



NOR – Sandringham Country Park

East Anglian League - Colour Coded Courses

Sunday 2nd December 2018

Level 'C' Event

Directions: Sandringham Country Park (GR; TF690290 ~ Post code; PE35 6ET)

The event will be O signed on the A148 west of Hillington, to turn north at the junction of the A148/B1440 signed Sandringham Country Park, after 2½ mile turn left at the junction (Norwich Gates) to the visitor centre follow signs for parking & assembly.

Entries:

Preferred method of entry online at www.fabian4.co.uk

Seniors BOF members £7.00 Juniors / Students £3.00

Seniors non members £9.00

Discount for early entries on fabian4 until Tuesday 27th November.

Entry on the Day - Fees

Seniors BOF members £ 9.00 Juniors / Students £3.00

Seniors non members £11.00

SI electronic punching will be used - SI Card (dibbers) will be available to hire for: 50p

Groups

Family groups sharing one map are charged at the single adult rate.

If you are bring a school party, or other group i.e. Guides; Cadets, please inform the Organiser via Fixtures@Norfolkoc.co.uk, before 27th November using the [Group Entry Form](#) this will avoid delays at Registration and ensure we have enough maps.

Course details [\[Today's event incorporate the annual NOR Club Championships\]](#)

Course	Technical difficulty	Length	Climb	Controls	Map Scale	EAL Classes	
White	Very easy	1.5 km	20 m	13	1: 7,500	Not used	
Yellow	Easy	2.1 km	35 m	11	1: 7,500	M10,	W10
Orange	Medium	3.3 km	35 m	9	1: 7,500	M12,	W12
Light Green	Medium	3.3 km	45 m	9	1: 7,500	M14,	W14
Short Green	Hard	3.5 km	45 m	9	1: 7,500	M75+,	W65+
Green	Hard	4.9 km	65 m	10	1: 10,000	M65-70, W16-20, W45-60	
Blue	Hard	6.9 km	85 m	16	1: 10,000	M16-20, M45-60, W21-40	
Brown	Hard	8.8 km	105 m	23	1: 10,000	M21- 40	

If you are taking part in the East Anglian League you are recommended to enter the course corresponding to your age class as above.

Registration: 10.00 – 12.00

Start Times: 10.15 – 12.15

Courses Close: 14.15

Terrain

Sandringham Country Park provides the orienteer with a variety of challenges. In the very north of the area there is an open heath with a complex network of paths, interspersed with ditches and small marshes. Just south of this, the area has been overrun with rhododendrons, which requires good route choice to get round. To the west is a ridge providing (rare for Norfolk) a series of re-entrants and spurs in open forest. The longest courses (Blue & Brown) visit the intricate contour detail of what I was once told are old mine workings, however I could find no evidence of this searching on Google. Unfortunately, the bracken has not died back as much as we would have liked, so some areas are heavy going (particularly to the south). The mapping of the path network has been updated for this event, but inevitably visitors and dog-walkers create many temporary paths, which have not been mapped.

Map / Control Descriptions

All maps are A4 size; Maps have been updated for the event and adheres to ISOM 2017. IOF control descriptions have been used for all courses except White and Yellow which have text descriptions. Descriptions have been printed on the map and will be available separately at registration. To avoid overlapping control circles on the maps for White & Yellow courses, the diameter of the control circle has been reduced to 6.5 mm.

Non-standard symbols used:

-  Forest with scattered rhododendrons
-  Fallen Tree
-  Hide
-  Small Tower / Platform

Safety

The A149 (west edge of map) is marked with purple crosses, so it is forbidden to run along it. On the Green & Brown courses there is a possible route choice that would entail running beside the A149, but an out of bounds area has been marked to indicate that this is not allowed.



The Green, Blue and Brown courses cross minor roads. Each of these courses has one leg that involves running beside one of these for about 200m. At this point, there is an area of open land bordering the south of the road, please use this and do not actually run in the road.

Minor Roads are signed for approaching traffic – NOT manned!

Information & Enquiries

Beginners are welcome at the event and help is available to get you started.
Dogs are welcome but please keep on a lead.
Toilets, Restaurant & Cafe located at the Visitor Centre area.

Enquiries to: Fixtures@Norfolkoc.co.uk

Officials (NOR)

Planner: Jonathan Gilbert; *Controller:* Stephen Searle; *Organiser:* Alan Bedder

Please note that Orienteering is an adventure sport. **All competitors take part at their own risk.**