



**WEST ANGLIAN ORIENTEERING CLUB**  
**WAGAL AND COLOUR-CODED REGIONAL (C)**  
**ROWNEY WARREN, SUNDAY 4<sup>TH</sup> FEBRUARY 2024**

**FINAL DETAILS**

**Directions:** Post code for SatNav: **SG17 5QB**. Access to Assembly will be from a minor road leading off the A600 Shefford to Bedford road. The event will be signed from the junction of the minor road with the A600 which is about 2.5 km north of the A600/A507 junction. We will be based at the farm of F B Parrish & Son Ltd down the hill from the public parking area at Rowney. Our grateful thanks go to them for their kindness in allowing us to use their land for Assembly and Parking. Please respect the area and ensure you follow directions from marshals. Be aware that farm equipment may be moving around the site when we are there and exercise caution. Do not allow children to play on farm equipment. Please **do not** park on the road.

**Facilities:** Portaloo toilets will be provided.

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

Entry via Fabian4 <http://www.fabian4.co.uk/> Early bird pre-entry until 21st January 2024, on-line entries close 28<sup>th</sup> January 2024 then entry on day subject to map availability.

If you are new to orienteering or require assistance, then please enquire at registration. If you are bringing a school party, or other group such as guides, scouts or ATC cadets, please inform the organiser in advance by 28<sup>th</sup> January.

**Starts from:** 10.30am until 12.30. Punching start and finish. SIAC will be enabled for all other controls. We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired from registration.

The start for all courses is an approximately 5 minute walk along a taped route (no road crossing required). The finish is adjacent to the start. There is no clothing dump. No water will be provided at the finish. Individual start times will not be pre-allocated.

Please clean shoes before the event to avoid spread of plant-based diseases.

Courses close at 2.30pm- you must report to Download by this time.

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

**Prices:**

	Early bird entry up to 21/01/24	Entry after 21/01/24
Adults, BO members	£10	£12
Adults, non- members	£12	£14
Juniors (under 21) / Students	£3	£3
SIAC card (dibber) hire	£3	£3
SI card (dibber hire)	£1	£1

**£2 discount for entering this event with the Rowney night event the previous evening (03/02/24)**

Helpers half price, please contact [EJorienteering@gmail.com](mailto:EJorienteering@gmail.com) for details

Loss of a hired S.I. card will incur a charge of £30.

**Courses:**

Course	Length	Climb	Controls	Map scale
White	2.0 km	20m	12	1:10000
Yellow	2.1 km	60m	12	1:10000
Orange	2.6 km	90m	14	1:10000
Light Green	3.3 km	125m	15	1:10000
Short Green	3.8 km	140m	15	1:10000 (double sided)
Green	4.1 km	165m	16	1:10000 (double sided)
Blue	5.6 km	200m	21	1:10000 (double sided)
Short Brown (over 16s only)	6.7 km	290m	26	1:10000 (double sided)
Brown (over 16s only)	8.3 km	330m	29	1:10000 (double sided)

The Short Brown and Brown courses will make use of the southern half of the area. This involves a road crossing so will be unavailable for under 16's. The Blue remains on the northern half.

**Maps:** Maps will be A4, printed on waterproof paper, with control descriptions on the front of the map. Loose control descriptions will also be available in the start lane. Map scale is 1:10000 with 5m contours

**Terrain:** Rowney Warren is a well-contoured area with a number of significant spurs and valleys (re-entrants). It is mainly mature pine forest, with some smaller areas of deciduous woodland and some newer planting. There is extensive covering of dead bracken (not a significant hindrance to running or navigation, and hence not mapped) and some limited areas of bramble – mapped where significant. Mainly fast running (but steep in places!).

**Planners comments:** Rowney is an interesting area with fantastic contour detail and a great variety of vegetation. By February it should be a joy to run direct through the rolling woodland – generally undergrowth screen is only used when felt absolutely necessary in order to retain map clarity. The area is used heavily by mountain bikers. Established mountain bike tracks have been mapped when felt necessary, but the smaller wiggly tracks are best ignored as these come and go. The wood is split into two distinctive halves, separated by a road – the Short Brown and Brown courses will visit the southern side of the area via a timed-out crossing. All other courses remain on the northern side of the area, allowing Juniors to run their age categories for the League if they so wish. The road should only be used to cross at the crossing point and is otherwise out of bounds for running along.

**Safety:**

- **TIMED-OUT ROAD CROSSING:** Competitors on the Short Brown and Brown courses (over 16s only) will cross a public road part way round their course with occasional fast moving traffic. There is a control on each side of the road – make sure you punch both of them! Please take care crossing the road. The time you take between the two controls will be removed from your overall time up to a maximum of 90 seconds.
- **OUT OF BOUNDS AREAS:** Please do not go into any area marked as Out of Bounds, indicated on the map by either solid olive colour, or purple cross hatching. In particular there is a fenced-off area; **this is out of bounds to all competitors at all times.** All public roads are also OOB: apart from the timed-out road

crossing on the Short Brown and Brown courses, competitors are forbidden from running along or across any public road. These are marked as forbidden routes (purple crosses) on the map.

- **BEWARE OF MOUNTAIN BIKES!** Take care when crossing or running along any mountain bike track. Be especially careful when crossing or running along any track that runs up or down a steep slope – where possible we recommend that you do NOT run up or down tracks that have clearly been created by mountain bikes rather than walkers.

- There may be walkers and horse riders in the forest as well as mountain bikers. Please be courteous to any you meet.

- Full leg cover is compulsory.

- Carrying a whistle is highly recommended.

- In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.

- Take care for the usual hazards in the forest such as tripping, eye-level branches and brambles.

- Dogs are welcome but must be kept under close control at all times, and must be on leads in the car park area and when crossing roads.

- 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](http://www.waoc.org.uk).

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

Nearest Hospitals: Bedford Hospital, Bedford, MK40 2AW Tel: 01234 355122  
Addenbrookes, Cambridge CB2 0QQ Tel: 01223 217118

We would like to thank FB Parrish and Son Ltd for allowing us to park on their land, Forestry England for giving permission to use the area, and to all helpers from WAOC without whom the event could not run.

**Enquiries/Contact:** Please email [EJorienteering@gmail.com](mailto:EJorienteering@gmail.com) for any enquiries.

**Officials:**

Organiser -	Emma Jarrett WAOC 07867123585
Planner -	Alexander Lines WAOC
Controller -	Dorien James, SMOC

- **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.