

NORFOLK ORIENTEERING CLUB ~ MOUSEHOLD HEATH ~ 13th October 2019

Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.
PLEASE complete the registration form (attached) 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 the 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 waterproof paper**

Directions: Mousehold Heath is situated NE of Norwich, south side of the Ring Road A1042 (Mousehold Lane). A former football pitch (Wingfield) adjacent to Mousehold Lane will be the event assembly area it will be indicated by the NORFOLK ORIENTEERING Banner – roadside. **Map Ref TG 246 106 Post Code NR7 8SN**

There is NO dedicated parking area, but there is a retail park (3 hour parking limit) and industrial area off Roundtree Way, traffic lights junction off ring road. If you park here it would prudent to cross at the traffic lights - Signage at TL will be the O signs for Registration indicating direction to NOR Banner and Event Assembly area.

Course details and fees

Course	Technical difficulty	Length (km)	Climb (m)	Controls	Map Scale
Yellow	Easy	1.9	20	11	1: 7,500
Orange	Harder	3.0	50	13	1: 7,500
Light Green	Fairly hard	3.5	130	13	1: 7,500
Short Green	Hard	3.6	115	18	1: 7,500
Green	Hard	4.6	145	22	1: 7,500
Blue	Hard	6.1	170	25	1: 7,500

Juniors & Junior Pairs £3.00 (*under 21 and students with cards*)

Seniors & Groups £9.00

BOF member Senior discount £2.00

Note: BOF insurance, only cover Independent competitors for three events only.

E-card (Dibber) Hire; 50p – Note; we will charge you £30.00 for each one not returned

Registration: As there is no parking Marshalls will not be handing out this info paper and registration forms. A registration form for this event attached - Please print off – Complete and bring along to register.

Map: A New Map. Scale 1: 7500; Contour interval 5m. Note: Blue course has a split map back to back

Control Descriptions: - Will be issued at the event registration. Also all courses have descriptions printed on the front of the map. Yellow course maps have text descriptions and all other courses use standard orienteering pictorial descriptions

Terrain: Mousehold is mainly a deciduous woodland, scrubland, heath land with numerous re-entrants, spurs, large depressions, steep embankments with a large valley cutting an arc through the heath - a very diverse area. Gurney Road traversing SE through the area is OOB, a Timed crossing is installed at a raised portion of the road. Blue, Green & Short Green courses cross here – controls either side of the road used outward and return legs.

Note: NO Facilities at Assembly - nearest toilets in the Retail Park or beside Zaks Diner on Gurney Rd, Mousehold.
Dogs on Lead Please!

COMPETITORS MUST GO TO THE DOWNLOAD TENT EVEN IF RETIRING re safety check

Organiser: Alan Bedder

Planner: Paul Goldsworthy

Controller: Tim Eden

Results: - See NOR website at www.norfolkoc.co.uk. Results will be processed as soon as possible and published early evening.

NEXT NOR EVENT: 10th November ~ Hockham Forest, Thetford /Watton Rd. CC & EA School Champs

For further details on these events see the details on the NOR website www.norfolkoc.co.uk

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

MOUSEHOLD HEATH EVENT 13/10/19

NORFOLK ORIENTEERING CLUB ~ EVENT REGISTRATION FORM

Please complete this form in **BLOCK CAPITALS** before going to Registration tent

E-Card Number 

Name Age Class

Name Age Class

Name Age Class


Name Age Class

If New Family or Group please indicate if Junior (under 21 y/o) or Senior (21 y/o and over)



'O' Club/School (If new or no club – print **IND**ependent)

Course you are entering 

BOF Number 

For Event Safety if solo entry (missing/injured person) details of who to inform 

If Hiring an E-Card (dibber) – Write phone number, e-mail and address below.

 /  e-mail.....

Address.....

If new to sport where did you hear about event?

The personal data you give will be used by the event organisers , only for the purpose of processing & publishing the event entries and results, for conducting safety checks and to validate BOF insurance
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Event Official Use – tick ✓ If e-card hired Paid

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