NORFOLK ORIENTEERING CLUB –
Regional (Level C Event) – Sunday 15th December 2019

Welcome to today's event at Shouldham Warren & the Sincks, incorporating the
East Anglian League and NOR Club Championships

Please complete the yellow registration form in BLOCK CAPITALS with your details and course you wish to enter before going to register. Families & Groups: please enter all names on the back of the form, and indicate if senior / junior (U21).

Help available – if you are new to orienteering or need assistance, please ask at Registration.

Registration	10:00 - 12:00; **Starts** 10:15 - 12:15 (**Courses Close** at 14:15)
Fees	Juniors / Students / Helpers - £3.00; Seniors / Families / Groups - £10.00. NOTE: Senior BOF Members receive a £2 discount.
Organiser	Julia Paul (01485 541031)
Facilities	Portaloo available.
Dogs	Dogs on lead only.

Map Scale: - All courses use 1:10000 scale maps with 5 metre contours. Blue and Brown will be A3 size, remaining courses will be A4 size.

Control Descriptions: - Waterproof paper course control descriptions will be issued at the event registration. Also all courses have descriptions printed on the front of the map. The White and Yellow course maps have text and IOF descriptions. All other courses use standard IOF pictorial descriptions.

Safety

Yellow / White courses: Both courses will have Smiley and Frowny Faces to help with navigation near mountain bike tracks, and the **Yellow** course also has a taped route. Please make sure that young competitors are aware of this (maps will be available before the Start).

Crag: The crag (former shooting range, near the parking area), is now shown as **OOB.**

Ditches: There are a number of deep ditches throughout the area, where there are safe crossings these are marked, no water course is OOB but you are advised not to cross apart from marked bridges and crossings.

Full leg cover is compulsory.

Other users: the area is popular with walkers, dog walkers, horse riders, and mountain bike riders. Please respect other users.

Course	Distance (km)	Controls	Climb (m)		Course	Distance (km)	Controls	Climb (m)
White (very easy)	1.7	12	15		Short Green (hard)	3.7	12	50
Yellow (easy)	2.6	9	45		Green (hard)	4.7	16	75
Orange (fairly easy)	3.8	10	60		Blue (hard)	7.2	19	70
Light Green (fairly hard)	3.5	11	50		Brown (hard)	10.3	21	95

Terrain

Shouldham Warren is a very runnable forest with a mixture of coniferous forestry areas and wilder less accessible areas. There are a lot of fallen trees in most areas due to winter storms which are in places difficult to see due to bracken coverage. The longer course will have the Sincks to deal with and its mixture of wet and wild areas. There are very many un-mapped bike tracks which can help with running but not necessarily navigation. Thinning in the past few years has opened up most areas.

Please Read

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. Read our Privacy Policy to see how we look after your personal data.

Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not taken or published, please notify the event officials. (British Orienteering Safeguarding Policy, December 2016)

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

If you have previously taken part in 3 orienteering events, and are not a member of a club affiliated to British Orienteering Federation, then you will not be covered by 3rd Party Liability Insurance. For example, if you cause damage to the landowner's property, you may be liable.