



WEST ANGLIAN ORIENTEERING CLUB

COLOUR-CODED REGIONAL (LEVEL D)

MILDENHALL SOUTH, SUNDAY 21st NOVEMBER 2021

FINAL DETAILS

THIS EVENT IS SIAC ENABLED

Directions: Post code for SatNav: IP28 6AE (Barton Mills Roundabout) 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: Portable toilets will be provided. There will not be any water at the finish so please bring your own drinks.

Enquiries and on the day registration: 10 am to 12 noon.

Start from: 10.30am until 12.30.

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. S.I. cards/dibbers can be hired from registration. If you are new to orienteering or require assistance, then please enquire at registration.

Entry on day prices:

Seniors	(non BOF)	£10	(BOF members)	£8
Juniors/Students		£3		

S.I. card hire	£1	SIAC HIRE	£3
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Loss of a hire dibber will incur a charge of £30. Loss of a hire SIAC will incur a charge of £60.

SI punching is being used, SIAC is enabled. Controls will be enabled for contactless dibbing, but competitors must dib at the start and finish. There will be a SIAC battery check at by the enquiries tent.

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/gates) must be used and out of bounds areas avoided- no crossing of fences as otherwise we risk losing the area for future use.** Make sure you keep out of out of bounds areas shown with purple hatching. 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	Controls	Climb
White	2.1k	13	25m
Yellow	2.9k	15	30m
Orange	3.4k	13	40m
Light Green	4.0k	16	40m
Short Green	3.8k	15	40m
Green	5.0k	18	45m
Blue	7.0k	26	65m



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. Long sleeved tops are advisable and trousers giving full leg cover are compulsory. Dogs are permitted as long as kept on a lead. Please ensure your clothing is appropriate for the time of year. If the weather is bad, please carry a gaiter. A whistle should be carried in case of emergency.

Competitors take part at their own risk and are responsible for their own safety.

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

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

Nearest Hospitals:

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

Photography:
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.
A photographer may be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please tell the enquiries team.

COVID-19:
The event is being planned in line with current BO guidelines relating to Covid19.

Before attending this event, or any other orienteering activity, orienteers, including officials, volunteers and coaches, should self-assess for symptoms of COVID-19. These are:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation. If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location in order to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.

Enquiries/Contact:
Please email chair@waoc.org.uk for any enquiries.

Officials:
Planner: Conor O'Donovan (WAOC) Controller: Graham Louth (WAOC)
Organiser: Helen Hague (WAOC) Tel: 07790316873
Assistant Organiser: Matthew Goode (WAOC)





Acknowledgements:

We would like to thank the following for their contributions to the event.



- Forestry Commission, Natural England and the Norfolk Wildlife Trust for permission to use the area.
- Everyone from WAOC who has volunteered to help at the event.



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: 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.



NEXT WAOC events:



Park-O – Saturday 15th January 2022 Wandlebury Country Park – Local/Level D.



Compass Sport Qualifier -Sunday 13th February 2022 Mildenhall North - National/Level B.



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.

