



# CHIGWELL & EPPING FOREST ORIENTEERING CLUB



## EPPING FOREST EAST Wednesday 24<sup>th</sup> May 2023

### QUAD Match Activity Event

**Directions:** From M25 Junction 26 take A121, signed Loughton, to Wake Arms roundabout. At roundabout take third exit A121, signed Loughton, for 1500m, turn right into Baldwin's Hill. From north, via Epping, take B1393 south to Wake Arms roundabout, then as above. From south, A104 through Epping Forest to Wake Arms roundabout, then as above.

**Parking** Along Baldwin's Hill, Loughton, opposite the Forester's Arms (PH). Baldwin's Hill is a turning on the west side of the A121, 1500m south of Wake Arms roundabout.  
GR TQ427976 Postcode: IG10 1SF [www.forestersarmsloughton.co.uk](http://www.forestersarmsloughton.co.uk)  
Where possible please share transport, parking is limited.

**Pre-entry only:** Free, at <http://oentry.uk/>

**Toilets:** Not provided. We suggest using those at the Shell garage north side of Wake Arms roundabout. Please do not use the forest. Please do not compromise the club's future use of Epping Forest.

**Start and Finish:** Adjacent to parking. Start 200m; Finish 100m

**Terrain:** Undulating open beech forest with some denser areas of thicket and holly. Blue and Green will provide a test of a variety of orienteering techniques in fast open runnable woodland.  
Dogs to be kept under control. Respect other users of the Forest.

**Courses:**

Blue	6.2 km	160m	14 controls
Green	3.8 km	70m	12 controls
Yellow	2.1 km	55m	9 controls

It is suggested that those choosing to run Blue opt for a start time before 6.45pm in order to be finished by 8.30pm.

**Map:** 1:10,000 Revised and updated November 2022 for Mitre 2022

**Times:** Starts: 5:30 pm to 7:15pm  
Courses close: 8:30 pm

**Electronic punching:** EPS-SI  
SIAC Activated

**Officials:** Planner: Jacob Stevens (CHIG)  
Organiser: CHIG (Tim & Sally Pribul [sally@pribul.co.uk](mailto:sally@pribul.co.uk))

[www.chig.org.uk](http://www.chig.org.uk)

Participants take part at their own risk