



East Anglian Championships - Level 'B' Event NT Sheringham Park Estate, North Norfolk Sunday 24th March 2019

FINAL DETAILS

Location – Parking/Assembly & Facilities

Sheringham Park Estate is situated off the A148 (Holt -Cromer) at the junction with B1157
Map Ref: TG140 410; Post Code NR26 8TL ~ also for the Car Park & Assembly area

NOR club has negotiated with local NT to make a donation for the use of a car park for orienteer's thus there will be a £1 request per vehicle for event parking.
NT members are requested to collect a free parking ticket from the pay machines.

NT toilets are 120m from assembly area also a NT café open from 11.00am to 5.00pm.

Event timings: Enquiries/Registration: 9.45 -12.00; Starts: 10.15-12.15; Courses close: 14.15.

Pre-entered competitors please check in at Registration, collect a loose description list & dibber if hired..
Starting blocks are: Early; 10.15 -11.00; Medium; 11.00 - 11.45; Late; 11.45 - 12.15.

EOD – Subject to Map availability

Entry Fees: £6.00 Juniors. £14.00 Seniors. BOF seniors discount £2.00
White; Yellow & Orange courses: Seniors Fee £6.00

E-Card (Dibber) Hire: for hire at 50p each per day (If lost you will incur a charge of £30)

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 and DIBBER HIRE.

Families & Groups please enter all names and age class on registration form.

(Note on age class: Senior is 21 plus e.g. if aged 21 to 34 you are M/W21, the year you are 35, you are M/W35 till age of 40 etc. Junior is under 21yo e.g. M/W12 is either 11/12yo, at age 13/14 is M/W14, and at age of 19/20 is M/W20.)

If you are new to orienteering or need assistance, please enquire at Registration.

Available courses for age classes as follows:

<u>Course</u>	<u>Class</u>	<u>Distance (km)</u>	<u>Climb (m)</u>	<u>Controls</u>
Brown	M21/35/40	7.0	240	22
Blue	M16/18/20/45/50/55/60 ~ W21/35/40	5.6	170	20
Green	M65/70 ~ W16/18/20/45/50/55/60	4.4	105	13
Short Green	M75 W65/70	3.4	90	12
Very Short Green	M80/85 W75/80/85	2.6	60	9
Light Green	M14 W14	3.3	90	12
Orange	M12 W12	2.8	40	11
Yellow	M10 W10	2.2	20	13
White	Non championship course- for Beginners	1.5	10	9

Start: is located 200m south from the assembly area towards the A148 road, through the car parks.

Finish: is in the parking/assembly area also Download (blue tent) is located here.

Terrain: Sheringham Park is an intricately contoured runnable deciduous wooded area. Weybourne Heath Wood, only visited by brown and blue courses, is a coniferous plantation of variable run but still intricately contoured. Both areas have a complex random arrangement of paths and tracks.

The ridge running NW from the National Trust Centre contains blocks of rhododendron plantations mapped dark green as impassable. There are minor footpaths and a forest road within the plantations. However the yellow course which passes through this area using footpaths has the vegetation mapped as light green for readability and control circle clarity.

Map: The area has been fully resurveyed from April 2019. Map scale is 1:10000 with 5 metre contours.

A4 map size printed on waterproof paper with IOF Descriptions printed on the front.

Text descriptions used for white, yellow & orange courses.

Impassable symbol has been used for the rhododendron areas. Bramble areas are almost nonexistent but shown as undergrowth walk symbol where evident; the undergrowth symbol slow has been used for a few areas of random tree brushings, often leaf drop covered so can be slippery if wet. The old bracken cover is low and generally runnable.

The full legend on the map shows special ISOM symbols for distinctive large trees; tree stumps and rootstocks; 1.5-2m wood hides and cattle water troughs.

Courses: The Yellow course has a short section of route, marked low to the ground with yellow tapes.

It does not go all the way but stops where the path becomes clear.

The Brown and Blue courses use an area which has private signs on gated crossing points. The owners have given permission to use this area so should be ignored during the event. These two courses also cross an area where there are old bike trails. These trails have not been mapped.

NB Courses are shorter than normal to reflect significant climb.

Crossing Points: Most courses take place only in the wooded areas. Some do however visit a small area of parkland and the boundary fences must only be crossed using the purple marked crossing points.

(The parkland is bounded by an impassable stock proof fencing – do not cross use gates - NT).

Public: The area near the finish and along the rhododendron ridge is a public area and is well used by National Trust visitors often with children and dogs.

Please be respectful of the rights of other users of the forest and give way if necessary.

Dogs: please note that Dogs must be on a lead as there may be livestock on the pasture fields.

Safety & Risk: All competitors must carry a whistle. (Emergency -six successive shrills every minute).

If severe weather conditions, on safety grounds it may be directed compulsory that all competitors carry a waterproof cagoule – (NT concerned of gale force winds) - So come prepare for this eventuality.

Competitors to be advised if it is compulsory as they enter the event car park.

A comprehensive risk assessment will have been prepared by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

If a competitor has a medical condition that they think should be declared, please bring a completed medical form in a sealed envelope to Enquiries. The envelope will only be opened in an emergency.

REMINDER ~ ALL COURSES CLOSE AT 2.15pm.

ALL COMPETITORS MUST REPORT TO DOWNLOAD TENT EVEN IF RETIRING.

Rules, Complaints, Protests and Appeals: The event will be run in accordance with the relevant Rules of British Orienteering. Competitors should initially discuss any concerns they have with the Organiser, Planner or Controller, depending on the problem. If that does not resolve the issue a complaint should be made to the Organiser, either orally or in writing as soon as possible after the problem has been identified. A protest against the Organiser's decision must be made in writing to the Controller within 24 hours of the event. If the Organiser and Controller agree with the protest they will take the appropriate action. If either or both of them disagree then the jury will convene to consider the protest. An appeal is permitted against a jury's decision to the Events and Competitions Committee in writing within 14 days of the jury's decision.

Prize giving: East Anglian Champions will be declared approximately at 13.30 hours in the assembly area.

Results: will be displayed during the event and on NOR website later. www.norfolkoc.co.uk

Officials: Organiser: Karen Goldsworthy (NOR) treasurer@norfolkoc.co.uk
Planners: Stephen Nobbs & Peter Leverington (NOR)
Controller: Bruce Marshal (WAOC)

You are responsible for your own safety and you take part at your own risk.

British Orienteering 3rd Party insurance does not cover any non-member of a British Orienteering affiliated Orienteering Club at this event if that person has taken part in three or more British Orienteering registered events.

Photography: NOR has an agreed policy on the taking of photographs at events, based on national guidance. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser. General Orienteering photographs from the event may be published on the website, flickr, Google photos and social media; in the absence of any objection, agreement to this will be assumed.

Privacy: When entering our events your personal details (name, gender, age class & club) will appear in the results section of the website. You can read our privacy policy by following the link <http://www.norfolkoc.co.uk/wp-content/uploads/2018/05/Privacy-Policy.pdf> to see how we look after your personal data.