC. Both days are part of the national UK Orienteering League. For those of you in the EAOA region, this event also forms part of the EA League.

#### Travel/directions:

Free parking at Forest Heath District Council offices, Mildenhall, Bury Saint Edmunds IP28 7EY

**Grid Ref:** TL716749

#### By car

From south: A11 travelling North to Mildenhall

From A11, at Barton Mills roundabout take first exit to A1101 Mildenhall. After 1.2 km, carry straight on (first exit) at mini roundabout continuing on A1101 and after 200m, turn right into College Heath Road, signposted Health clinic/ District council offices. After 150m, turn right for parking at Forest Heath District Council offices.

From: A1065 travelling South to Mildenhall

Turn right onto Thetford Road signposted to Mildenhall (just after garage/ car dealership ). [If you miss it just carry on to Barton Mills roundabout and turn right onto A1101 to Mildenhall and see above] After 1 km, carry straight on at mini roundabout continuing on A1101 and after 200m, turn right into College Heath Road, signposted Health clinic/ District council offices. After 150m, turn right for parking at Forest Heath District Council offices.

#### Assembly and facilities:

Assembly is adjacent the car park. This will include dibber hire and collection and download. There will not be race bibs. Anybody who has hired a dibber through fabian 4 will need to collect their dibber on the day. There are no café facilities although Mildenhall itself has a number of eating establishments. Portable toilets are available.

#### Registration:

Pre-entry has taken place. There is no entry on the day.

In line with British Orienteering policy, we cannot accept entries for the Blue and Brown courses from juniors younger than age 16 on the day of the event as these courses involve an unmarshalled crossing of a road with fast moving traffic. Otherwise, anyone may enter any course, but most entrants are expected to enter the course corresponding to their age class, as indicated in the table below. **In order to be competitive in the UKOL or EAL leagues you must enter the correct course for your class.**

**Courses:**

Course	No. of controls	Distance (km)	UKOL/ EA League Age classes
White	10	1.8	n/a
Yellow	11	2.5	M10,W10
Orange	11	2.9	M12,W12
Light Green	13	3.8	M14,W14
Short Green	13	3.2	M75, W65, W70, W75
Green	14	4.8	M65, M70, W16, W18, W20, W45, W50, W55, W60
Blue OVER 16s ONLY	19	7.3	M16, M18, M20, M45, M50, M55, M60, W21, W35, W40
Brown OVER 16s ONLY	22	9.2	M21, M35, M40

Minimal climb for any course!

**Start and finish:**

Hired dibbers must be collected from enquiries.

Start: From 10.30 until 12.30.

Courses close 2.30 pm. You MUST report to download even if you retire.

There will be a punching start. There will be a 4-minute call up for start times. Anybody arriving late, or indeed early, will be fitted into gaps as and when. Please observe the start lane notices, and any verbal advice given by the start officials.

SI punching is being used, SIAC is enabled. Controls will be enabled for contactless dibbing, but competitors must dib at the start and finish. There will be a SIAC battery check at Assembly by the enquiries tent and also at the Start.

There is one start and one finish for all courses. There is a taped route to the start/finish from the Assembly car park along pavement, with a marshalled road crossing. On your way to the start, please ensure you walk around the edges of the car park, rather than through the car park. The start/finish are approx a 10-15 minute walk, 900m. The crossing will be marshalled until 1.30 to ensure juniors are able to return to the car park safely. There is no clothing dump.

**There is no water at the finish. Please bring your own drinks for hydration.**

**Map and Terrain:**

The map has been updated for this event. Maps are A4 size, printed on waterproof paper. Map is at 1:10000 scale. White and yellow courses have written control descriptions, pictorial control descriptions for remainder of courses. Control descriptions are on the map and loose control descriptions will be in the start lanes. Bush Heath is a mixture of open heathland and forest blocks of differing maturity and runnability. The runnability in the forest blocks is often more variable than can be shown on the map. The rough open is often very rough (in some areas the grass in September was higher than the planner) and contains areas of brambles. Many water features and marshes were dry in September but the recent rain may have changed that.

**Clothing and footwear:**

Long sleeved tops are advisable and trousers giving full leg cover is compulsory. You are advised to carry a whistle. Please ensure your clothing is appropriate for the time of year. There is no clothing dump.

In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.

### **Safety:**

- Please do not go into any area marked as Out of Bounds, indicated on the map by either solid olive colour, or vertical purple stripes or cross hatching.
- Avoid the BMX track - this area is marked OOB on the map by purple hatching.
- There is a single shaft which could potentially be a hazard. This has been marked off by black/yellow tapes, which should not be crossed.
- Biosafety- please clean shoes before the event to avoid spread of plant-based diseases.
- There may be cyclists, pedestrians and even motorcyclists in the forest: please look out for them.
- BLUE and BROWN courses involve an unmarshalled crossing of a road with fast moving traffic. Only those over 16 on the day of the event are permitted on these courses.

You take part in this event at your own risk and are responsible for your own safety.

**You MUST report to download, even if you retire.**

**Dogs** are welcome but must be kept under close control at all times, and must be on leads in the car park area and when crossing roads.

**Results:** Results will be posted on the WAOC website shortly after the event

### **First aid:**

Travel directions to hospital are available at registration/download. A first aider will be based at Assembly.

Nearest Hospitals:

West Suffolk Hospital	Bury St Edmunds	IP33 2QZ	01284 713000
Addenbrookes	Cambridge	CB2 0QQ	01223 217118

### **Photography:**

In line with the policies of British Orienteering, the organisers of this event request that any person wishing to take photos or videos showing children should register their details with event volunteers before taking any such photos or videos. The event organisers reserve the right to ask people to refrain from taking photos or videos and may, if such warnings are ignored, refer the matter to the police.

A photographer may be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please tell the enquiries team.

### **COVID-19:**

The event is being planned in line with current BO guidelines relating to Covid19.

Before attending this event, or any other orienteering activity, orienteers, including officials, volunteers and coaches, should self-assess for symptoms of COVID-19. These are:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation.

If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location in order to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.

**Enquiries/Contact:**

Please email [bushheath2021@waoc.org.uk](mailto:bushheath2021@waoc.org.uk) for any enquiries.

**Officials:**

- Organisers - Helen Hague and Emma Jarrett, WAOC
- Planner - Mike Bickle, WAOC
- Controller - Phil Halford, SUFFOC

**Acknowledgements:**

We would like to thank the following for their contributions to the event.

- Forestry Commission for permission to use the area.
- Everyone from WAOC and SUFFOC who has volunteered to help at the event.
- **Safety and Risk:** A comprehensive risk assessment has 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.