# NORFOLK ORIENTEERING CLUB

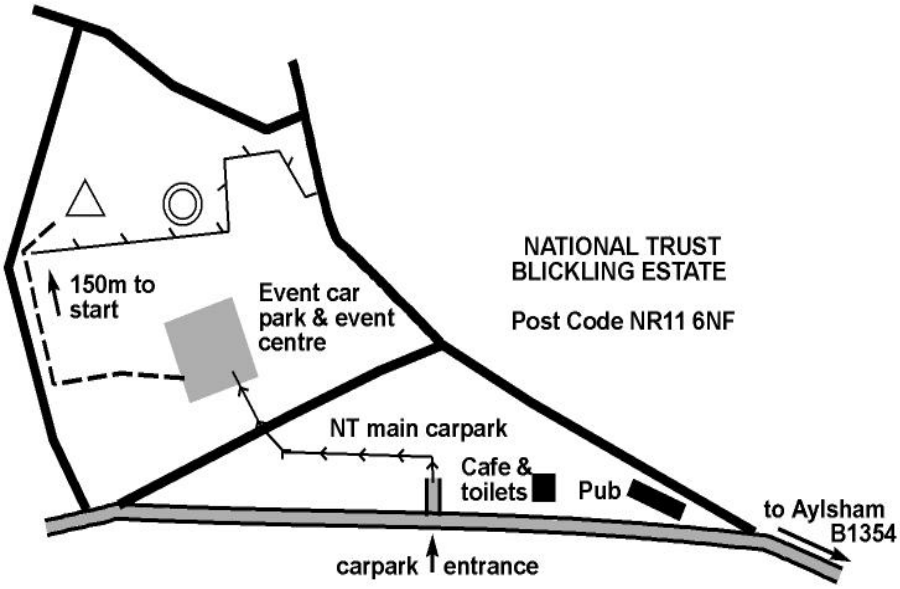
***Welcome you to a Double Dumpling weekend of orienteering on:***

**Saturday 19th November ~ a County event at - N.T. Blickling Estate.**
**Sunday 20th November ~ a City event - Norwich (UK Urban League Final).**

## FINAL DETAILS

**DUMPLING DAY 1 - BLICKLING ESTATE: Saturday 19TH November - level C event.**

**LOCATION:** Blickling Hall Estate**,** near Aylsham; 10 miles north of Norwich.
Map Ref.TG 175 285; Post Code NR11 6NF
Directions from Norwich: take the A140 Cromer Road; approach Aylsham bypass roundabout take the second exit for Aylsham Town centre; locate the B1354 and follow brown NT Blickling signs, locate 'O' signs for parking.




**NOTE:** National Trust Parking fee applies (NT member's - free parking)

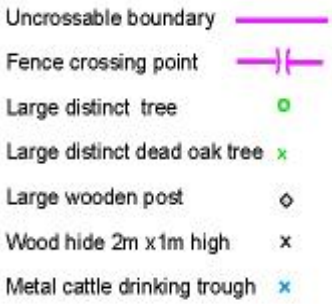
**DOGS:** Dogs allowed. Please keep **Dogs on Lead** as grazing live stock in parkland.

**TIMINGS:** All functions of this event commence 1½ hours later than normal times.
Enquiries/Registration: 11.30-13.30; Starts: 11.45-13.45; Courses close: 15.15.
Pre-entered competitors please check in at registration for description list.
A punching start applies - No (E/M/L) starting blocks.

**E-CARD (Dibber) HIRE:** for hire at 50p each per day (If lost you will incur a charge of £30)
Pre-entered competitors collect dibbers from event Registration (red tent)

**MAP:** A4 size, scale 1:10000, 5m contours printed on never tear polyester material.
Course descriptions are printed on the front of the map with courses 7 & 8 in text and all other courses are pictorial descriptions.
Loose control description sheets are available at the event registration.

**SPECIAL SYMBOLS:**




Mature dead stag oak trees are marked on the map with a green cross and on the description sheet are shown with a rootstock symbol which is a circle surrounding a cross. Only distinct mature trees have been mapped and shown with a green circle.
There is one wooden hide dimension 2m x 1m high shown with a black cross.

