



WEST ANGLIAN ORIENTEERING CLUB

Presents

Orienteering in Royston Town and Therfield Heath

Sunday 10th March 2019

Urban Orienteering in Royston Town – Part of the SEOUL 2019 programme

Urban courses of varying lengths suitable for all age classes 16 and older up to 75+

Parkland Orienteering on Therfield Heath

Courses for newcomers and improvers, suitable for juniors. Also providing courses for junior (MWJ and MWYJ) classes in the SEOUL.

How to Enter

Online

Pre-entry to the SEOUL league courses is recommended. Online entries will close on March 6th. Enter online using Fabian4 (www.Fabian4.co.uk).

Entry on the day will be available for SEOUL League orienteering plus a range of courses for newcomers and improvers. Registration opens 11:00 am Last start 1:30 pm.

	Online pre entry	Entry on the day
Adult (21 and over) entry to Urban courses (BO member)	£8	£10
Adult (21 and over) entry to Urban courses (non-member)	£10	£12
Adult and family group entry to parkland colour coded courses	EOD only	£8
Students 21 or over in full time education (all courses)	£2	£2
Junior (16 and over, under 21) entry to urban courses	£2	£2
Junior entry to parkland colour coded courses	EOD only	£2
Dibber hire	£1	£1

We will be using **SPORTident** electronic punching. Controls will be beacon enabled so that non-contact punching is possible if you have a SIAC dibber. Normal dibbers can also be used in normal contact punching mode. S.I. cards/dibbers (contact type only) can be hired from registration.

If you are new to orienteering or require assistance, then please enquire at registration.

Courses

Course	Type	SEOUL Mens Classes	SEOUL Womens classes
Course 1	Urban ~8km	Men's Open (M16+)	
Course 2	Urban ~6km	Men's Veteran (M40+)	Women's Open (W16+)
Course 3	Urban ~5km	Men's Super Vet (M55+)	Women's Veteran (W40+)
Course 4	Urban ~4.5 km	Men's Ultra Vet (M65+)	Women's Super Vet (W55+)
Course 5	Urban ~ 4km	Men's Hyper Vet (M75+)	Women's Ultra Vet (W65+)
Course 6	Urban ~3.5 km		Women's Hyper Vet (W75+)
Course 7	Heath ~ 3.5km	Junior male (M16-)	Junior female (16-)
Course 8	Heath, ~2.5 km	Junior male (M12-)	Junior female (12-)

Colour coded (non-league) courses will be available to enter on the day:

Course	Description	Length
White	Very Easy	~ 1.5 km
Yellow	Easy	~ 2.5 km
Light Green	Harder	~ 3.5 km

Directions:

Registration is at the Heath Sports Club on Therfield Heath (off Baldock Road)
Approximate postcode for SatNav: SG8 5BG

By train or train and bike: Royston Station is a 15 minute walk (approx. 1 km) from the Sports Club.

Facilities: We are grateful to the Heath Sports Club, which has allowed us to use their venue for this event. The Sports Club offers food and drinks, and toilet facilities.

Please do not consume your own food and drinks at the Sports Club.

Enquiries and registration: 11 am to 1 pm. To enter on the day, just come to the Heath Sports Club any time between 11 am and 1pm.

Start from: 11.30 until 13.30 Courses close at 3.30pm.

Map and Terrain:

Maps for courses 1-6 are 1:5000 scale, A3 sized. Other courses: 1:10,000 A4. All maps will be pre-printed with courses and will be printed on waterproof paper

Junior courses will be on Therfield Heath and will be free of traffic hazards. Therfield Heath is predominantly open chalkland with some woodland, with significant undulations, including a number of Bronze age constructions (barrows).

The urban courses 1-6 will be in the town, and will be mostly on hard surfaces. Please be aware that the town also has its share of contours! Courses will be planned to avoid heavy traffic but participants will have to cross some roads on their courses.

Further information: www.WAOC.org.uk

Enquiries: entries@waoc.org.uk