NORFOLK ORIENTEERING CLUB

Hockham ~Regional Colour Coded & EA Schools Championships Event ~ 10th November 2019

PLEASE complete the yellow registration form in **BLOCK CAPITALS** with your details and course you wish to enter BEFORE going to register at MAP SALES. **(Families & Groups please enter all names on registration form).**
If you are new to orienteering or need assistance, please enquire at Registration.
Today's event is using Electronic Punching with **PRE DRAWN MAPS printed on Never Tear** (waterproof material). Dibbers are available for hire at registration. E-card Hire: 50p ***(We will charge you £30 for each one not returned)***

Today's courses and fees

Course	Difficulty	Length km	Climb m	Controls	Map Scale	EA School Champs
White	Very easy	1.6	5	12	1:5000	Primary – Year 6 & below
Yellow	Easy	2.5	15	13	1:10000	Year 7 & 8
Orange	Harder	3.1	15	10	1:10000	Year 9 & 10
Light Green	Fairly hard	3.3	15	14	1:10000	Year 11 & above
Short Green	Hard	3.2	15	14	1:10000	NA
Green	Hard	4.6	20	14	1:10000	NA
Blue	Hard	6.5	20	20	1:10000	NA
Brown	Hard	8.5	25	25	1:10000	NA

Juniors & Students £3.00 *(under 21 and Students with ID card)*
Seniors, Family Units & Groups £7.00 (*BOF members – ID card may be requested)*

NON BOF (Independent) Senior, Family & Group competitors incur £2.00 surcharge on above fees
Note: BOF insurance, only cover Independent competitors for three events only.

Course Descriptions: are printed alongside the map – text for white & yellow courses.

Terrain: The course area is mainly coniferous woodland with a large number of features, most notable of which are the pingos in the eastern part. Elsewhere much of the forest is runnable and gently undulating with a fair selection of features.

Safety: The area of bingos consist of several marshy or water-filled depressions but they should not pose any problems, however it is advised not to attempt to cross them. No courses will require a road crossing. There is a danger of ticks in the area. Runners are advised to check for these when finished.

Special Features: Tripod/Hide = black **X**; Metal frame structure = black **O**

Start & Finish: The Start is 200m west of Registration and finish is 170m along track on the opposite side of the minor road (Download is sited next to gate)

Times: Registration is open from 10.00 to 12.00
Starts: from 10:15am through to 12:15am. Courses close at 14:15hrs.

Facilities: Porta-loo on site

Dogs: Please keep Dogs on lead – grazing live stock in part of the forest!

Results: See NOR website: www.norfolkoc.co.uk

Next NOR event: 15th December 2019 – Shouldham Warren. Regional & EAL Event .
For further details see website or contact Fixtures Secretary: fixtures@norfolkoc.co.uk

REMINDER – PLEASE COMPLETE THE YELLOW REGISTRATION FORM IN BLOCK CAPITALS!
Families & Groups please name all persons on the form for insurance & participation data.

The personal data you give will be used by the event organisers and their agents only for the purpose of processing/publishing the event entries and results, conducting safety checks and to validate British Orienteering insurance cover.
Submission of an entry for the event will indicate your acceptance of this procedure.
Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.