



**WEST ANGLIAN ORIENTEERING CLUB**  
**BUSH HEATH, MILDENHALL**  
**NATIONAL EVENT AND EAST ANGLIAN LEAGUE**  
**SUNDAY 3<sup>RD</sup> FEBRUARY 2019**

**Final details**

**Travel/directions:**

Free parking at Forest Heath District Council offices, Mildenhall, Bury Saint Edmunds IP28 7EY

**Grid Ref:** TL716749

**By car**

From south: A11 travelling North to Mildenhall

From A11, at Barton Mills roundabout take first exit to A1101 Mildenhall. After 1.2 km, carry straight on (first exit) at mini roundabout continuing on A1101 and after 200m, turn right into College Heath Road, signposted Health clinic/ District council offices. After 150m, turn right for parking at Forest Heath District Council offices.

From: A1065 travelling South to Mildenhall

Turn right onto Thetford Road signposted to Mildenhall (just after garage/ car dealership). [If you miss it just carry on to Barton Mills roundabout and turn right onto A1101 to Mildenhall and see above] After 1 km, carry straight on at mini roundabout continuing on A1101 and after 200m, turn right into College Heath Road, signposted Health clinic/ District council offices. After 150m, turn right for parking at Forest Heath District Council offices.

**Assembly and facilities:**

Assembly is in The Gym, Mildenhall, adjacent the car park. This will include registration, dibber hire and collection, download and some space for waiting. There will not be race bibs. Anybody who has hired a dibber through Fabian4 will need to collect their dibber on the day.

Please do not wear muddy shoes into Assembly and use shoe covers provided.

There are no café facilities. Toilets and showers are available.

**If as a WAOC member you have a club cup awarded last year and now due for return before the AGM, please return it to registration.**

**Presentation of the EA league 2018 trophies will take place near Assembly around 1pm.**

**Registration:**

On line entries at [www.fabian4.co.uk](http://www.fabian4.co.uk) will close at midnight on Wednesday 30th January 2019. No pre-entries will be accepted after this deadline. On the day entries may be available subject to availability of maps.

Registration for on the day entries is open from 10am until 12 noon.

**Fees:**

	Pre-entry	Entry on day
Senior BO Member	£10	£12
Senior Non-BO Member	£12	£14
Junior under 21/Student in full time education	£2	£2
SportIdent card hire (electronic chip timing)	£1	
Loss of a hire dibber will incur a charge of £30.		

**Courses:**

Course	No. of controls	Distance (km)	EA League Age classes
White	13	1.7	n/a
Yellow	12	2.4	M10,W10
Orange	9	3.3	M12,W12
Light Green	9	4.1	M14,W14
Short Green	11	4.0	M75, W65, W70, W75
Green	14	5.0	M65, M70, W16, W18, W20, W45, W50, W55, W60
Blue	17	6.9	M16, M18, M20, M45, M50, M55, M60, W21, W35, W40
Brown	19	8.7	M21, M35, M40

**Start and finish:**

Start: From 10.30 until 12.30. Start times will be allocated in line with stated preferences on fabian4 as far as possible. There will be a three minute call up. SI punching is being used, SIAC is not enabled.

Given the time of year, where possible (and depending on how busy it is) we will endeavour to let competitors start in earlier empty time slots - talk to a start official if you wish to do this. If you are late, we will start you when a time slot becomes available for your course.

Courses close 2.30 pm. You MUST report to download even if you retire.

There is one start and one finish for all courses. There is a taped route to the start/finish from the Assembly car park along pavement, with a marshalled road crossing, and then further tape from the forest entrance to the start. On your way to the start, please ensure you walk around the edges of the car park, rather than through the car park. The start/finish are approx a 10-15 minute walk, 900m.

There is no water at the finish. Please bring your own drinks for hydration.

**Map and Terrain:**

The map has been updated for this event. Maps are A4 size, printed on waterproof paper. Map is at 1:10000 scale. White and yellow courses have written control descriptions, Orange course written and pictorial, pictorial control descriptions for remainder of courses. Control descriptions are on the map and loose control descriptions will be in the start lanes. Bush Heath is a mixture of open heathland and forest blocks of differing maturity and runnability. Some areas contain brambles, and this is shown on the map by a vertical green line screen.

**Clothing and footwear:**

Long sleeved tops are advisable and trousers giving full leg cover is compulsory. You are advised to carry a whistle. Please ensure your clothing is appropriate for the time of year, which can be very cold. There is a clothing dump at the start- this is close to the finish. Please bring your own bag for your clothes and remember to collect on the way back from the finish.

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

**Safety:**

Near the end of the white course, frowning faces ☹ are used to indicate paths that should not be followed and ☺ to indicate the correct direction. Parents, please explain to juniors the significance of these signs.

Please do not go into any area marked as Out of Bounds, indicated on the map by either solid olive colour, or vertical purple stripes or cross hatching.

Avoid the BMX track - this area is marked OOB on the map by purple hatching.  
There is a single shaft which could potentially be a hazard. This has been marked off by black/yellow tapes, which should not be crossed.

There may be cyclists and pedestrians in the forest: please be aware of them.  
You take part in this event at your own risk and are responsible for your own safety.

**You MUST report to download, even if you retire.**

**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.

**Results:** Preliminary results will be on display at Download during the event. Results will be posted on the WAOC website shortly after the event

**First aid:**

Travel directions to hospital are available at registration/download. A first aider will be based at Assembly.

Nearest Hospitals:

West Suffolk Hospital	Bury St Edmunds	IP33 2QZ	01284 713000
Addenbrookes	Cambridge	CB2 0QQ	01223 217118

**Photography:**

A photographer may be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please tell the enquiries team.

**Enquiries/Contact:**

Please email [entries@waoc.org.uk](mailto:entries@waoc.org.uk) for any enquiries.

**Officials:**

- Organiser - Helen Hague, WAOC
- Planner - Iain Stemp, WAOC
- Controller - Mike Chopping, NOR

**Acknowledgements:**

We would like to thank the following for their contributions to the event.

- Forest Heath District Council and The Gym at Mildenhall.
- Forestry Commission for permission to use the area.
- Everyone who has volunteered to help at the event.
- **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.