



WEST ANGLIAN ORIENTEERING CLUB

CompassSport QUALIFIER AND COLOUR-CODED REGIONAL (C)

CROXTON HEATH, SUNDAY 19th FEBRUARY 2023

PRELIMINARY DETAILS

Please ensure you comply with all COVID restrictions active at the time of the event. In particular do not attend if you suspect or know you may have COVID.

Due to permission issues, this event has become the CompassSport qualifier at short notice. This event also forms day 2 of the Icenian, with day 1 of the Icenian run by CUOC, see <https://cuoc-icenian.square.site/>

THIS EVENT IS NO LONGER PART OF THE EAL.

Directions:

Postcode: Nearest postcode for SatNav is IP24 1LN but this is south of the area at Hall Farm. Follow O signs from the Wreatham road.

Grid Ref: TL881888

What3Words: headlight.organisms.decently

Parking is on a forest road, off Wreatham Road, approximately 1 mile north of Croxton Village.

By car

Approach on the A11 towards Thetford. Leave the A11 signed for Croxton (north of Thetford). Go through Croxton village and turn right, signed for Wreatham, Watton and cycle route 13. After approximately 2 km, turn right into forest road 67 and continue for 1km to the assembly area (GR 887884).

The nearest postcode for SatNav is IP24 1LN but this is south of the area at Hall Farm. Follow O signs from the Wreatham road.

Facilities: Registration, Download, and portable toilets. Guidance for beginners available from Registration. First Aid will be located at Download. If you are new to orienteering or require assistance, then please enquire at registration.

Registration and dibber hire: 10 am to 12 noon.

Those NOT taking part in the CompassSport qualifier may enter any course and some entry on the day will be available, subject to map availability. Pre-entry at Fabian4, see below, is strongly recommended as otherwise you may have to wait a long time to start. Advance entries close midnight at end of Sunday 5th Feb 2023.

For CompassSport entrants, there is no entry on the day for any courses. For members entering the CompassSport Qualifier, all entries must be made in advance via Fabian4 <http://www.fabian4.co.uk/> with entries closing midnight at end of Sunday 5th Feb 2023 so as to give us enough time to agree start slots with club captains. These entries can be done by individuals or as a group by club captains, depending on what each club has decided to do.

Any enquiries concerning your club entry should be directed via your club captain to the CSQ official using the email address croxtoncsentries at waoc.org.uk.

We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired and obtained registration. Loss of a hired S.I. card will incur a charge of £30, a lost SIAC will incur a replacement fee of £65.

Entries:

Pre-entry until 5th February 2023 via Fabian4 <http://www.fabian4.co.uk/>.

For CompassSport Qualifier, entries are £14 for a BO adult and £5 for a BO junior.

For those not taking part in the qualifier, entries are £14 for an adult and £5 for a junior, unless on courses White, Yellow or Light Green for which entries are £10 for an adult or group and £3 for a junior.

SI cards are available to hire for £1 and SIACs for £3.

If you are bringing a school party, or other group such as guides, scouts or ATC cadets, please inform the organiser in advance using the [Group Entry Form](#). Please provide this information by 5th February. This will ensure we have enough maps for everyone.

Starts from: 10.30am until 12.30.

Start times for the CompassSport Qualifier have been pre-allocated and no changes to start times will be allowed on race day. It is a punching start and the start and finish must be punched. You should aim to start at your allocated time. Late starters will start as soon as possible, but if you miss your allocated start time you may have a long wait before you can be slotted in as you will have to wait until the next free slot for your club- so probably best to try and make your start time! **SIAC will be enabled.** Loose control descriptions will be in the start lanes.

Starts:

At -4: Call up & enter start lane for your course

-3: Loose control descriptions available

-2: Blank map to view

-1: Start announcements

A Start official will carry out an SI dibber Check – this is important to ensure SIAC cards are switched on.

Starts for White, Yellow & Light Green: These non-CompassSport courses will share the same start location but have separate start lanes and no call up procedure. There will be a punching start for these courses.

Distance to start depends on where you are parked and is likely to be anything from 350 to 700m so about a 5-10 minute walk. There is no clothing dump.

The finish approximately 600 m from registration. No water will be provided at the finish.

Courses close at 2.00pm- you must report to Download by this time.

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

Courses:

This is a CompassSport Qualifier event. To be competitive for the Qualifier, you must be a member of BO and a member of your club and enter the courses as below corresponding to your age class.

Class	CompassSport Course	BOF Age Classes	Length
1	Brown	Men Open	9.5 km
2	Short Brown	M20- M40+	7.9 km
3	Blue Women	Women Open	6.8 km
4	Blue Men	M50+	7.6 km
5	Green Women	W20- W45+	5.4 km
6	Green Men	M60+	5.4 km
7	Veterans Short Green	M70+ W60+	4.3 km
8A	Junior Men (Green)	Men 18-	5.3 km
8B	Junior Women (Short Green)	Women 18-	4.3 km
9A	Orange Men	Men 14-	3.6 km
9B	Orange Women	Women 14-	3.7 km
10	Super Veterans Short Green	M80+ W70+	3.9 km

Course lengths are subject to final controlling.

Entrants not involved in the CompassSport Qualifier may enter any of the courses above or below.

Additional colour coded courses:

Course	Length (km)
White	2.2 km
Yellow	2.6 km
Light Green	4.2 km

Map and Terrain:

Croxtton Heath is a mixture of coniferous and deciduous forest of widely varying age, runnability and visibility. Runnability in the north is affected by brashings and bracken. Courses avoid the worst of the brambles. Of the remaining areas, most are affected by low bracken and, where this affects running, the map shows the undergrowth screen.

The area is mainly flat, although there are many large, natural depressions (dolines) throughout the area, some of which are quite deep and water-filled. The small earthwall symbol is used to indicate old rootstock banks which have rotted down. These banks will be difficult to see at running speed. The only remaining evidence may be a line of deciduous trees along the former line.

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
- There may be cyclists and pedestrians in the forest. Please be aware and do not obstruct.
- Motorcyclists use a northern area of the map. Courses do not enter this area and it will be marked out of bounds, but please be aware.
- You take part in this event at your own risk and are responsible for your own safety. Full leg cover is compulsory and you are advised to carry a whistle.

- In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.
- 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.
- Competitors take part at their own risk and are responsible for their own safety.

Results: Ongoing results will be displayed at the event, assuming good phone signal, see <http://results.waoc.org.uk/>. The results from this event will also be published online, see www.waoc.org.uk.

First aid: Travel directions to hospital are available at registration/download. A First aid box will be located in the download tent.

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

Protests and complaints: There is a procedure which all competitors should follow if they feel that the Rules are not being followed. Any complaint should initially be discussed with the Event Organiser. If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller. The Controller will then, if necessary, convene a Jury in accordance with BOF Rules.

Enquiries/Contact: Please email entries@waoc.org.uk for any general enquiries not specific to CS competitors.

Officials: Organiser - Stuart Hatfield, WAOC
Assistant Organiser/CSC- Helen Hague, WAOC 07790316873
Planner – Conor O’Donovan, WAOC
Controller -John Collyer, SOS

We would like to thank Forestry England and Natural England for giving permission to use the area and to all helpers from WAOC without whom the event could not run.

NEXT WAOC events:

Saturday 18th March 2023 Local Colour coded and Park-O at Hinchingbrooke Country Park PE29 6DB

Sunday 2nd April 2023 Regional - Peterborough Urban PE7 8DN

- **Safety and Risk:** A 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.