



**WEST ANGLIAN ORIENTEERING CLUB**  
**REGIONAL EVENT (EA LEAGUE AND WAGAL)**  
**HIGH ASH, SUNDAY 28<sup>TH</sup> OCTOBER 2018**

**FINAL DETAILS**

**SatNav:** IP26 5AR will take you to Everetts Farm, but DO NOT try to use the normal farm entrance. Follow signs to parking, and obey marshall's directions.

**We will be collecting £2 per vehicle to cover the charge for using the Everett's Campsite field for parking.** This will be collected as you arrive – please have the correct payment ready.

**Follow the taped route through the forest from the campsite parking field to registration. DO NOT walk along the road.**

Portable Toilets will be provided for orienteers, located near registration. PLEASE DO NOT USE THE CAMPSITE FACILITIES – this is a condition of our use of the field for parking.

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

**Starts:** from 10.30am until 12.30. Starts are about 100m from registration.

If you have pre-entered, you may go straight to the start for your allocated start time block (unless you need to pick up a hired SI card, in which case you must first go to registration).

Loose control descriptions will be in the start lanes.

**Courses close at 2.30pm.**

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

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

**On the day entry:**

Adult (21 and older) non-members	£12	BO members	£10
Juniors (under 21) and Students	£ 2	SI card hire	£ 1

**Courses:**

<b>EA League Classes</b>	<b>Course</b>	<b>Difficulty</b>	<b>Controls</b>	<b>Length</b>	<b>Climb</b>
None	<b>White</b>	Very easy	7	1.5 km	10 m
M10, W10	<b>Yellow</b>	Easy	9	2.2 km	15 m
M12, W12	<b>Orange</b>	Moderate	10	2.8 km	20 m
M14, W14	<b>Light Green</b>	Harder	11	3.5 km	25 m
M75+, W65+	<b>Short Green</b>	Difficult	11	3.7 km	35 m
M65-70, W45-60 W16-20	<b>Green</b>	Difficult	15	4.9 km	35 m
M45-60, W21-40 M16-20	<b>Blue</b>	Difficult	16	6.3 km	40 m
M21-40	<b>Brown</b>	Difficult	27	8.7 km	70 m

**East Anglian League**

The list of courses above indicates the age classes which correspond to each course for EA League scoring. In some cases you may also earn points if you run a harder /longer course or the next easier/shorter. A copy of the rules will be available at registration, and they are also available on the EAOA website.

**Map and Terrain:** Map 1:10,000 with pre-printed courses, approximately A4 sized. All maps will be printed on waterproof paper. Map was updated in 2017 by Peter Leverington (NOR) and Peter Duthie (WAOC) for an expected event date in February 2018, with limited subsequent updates during this year.

High Ash is largely coniferous with some deciduous, split into blocks at various stages of maturity. Full leg cover is required. Be aware of the usual hazards in the forest such as tripping, eye-level branches and undergrowth. Some rootstock banks may in places present an obstacle to less agile competitors. Bracken is still high in places, especially on smaller rides and in open areas, and may hide nettles. Bramble growth has been significant in places over the summer and though courses are planned to avoid the worst areas, runnability is variable.

**One ride on the white and yellow courses has a fallen tree across the line – streamer tapes will be used here to mark the route.**

### **Safety:**

Competitors take part at their own risk and are responsible for their own safety. Dogs are permitted as long as kept under control.

The mapped area was used by the army in WW2, and the black pit symbol represents potentially hazardous drains; the courses avoid known features, but be aware that there may be other such features in the forest. Unlike some other areas in the Brecks, there are few if any cycle routes in the forest blocks.

There is a recently erected high fence around an out-of-bounds area – this must not be crossed.

Green, Blue and Brown courses have a marshalled road crossing – there is little traffic so this will not be timed out. Please take care and obey the marshal's instructions and remember you are responsible for your own safety.

Forestry activity including felling may be under way at the time of the event. Although there will not be any activity whilst our event is taking place, you must keep clear of any stacked logs and any forestry equipment. Pay attention to information and announcements at the start concerning any out of bounds restrictions and associated hazards.

**Dogs:** Dogs are allowed at High Ash but must be under control at all times and on a lead near roads and in parking areas. Please keep the campsite field free of dog mess.

**Tick Alert: Check yourself for ticks after your run.** In this area, ticks may carry Lyme's Disease, a potentially debilitating and hard to diagnose condition.

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. Details of local hospitals will be available at registration.

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

PLANNER:	Peter Duthie (WAOC)	CONTROLLER: Sarah Mansel (SUFFOC)
ORGANISER:	Peter Woods (WAOC)	contact: <a href="mailto:entries@waoc.org.uk">entries@waoc.org.uk</a>

Thanks go to FE for allowing access for this event, and all at WAOC who have helped in putting on this event.

**NEXT WAOC events:** Sunday 25<sup>th</sup> November Rowney Warren- Regional Event

**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.