



# CHIGWELL & EPPING FOREST ORIENTEERING CLUB



**Wednesday 30th May 2018**  
**QUAD Activity Event**

## **Epping Forest Easternmost**

### **Directions:**

- From M25:** Leave the M25 at Junction 26, signed Epping (A121). After approx 1.5 miles at roundabout, (CM16 5HW, nearest postcode to parking), take second exit B172 signed Theydon Bois and O signed. Car parking at half a mile, on forest carparks. Parking is very limited, therefore please share transport if possible. Please be prepared to turn either left or right into carparks and follow the instructions of parking marshals.
- 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 first exit, B172 signed Theydon Bois, then proceed as above.
- Public transport:** Theydon Bois Central Line station is approx. 2.1km distant. Footpath in village, thence forest track. Ask for details if required

**Registration:** At car in South carpark. If parking in North carpark please take care crossing B172 road which carries fast moving traffic.

### **Start and**

**Finish:** 150m from Registration

**Toilets:** Not provided. We suggest using those at the Shell garages mentioned above. Please do not use the forest. Please do not compromise the club's future use of Epping Forest.

**Map:** Epping Forest East, updated 2018 1:10,000. Mixed deciduous forest.

**Courses:**

6.3km technical	170m	21 controls
3.5km technical	90m	13 controls
2.2km easy	40m	9 controls

**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](http://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: <a href="mailto:Curtis.rosemount@sky.com">Curtis.rosemount@sky.com</a>
Planner:	James Ackland (CUOC)	

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

Affiliated to the British Orienteering Federation