



**WEST ANGLIAN ORIENTEERING CLUB**  
**EAL AND COLOUR-CODED REGIONAL (C)**  
**HIGH LODGE, SUNDAY 2<sup>ND</sup> FEBRUARY 2025**

**FINAL DETAILS – 25<sup>th</sup> January 2025**

**Directions:** Post code for SatNav: **IP27 0AF**. High Lodge is off the B1107 between Brandon and Thetford, follow the brown signs from the A11. what3words for the drive entrance: [///legs.growth.claims](https://www.what3words.com/legs.growth.claims)

**Parking:** In the public car parks near the visitors centre. Parking will be £4 all day for competitors, a QR code will be provided at download to use at the payment machine just before you leave.

Please be aware of vehicles and take care when moving between the car park and the visitors centre.

**Facilities:** Toilets and Café at the visitor centre. High Lodge has a range of other activities including cycling trails, disc golf, Go Ape and a Gruffalo trail for younger children. Forestry England are kindly providing a reduced, all day, parking fee for competitors so this is a good opportunity to bring the whole family and make a day out of the event.

**Enquiries and registration:** 10 am to 12 noon. Registration will be on the main green by the visitor centre. Entry via Fabian4 <http://www.fabian4.co.uk/> Early bird pre-entry until 19th January 2025, on-line entries close 26<sup>th</sup> January 2025. Entry on day will be available (subject to map availability).

If you are new to orienteering or require assistance, then please enquire at registration. If you are bringing a school party, or other group such as guides, scouts or ATC cadets, please inform the organiser in advance by 26<sup>th</sup> January.

**Starts from:** 10.30am until 12.30. Punching start and finish. SIAC will be enabled for all other controls. We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired from registration. Individual start times will not be pre-allocated. There will be 2 starts, one for the white and yellow courses and the other for everyone else. The main start is approximately 500m from registration and the white and yellow start is approximately 150m from registration on the route to the main start. There is one finish, approximately 150m from registration.

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

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

**Prices:**

	Early bird entry up to 19/01/25	Entry after 19/01/25
Adults, BO members	£12	£14
Adults, non-members	£14	£16
Juniors (under 21) / Students	£3	£3
SIAC card (dibber) hire	£3	£3
SI card (dibber hire)	£1	£1

Entry on the day will be available with a special £5 price for groups/families running together or adults doing the White, Yellow or Orange courses.

Helpers half price, please contact [EJorienteering@gmail.com](mailto:EJorienteering@gmail.com) for details

Loss of a hired S.I. card will incur a charge of £30.

### Courses available:

All courses subject to final controlling. There is negligible climb on all courses

Course	Length	Controls	Technical Difficulty	Map Scale
Black	13.9km	22	Hard	1:15,000
Brown	12.2km	19	Hard	1:15,000
Blue	7.5km	13	Hard	1:10,000
Green	5.1km	10	Hard	1:10,000
Short Green	4.0km	10	Hard	1:10,000
Very Short Green	3.5km	10	Hard	1:10,000
Light Green	4.0km	10	Harder	1:10,000
Orange	3.5km	11	Moderate	1:10,000
YellowModer	2.9km	10	Easy	1:10,000
White	1.8km	11	Very Easy	1:10,000

Contour interval is 5m. All maps approximately A4 and printed on waterproof paper. Loose control descriptions will be available in the start lanes, these will be symbolic for all courses except White, Yellow and Orange.

### Terrain and Course Safety:

High Lodge is an area typical of most of Thetford Forest: mixed cultivated block forest, predominantly flat, but with a few small areas of contour detail. Outside areas of young trees (mapped as green), runnability will be largely dictated by conditions underfoot: bracken and brashings. Brashings may be particularly dense in areas of recent and ongoing forestry work, which may not be accurately reflected in the map. Areas mapped as dense undergrowth are usually more-or-less impenetrable brambles.

### Safety:

- BEWARE OF MOUNTAIN BIKES! Wiggly paths through the forest are generally cycle tracks (both official and unofficial). Some parts of these may be marked as out-of-bounds routes (purple crosses) – you must NOT run along any such route, but you may cross over WITH CARE. Irrespective, please try to avoid running along any narrow track that looks like it might be used by cyclists and take particular care whenever crossing such a track.
- All courses except White and Yellow will cross the exit road from the visitor centre car parks at some point (multiple times on some courses). While there is a 10mph speed limit on this road, many drivers drive rather faster than that. Therefore, please take particular care when crossing this road – remember that many drivers will not be orienteers and will not be expecting to have runners crossing this road in front of them. A marshall will be provided where the orange course crosses this road, please wait to cross when instructed to do so.
- There may be walkers and horse riders in the forest and the area is well used by dog walkers. Please be courteous to any you meet.
- Full leg cover is compulsory.
- Carrying a whistle is highly recommended.
- In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.
- Take care for the usual hazards in the forest such as tripping, eye-level branches and brambles.
- Dogs are welcome but owners must follow the Forestry England dog code. It is particularly important that they 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.
- Please clean shoes before the event to avoid spread of plant-based diseases

**Results:** The results from this event will be published online as soon as possible, see [www.waoc.org.uk](http://www.waoc.org.uk).



**2024 EAL and EAUL award presentation:** We will hold a small awards ceremony at approximately 12:30. Please do come and support if you are able. If you are an award winner who is unable to attend the ceremony please collect your award from download.

**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 Tel: 01284 713000  
Addenbrookes Hospital, Cambridge CB2 0QQ Tel: 01223 217118

**We would like to thank Forestry England for giving permission to use the area.**

**Enquiries/Contact:** Please email [EJorienteering@gmail.com](mailto:EJorienteering@gmail.com) for any enquiries.

**Officials:**

Organiser -	Emma Jarrett WAOC 07867123585
Planner -	Graham Louth WAOC
Controller -	Colin West SOS

- **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:** Our events and activities are registered with British Orienteering and have been risk assessed. Our event officials have appropriate training for the level of event involved. This means our events are covered by British Orienteering's public liability insurance. For insurance purposes, we ask that when you register for an event that you provide full names of anyone who goes out on a course, even if just accompanying a junior or part of a group (these additional names won't be recorded in the results – for example they can just be noted on the back of your registration slip).

- **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.

- **Taking Photographs:** 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.