**TERRAIN:** Comments from Mapper/Planner Peter Leverington
Undulating very runnable grass parkland with mature scattered oak trees and random large distinct dead stag oak trees. Great Wood is a mature deciduous wooded hillside with a random network of paths and rides. There is scattered bracken in the woods which is marked on the map. The bracken is now beginning to die back but is still generally not as runnable as the white forest areas.
The parkland perimeter has uncrossable barb wired stock proof fencing with two areas for a sheep flock bounded by live electric temporary fencing. Both fence types are shown with an uncrossable red line, gate crossings are shown and are compulsory crossings for all courses. Please close all gates after use.

**COURSE DETAILS**

| Course No. | Class (*Age Group)* | Distance | Climb | Controls | Map scale 1:10000 |
|---|---|---|---|---|---|
| 1 | MO *(18-35)* | 8.0 km | 60 m | 19 | A4 |
| 2 | WO *(18-35)* / MV *(40+)* | 6.3 km | 55 m | 14 | A4 |
| 3 | WV *(40+)* / MSV *(55+)* | 5.8 km | 40 m | 14 | A4 |
| 4 | WSV *(55+)* / MUV *(65+)* | 4.8 km | 40 m | 12 | A4 |
| 5 | WUV *(65+)* | 3.8 km | 20 m | 10 | A4 |
| 6 | MJ/WJ *(16-)* | 3.8 km | 20 m | 10 | A4 |
| 7 | MYJ/WYJ *(12-)* | 2.4 km | 15 m | 10 | A4 |
| 8 | Newcomers *(Any Age)* | 3.2 km | 15 m | 12 | A4 |

Maps at the start are in numbered boxes 1-8 so please be aware of your class age group number. Printed in red on the front of each map is the course number and its classes. Please ensure you collect the correct map for your course.

**ENTRY ON DAY:** Maps will be available (printed on site) there is a surcharge for EOD.
Fees: Juniors & full time students £3.50; Seniors £10.50 (discount £2.00 for BOF members)
E-cards (Dibbers) for hire at 50p per day (If lost you will incur a charge of £30)

**RESULTS:** will be displayed during the event and on NOR website shortly after the event.
www.norfolkoc.co.uk

**Insurance:** BOF registered competitors will be covered by BOF Public Liability Insurance. All other competitors will be covered by that public liability insurance for a maximum of three BOF registered events.

The personal data you give will be used by the event organisers/agents, only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate BOF insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

General Orienteering photographs from the event may be published on the website, flickr and social media; in the absence of any objection, agreement to this will be assumed.

**Orienteering is an adventure sport.**
**All competitors take part at their own risk and are responsible for their own safety.**

# FINAL DETAILS

**DUMPLING DAY 2 - NORWICH CITY URBAN: Sunday 19TH November - level C event.**
**UK Urban League - Final Event & Prize giving**

**LOCATION:** The Event Centre (EC) is at Norwich Lower School near Norwich Cathedral. Directions from City Centre multi story/surface car parks follow pedestrian signage for the Cathedral at the south gate follow O signs to EC.
*(Note: competitors will be walking to the start from EC through this gate).*
From Norwich Railway Station & car parks: at traffic lights, "O" signed, follow river NE direction (Riverside Road - *possible street parking nearby*) to the next river bridge to cross into Bishopgate Road, continue to Norwich Lower School - Event Centre.
***NO parking available at Event Centre***

**FACILITIES:** The 'EC' School Pavilion has showers & toilets
Cathedral Cafe' open, located south side of the cloisters and car park.
Note: **NO DOGS** allowed on School premises/grounds.

**TIMINGS:** Registration/Enquiries: 09.30 -12.15.
Starts: 10.20-12.20 in 3 blocks;
*Early 10.20-11.00. Middle 11.00-11.40. Late 11.40-12.20*
Courses close at 14.20

**E-CARDs:** Pre-entered competitors collect E-cards from EC Registration/Enquiries Desk.

**RACE NUMBERS:** All competitors will be allocated a race number + safety pins which will be issued at Registration area. Your race number will also be your Fabian4 entry number. All competitors must fill in personal contact details and medical information on the rear of the race number. This is mandatory and must be visible at all time; numbers will be checked at the start. Failure to fill details will delay your start until completed!

