



## WEST ANGLIAN ORIENTEERING CLUB

WAGAL AND COLOUR-CODED REGIONAL (LEVEL C)

MILDENHALL SOUTH, SUNDAY 19<sup>TH</sup> NOVEMBER 2017

### FINAL DETAILS

**Directions:** Post code for SatNav: IP28 6AE      Grid ref: TL740740

Access to the event will be on a forest road leading N off the A1101 Mildenhall to Bury St Edmunds Road. Entrance approx. 1.2 km east of Barton Mills roundabout. Parking is along the edge of the forest road- limited space so please share cars if possible. Please contact the organiser if intending to bring a large vehicle.

**Facilities:** Portaloo toilets will be provided.

**Enquiries and registration:** 10 am to 12 noon.

**Start from:** 10.30am until 12.30.

Courses close at 2.30pm.

**WAOC Junior training will take place from 11.45 focussing on contours and use of compass for less experienced juniors. We encourage all WAOC juniors to do an early run and come along to the training.**

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

We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired from registration. If you are new to orienteering or require assistance, then please enquire at registration.

Seniors	(non BOF)	£10	(BOF members)	£8
Juniors/Students		£2		
S.I. card hire		£1		

**Map and Terrain:** A mixture of runnable mature and newly planted conifer woodland, with an area of open heathland with complex contour features. **Mandatory crossing points (stiles) must be used- no crossing of fences as otherwise we risk losing the area for future use.** Maps are pre-printed on waterproof paper. 1:7,500 scale, A4 size. Maps and loose control descriptions will be printed on waterproof paper.

#### Courses:

	Length	Climb	Controls
White	1.7k	5m	8
Yellow	2.2k	10m	9
Orange	2.9k	15m	12
Light Green	3.6k	20m	14
Green	5.3k	30m	21
Blue	6.4k	35m	23

#### Safety:

Forest track used for parking is out of bounds for running along and marked accordingly. Please take care when crossing the track. Take care for the usual hazards in the forest such as tripping, eye-level branches and brambles. There are some nettles. There may be some livestock on the heathland. Ticks are in the area and you should check for ticks after the event. Please show consideration to other forest 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 on a lead. 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.

**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:** Bob Hill (WAOC/RAFO)      **CONTROLLER:** Richard Bonnett (SUFFOC)  
**ORGANISER:** Helen Hague (WAOC) Tel: 07790316873

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

**NEXT WAOC events:** Night event –D Saturday 9<sup>th</sup> December 2017 Wimpole Estate – Local/Level D.  
Sunday 11th February 2018 High Ash- Regional/Level C      EA League

**Data protection act:** Entry information (name, age, class and club) and the results of this event will be stored and processed by computer systems under the terms of British Orienteering's registration under the Data Protection Act.