



WEST ANGLIAN ORIENTEERING CLUB

WAGAL AND COLOUR-CODED REGIONAL (LEVEL C)

EAST ANGLIAN SCHOOL CHAMPIONSHIPS

AMPTHILL PARK, SUNDAY 24TH SEPTEMBER 2023

This is the first WAOC event of the new season 2023-2024. Park-O is not running this season, but this event near Bedford offers similar course options in more exciting terrain, being a large park with hills and woods. Advice on orienteering techniques will be available at the start lanes for novices from 10 to 11.30am, with the option of navigating around a very short course with an experienced orienteer before you begin your proper course.

Directions:

Postcode: MK45 2HX (close but not exact)

What3words: hairstyle.letters.nightlife

By car:

Take the A507 from M1 Jct 13. Ampthill Park is at the Western end of Ampthill next to the junction of the B530 and the A507.

Alternatively take the A421 to Bedford, taking the B530 to Ampthill and turning towards the West in the centre of Ampthill keeping to the B530.

SatNav: There is no exact postcode for Ampthill 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.

Ampthill park has two car parks, the central and the west car park. We are not allowed to use the central car park, rather **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.) We thank you greatly in helping us comply with these conditions which will allow us continuing use of Ampthill 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 Ampthill by bike.

Facilities: Toilets at Ampthill Park Hub/café near central car park. The café will be serving takeaway hot and cold drinks.

Entries:

Pre-entry preferred via fabian4, see www.fabian4.co.uk, with a £4 discount for adult WAOC helpers- please contact Helen Hague for the discount code. Entry on the day is also available between 10 am and 12 noon, subject to map availability.

Seniors	(BOF members)	£9	(non-BOF)	£11
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Juniors/Students		£4		
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These charges cover car parking within the specified orienteering parking area.

S.I. card hire	£1	Siac card hire	£3
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We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired as part of the fabian4 entry.

Starts from: 10.30am until 12.30.

Courses close at 2.30pm.

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

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 with 5m contours. All maps will be printed on waterproof paper and will include control descriptions, A4 sized. Green and Blue courses will have double sided maps. There will be loose control descriptions in the lanes. White, Yellow and Orange will have text control descriptions, with pictorial descriptions for all other courses. Pictorial and text descriptions will be available in the start lane for the Orange course.

The start is approximately 50m NW of the car park, with the finish 200m NE of the car park.

Courses:

	Difficulty	Controls	Distance	Climb
White	Very Easy	12	1.4 km	25 m
Yellow	Easy	13	2.0 km	50 m
Orange	Moderate	12	2.5 km	60 m
Light Green	Harder	13	3.0 km	65 m
Short Green	Hard	16	3.6 km	110 m
Green	Hard	19	4.5km	140 m
Blue	Hard	19	6.2 km	170 m

This event is also the East Anglian School Championships, the full rules for which can be found at <http://www.eaoa.org.uk/EASchoolsRules.pdf>. As a brief summary, the Schools competitors compete in the age class of their academic year, see table below, or they can run up and compete in an age class older than that of their academic year. There are individual and school prizes.

Course-EA School Champs		Girls' class	Boys' class
White	Up to Year 6 (Primary)	G6	B6
Yellow	Up to Year 8	G8	B8
Orange	Up to Year 10	G10	B10
Light Green	Up to Year 12	G12	B12
Green	Up to Year 13	G13	B13

Safety:

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

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







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



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

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

Results: The results from this event will be published online as soon as possible, see www.waoc.org.uk.







 PLANNER: Ian Smith (WAOC)
 CONTROLLER: Peter Woods (WAOC)
 ORGANISER: Helen Hague (WAOC)
 Tel: 07790316873
 For email contact: entries at waoc.org.uk
 ASSISTANT ORGANISER: Jon Ward (WAOC)







 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 events:**

HAVOC Sunday 1st October	Epping Forest South West
Autumn in Anglia weekend	SUFFOC Saturday 7 th October
WAOC Sunday 8th October	West Stow
NOR Sunday 15th October	Blickling Estate
CUOC Saturday 28th October	Cambridge City Race

 **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.