**ENTRY ON DAY:** there will be limited number of maps available for Courses 1; 2; 3; 4 & 5. Junior Courses 6 & 7 plus Newcomers Course 8 can be printed on the day.
There is a surcharge for EOD.

**FEES:** Juniors £4.50; Seniors £13.50 (discount of £2.00 BOF senior members)
Groups £14.50 (discount £2.00 BOF members)
E-cards (Dibbers) for hire at 50p per day (If lost you will incur a charge of £30)

**START:** Is 1.2km from the EC. The route leaves the recreation field via the Finish to the SW corner gate. "Direction arrow to Start signs" indicate the route to the start, there are two sets of pedestrian lights to cross, the first one at a complicated junction where traffic converges from 4 different directions! Juniors ought to be accompanied en route.

The start is located in the Castle Gardens. Note; there are no toilet facilities at the start. Permission was granted to use the Castle Gardens, provided no one enters the shopping mall when competing or waiting to compete!

There will be a clothing dump at the start with transfer to EC at 11.00; 11.40 & 12.20
Marked bags with transfer times will be left at the EV School Pavilion.

A start grid of 8 lanes will be used indicating Course Number and M/W age group
e.g. Course 1 MO; Course 2 WO/MV etc. to Course 8 Newcomers.

**URBAN TERRAIN**: Planners comments Paul Garton.
Although many areas are pedestrianised, competitors do have to cross some roads and a few vehicles use some pedestrian areas for access ~ please take care.
Courses 6; 7 & 8 have 3 manned road crossings, which must be used, 2 at lights (which will be "timed out" using controls each side) and a pedestrian crossing.
Courses 3; 4 & 5 have a compulsory road crossing at pedestrian lights near the Cathedral this will be "timed out".
All courses pass through the centre shopping area, likely to have many pedestrians ~ Please be courteous.
The Cathedral has given us permission to use its grounds; please keep noise to a minimum and note that the area in front of the main west Cathedral entrance is out of bounds.
Also note there might be slow moving traffic in the Cathedral grounds.
Courses 1- 5 enter two private estates with narrow passageways & steps etc.
We have been given permission to use these areas, please take care on blind corners.

**SAFETY INFORMATION:** Out of Bounds areas are clearly marked on the map in purple hatching, any competitor infringing on these areas will be disqualified.
You must report to Download, whether or not you complete your course!
A first aid kit is held in the EC.

**COURSE DETAILS**

| Course No. | Class (*Age Group)* | Distance | Climb | Controls | Map scale 1:5000 |
|---|---|---|---|---|---|
| 1 | MO *(18-35)* | 7.0 km | 60 m | 27 | A3 |
| 2 | WO *(18-35)* / MV *(40+)* | 6.0 km | 60 m | 26 | A3 |
| 3 | WV *(40+)* / MSV *(55+)* | 5.0 km | 60 m | 27 | A3 |
| 4 | WSV *(55+)* / MUV *(65+)* | 4.0 km | 35 m | 24 | A3 |
| 5 | WUV *(65+)* | 3.0 km | 25 m | 23 | A3 |
| 6 | MJ/WJ *(16-)* | 3.0 km | 25 m | 22 | A4 |
| 7 | MYJ/WYJ *(12-)* | 2.0 km | 25 m | 21 | A4 |
| 8 | Newcomers *(Any Age)* | 3.5 km | 35 m | 24 | A4 |

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**ENQUIRIES**: General - Alan Bedder ~ NORfixtures@norfolkoc.co.uk
Results – Mick Liston ~ SI@norfolkoc.co.uk

**RESULTS:** will be displayed in the EC during the event and on NOR website shortly after the event. www.norfolkoc.co.uk

**Insurance:** BOF registered competitors will be covered by BOF Public Liability Insurance. All other competitors will be covered by that public liability insurance for a maximum of three BOF registered events.

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