



WEST ANGLIAN ORIENTEERING CLUB

EA LEAGUE, WAGAL AND COLOUR-CODED REGIONAL (C)

MILDENHALL NORTH, SUNDAY 16TH FEBRUARY 2020

FINAL DETAILS

Directions: Post code for SatNav: IP28 6AE should take you to the Barton Mills roundabout and then follow directions below. Event will be signposted from A1065.

From Barton Mills roundabout on A11/A1101/A1065, take A1065 Northwards (signed to Brandon). After 800m, turn east (right) off the A1065 signed "Household Waste Site" (postcode IP28 7JQ). There may be a queue for the tip, in which case carefully overtake and continue along the road. Event registration is approx. 700m along this road. This road is a cul-de-sac and is not accessible from the A11.

Most courses cross this road - please keep an eye out for orienteers crossing the road as you turn into the road from the A1065 and along the length of the road. Please park where directed on this road and walk on to registration.

Facilities: Registration, Enquiries, Download, and portable toilets are located near to forest road access gate 305. Please use the portable toilets we have provided. A café with public toilets is situated just off the A1065 near the Barton Mills roundabout.

Guidance for beginners available from Registration. First Aid will be located at Download. If you have any WAOC trophies to return before the AGM, please hand them in at registration.

Enquiries and registration: 10 am to 12 noon.

Pre-entry until 12th February 2020 via Fabian4 <http://www.fabian4.co.uk/> then entry on day.

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 using the [Group Entry Form](#). Please provide this information by 7th February. This will ensure we have enough maps for everyone.

Starts from: 10.30am until 12.30. Start times will not be pre-allocated. Punching start. SIAC will not be enabled. Loose control descriptions will be in the start lanes.

Start is about a 5-10 minute walk along taped route. There is no clothing dump.

Finish is close to registration. No water will be provided at the finish.

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

We will be using **SPORTident** electronic punching. S.I. cards/dibbers can be hired from registration. Loss of a hired S.I. card will incur a charge of £30.

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

Prices:

	On-line entry via fabian 4 up to 12/2/2020	Entry on the day
Adults, British Orienteering members	£8	£10
Adults, non-members	£10	£12
Juniors (under 21) first in a family/ Students	£2	£2
SI card (dibber) hire	£1	£1
Family group sharing a map, single adult rate	£10	£12

Courses:

This is an East Anglian League event and also a WAGAL event (WAOC's members' league). You can run any course, but to be competitive in the East Anglian League you are recommended to enter the course corresponding to your age class.

Course	Age Classes for EA League		No. of controls	Length (km)
White			8	1.8
Yellow	W10	M10	10	2.3
Orange	W12	M12	10	3.2
Light green	W14	M14	11	3.9
Short Green	W65+	M75+	11	3.4
Green	W16-20, W45-60	M65-70	15	5.1
Blue	W21-40	M16-20, M45-60	21	6.8
Brown		M21-40	19	8.5

[Subject to final controlling]

Map and Terrain: Mildenhall Wood is managed coniferous forest. Full leg cover is mandatory. Map is 1:10000, 5m contours and A4 size. Maps and loose control descriptions will be printed on waterproof paper. Please clean shoes before the event to avoid spread of plant-based diseases.

Safety:

- White and Yellow courses do not cross any roads. They are not suitable for standard buggies.
- **Courses from Orange upwards involve crossing the road leading to the event.** The occasional car may go along this road to access the farm at the end and orienteering traffic will be driving along this road. You are responsible for your own safety when crossing this road. There is no timed out crossing and no designated crossing point. Watch out for vehicles hidden by parked cars, and if you are driving take care when leaving the event.
- 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
- There may be cyclists and pedestrians in the forest. Please be aware and do not obstruct.
- You take part in this event at your own risk and are responsible for your own safety. Full leg cover is compulsory and you are advised to carry a whistle.
- In extreme weather conditions, cagoules may be declared obligatory and signs will be on display at assembly if this is so.
- 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.

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

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

We would like to thank 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 entries@waoc.org.uk for any enquiries.

Officials: Organiser - Helen Hague, WAOC 07790316873
Planner - Bruce Marshall, WAOC
Controller - Phil Halford, SUFFOC



NEXT WAOC events: Saturday 22nd February 2020 Park-O at Wimpole Estate, Saturday 7th March AGM at Wandlebury Country Park, Sunday 8th March 2020 Rowney Warren YBT qualifier Regional/ Level C event, Saturday 14th March 2020 Park-O at Wandlebury Country Park.



- **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.

