



CHIGWELL & EPPING FOREST ORIENTEERING CLUB



Wednesday 29th May 2019 QUAD Activity Event

Epping Forest North-west

Directions:

From M25: Leave the M25 at Junction 26, signed Epping A121. After approx 1.5 miles at roundabout, take fourth exit A104 signed Woodford. After 1.7 miles take third exit at roundabout, signed High Beach and then follow further signs to High Beach. GR TQ411984, nearest postcode IG10 4AE. Car parking at High Beach on forest hard-standing carpark. Parking is limited, therefore please share transport if possible.

From M11: Leave at Junction 7 signed Epping B1393. Travel through Epping town and past Shell garage. Straight on, through traffic lights at end of town and for approx. 2 miles through forest to roundabout, next to another Shell garage. Take third exit, A104 signed Woodford, then proceed as above.

Public Transport Loughton Central Line station is approx. 3.0km distant. Ask for further details if required.

Registration: At car or table in carpark. Beware moving traffic within carparking area.

Start and

Finish: 5 minutes from Registration

Toilets: Public toilets at High Beach adjacent to King's Oak PH. Please do not use the forest and compromise the club's future use of Epping Forest.

Map: Epping Forest North-west, updated 2018 1:10,000, as used for Mitre Dec 2018. Mixed deciduous forest.

Courses: 6.0km technical 90m (provisional details)
5.0km technical 45m
2.2km easy 35m

Times: EOD Registration: 6:15pm to 7:15pm
Starts: 6:30 pm to 7:30 pm
Courses close: 8:30 pm

Electronic

punch: EPS-SI on all courses. Dibber hire £1.00/ juniors free. SIAC not activated.

Entries: EOD only.
Final details and results on www.chig.org.uk

Entry Fees: Free to all CHIG, CUOC, HAVOC and WAOC members. £2.00 for all others.

Officials: Organiser: Ray Curtis Email: Curtis.rosemount@sky.com; tel 01279 418699
Planner: Emma Crickmore (CUOC)

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