



WEST ANGLIAN ORIENTEERING CLUB

WAGAL AND COLOUR-CODED LOCAL (LEVEL D)

AMPTHILL PARK, SUNDAY 16TH SEPTEMBER 2018

FINAL DETAILS

Directions:

Take the A507 from M1 Jct 13. Ampthill Park is at the Western end of Ampthill next to the junction of the B530 and the A507. It will only be signed from the B530/A507.

Alternatively take the A421 to Bedford, taking the B530 to Ampthill and turning towards the West in the centre of Ampthill keeping to the B530.

SatNav: There is no exact postcode for Ampthill Park, but MK45 2HX will take you to a point about 700m East of the west car park entrance.
The west car park entrance is at TL024382.

By car: Ampthill park has two car parks, the central and the west car park. We have been asked to not use the central car park under any circumstances for this event, rather competitors should drive to the west car park where they will be directed to an orienteering specific parking area (not the main body of the west car park itself.)

We thank you greatly in helping us comply with these conditions which will allow us continuing use of Ampthill Park over the coming years. There will be car parking marshals on hand to direct you - please follow marshal directions.

If you are planning on bringing a coach or minibus, please contact the organiser beforehand.

By bus: Saturday service may operate.

By train or train and bike: Travel to Flitwick Station, which is 2 miles from Ampthill by bike.

Facilities: Toilets at Ampthill Park Hub/café near central car park.

Enquiries and registration: 10 am to 12 noon.

Start from: 10.30am until 12.30.

Courses close at 2.30pm.

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

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

Seniors	(non BOF)	£8	(BOF members)	£6
Juniors/Students		£2	S.I. card hire	£1

Map and Terrain: The ground is mostly fast open with detailed contour and some patches of runnable forest canopy. Full leg cover is strongly advised, as there are nettles in parts of the wooded areas.

Out of bounds areas on the map are denoted by purple vertical hatching. One fence to the North of the park, indicated by a thick purple line, must only be crossed at Mandatory crossing points:-)(- There may be cattle in the field enclosed by this fence. White and Yellow courses do not enter this area.

Map 1:5,000 with pre-printed courses, A4 sized. All maps will be printed on waterproof paper. (Blue course maps are two part, printed as double sided A4).

Courses:

	Difficulty	Distance	Controls
White	Very Easy	1.3 km	12
Yellow	Easy	1.9 km	11
Orange	Moderate	2.7 km	15
Light Green	Harder	3.4 km	14
Short Green	Hard	3.3 km	15
Green	Hard	4.4km	20
Blue	Hard	6.5 km	26

Safety:

Take care for the usual hazards in the forest such as tripping, eye-level branches and brambles. There are some nettles and lots of rabbit holes. There may be some livestock as discussed above. Please show consideration to other Park users including dog-owners and cyclists. Competitors take part at their own risk and are responsible for their own safety. Dogs are permitted as long as kept under control.

PLEASE ENSURE YOUR SHOES ARE CLEANED IN ADVANCE OF THE EVENT TO AVOID SPREADING TREE DISEASES.

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.

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

PLANNER: Peter Woods (WAOC) CONTROLLER: Neil Humphries (WAOC)
ORGANISER: Helen Hague (WAOC)
Tel: 07790316873 contact: haguehelen123 at gmail.com

Grateful thanks go to the Ampthill Town council for allowing us to run this event, and all at WAOC who have helped in putting this event on.

NEXT WAOC events: Sunday 28th October High Ash- Regional/Level C EA League
 Sunday 25th November Rowney Warren- Regional/Level C

Safety and Risk: A comprehensive risk assessment will have 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.