



WEST ANGLIAN ORIENTEERING CLUB

REGIONAL EVENT (EA URBAN LEAGUE AND SEOUL)

ROYSTON and THERFIELD HEATH, SUNDAY 10TH MARCH 2019

FINAL DETAILS

Enquiries and registration: 11 am to 1 pm.

Starts: from 11.30 am until 1.30 pm. If you have pre-entered you have been allocated a start block in line with stated preferences. Starts are about 250 m from registration.

If you have pre-entered, you may go straight to the start for your allocated start time block (unless you need to pick up a hired SI card, in which case you must first go to registration). Entries on the day may go to the start when ready after registering.

Loose control descriptions will be in the start lanes.

Courses close at 3.30 pm.

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

We will be using **SPORTident** electronic punching. SI cards (dibbers) can be hired from registration. If you are new to orienteering or require assistance, then please enquire at registration.

On the day entry:

Urban courses 1-6 (Minimum age 16 – No under 16's allowed on courses 1-6)

Adult (21 and older) non-members £12 BO members £10

Colour coded and junior courses

Seniors (21 and older) £ 8

Juniors (under 21) and Students £ 2 SI card hire £ 1

Colour Coded Courses:

Course	Description	Length	Climb	Map size	Control Descriptions
White	Very Easy	1.2 km	40 m	A4	Text
Yellow	Easy	2.2 km	60 m	A4	Text
Light Green	Harder	3.4 km	110 m	A4	Symbols

Urban and League Courses:

Course	Length/climb	Controls	Map	SEOUL/EAUL Classes (Male)	SEOUL/EAUL Classes (Female)
1	7.6 km / 140 m	25	A3+	Men's Open (M16+)	
2	6.0 km / 100 m	23	A3+	Men's Veteran (M40+)	Women's Open (W16+)
3	5.1 km / 105 m	20	A3	Men's Super Vet (M55+)	Women's Veteran (W40+)
4	4.4 km / 80 m	18	A3	Men's Ultra Vet (M65+)	Women's Super Vet (W55+)
5	4.0 km / 60 m	18	A4	Men's Hyper Vet (M75+)	Women's Ultra Vet (W65+)
6	3.0 km / 40 m	15	A4		Women's Hyper Vet (W75+)
7	3.4 km / 110 m	14	A4	Junior male (M16-)	Junior female (W16-)
8	2.2 km / 60 m	18	A4	Junior male (M12-)	Junior female (W12-)

Lengths given for urban courses are “as the crow flies”. Shortest feasible routes will be longer.

East Anglian Urban League and SEOUL (South East Orienteering Urban League)

The list of courses above indicates the age classes which correspond to each course for EA Urban League scoring and for the SEOUL (the same categories apply to both). A copy of the EAUL rules will be available at registration, and they are also available on the EAOA website.

Electronic Punching This event will be using SportIdent electronic punching. Control units will be set up in beacon mode so that SIAC (contactless) dibbers can be used in contactless punching mode. Standard dibbers can also be used in normal ("contact") punching mode. Standard dibbers will be available to hire.

Standard dibbers must be inserted into each control box to register your visit. A SIAC dibber will be detected if it is closer than about 0.5 metre from the control box. The exception is the Start, which is contact punching only. Finish will be SIAC enabled.

Whichever type you use, it is your responsibility to make sure you have punched correctly - for standard contact dibbers, the control box will beep and flash to confirm you have punched. SIAC dibbers emit a flash and a beep to confirm they have registered at a control site.

Map and Terrain: Maps are all 1:5000 scale. All maps will be pre-printed with courses and will be printed on waterproof paper.

White and Yellow courses and course 8 are set on Therfield Heath and will be free of traffic hazards. The Light Green course, and Course 7, are mostly on the heath but also includes a quiet urban area. **Courses on the Heath pass a barrow (steep knoll with a bench on top) and we have been asked to go around it to prevent erosion. Please comply with advice given by Start officials. To remind you happy/frowning faces have been put up to show the right/wrong paths. Parents and responsible adults please check that your child/children know what the faces mean.**

The urban courses 1-6 are mainly set in the town, and will be mostly on hard surfaces. Courses will be planned to avoid heavy traffic but participants will have to cross some roads on their courses.

Facilities: The Sports Club offers food and drinks, and toilet facilities. **We encourage you to use these facilities. Please do not consume your own food and drinks at the Sports Club.**

Showers are available at a cost of £1 per person. If you wish to use the showers you will need to buy a token at registration.

Safety: Competitors take part at their own risk and are responsible for their own safety. On the Heath, keep clear of Archery targets, golf course, and do not attempt to cross playing fields in use. In the town, look out for other orienteers coming round corners looking at their maps, when crossing roads look out for and give way to road users including (silent) cyclists. In all areas give way to dog walkers other and pedestrians.

Dogs: Dogs are not allowed on urban courses. Dogs are allowed on the Heath but we asked that they be kept on a lead and under control at all times. Please keep the paths free of dog mess.

If the weather is bad, please carry a cagoule. A whistle should be carried in case of emergency. A First Aid Box will be located in the download tent. Details of local hospitals will be available at registration.

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

ORGANISER:	Peter Woods (WAOC)	contact: entries@waoc.org.uk
DEPUTY ORGANISER:	Chris Rampton (WAOC)	
PLANNER:	Helen Bickle (WAOC)	CONTROLLER: Sarah Mansel (SUFFOC)

Thanks go to the Heath Sports Club for allowing use of the centre for this event, to the Conveners of the Heath for permission to use the heathland.

NEXT WAOC events: Park-O Wandlebury Country Park, Cambridge, 16th March 2019