

Norfolk Orienteering Club 13th December 2015 ~ LYNFORD
~ Level C Event- Colour Coded and EA League
COMPETITORS COMPETE AT THEIR OWN RISK

Directions: From the A11/ A134 roundabout on the Thetford bypass, turn North-West to Kings Lynn; continue along the A134 for 6 miles towards Mundford – at roundabout turn right on to A1065 Swaffham road after 1/2 mile turn right onto minor road Lynford Road, then in 3/4 mile turn right to parking/assembly. 'O' signed from all directions on the approach to Mundford roundabout to parking. From the North & West A17 & A47 to Kings Lynn. At roundabout A47/A10/A148/A149 take the A10 south; in 3+ mile (roundabout) take the A134 Thetford, in 17 mile after the Mundford roundabout, turn left on to A1065 Swaffham road then after 1/2 mile turn right onto minor road Lynford Road, follow 'O' signs. Post Code: IP26 5HN Grid Reference: TL812940

Registration: open from 10:00am to 12:00pm

Please complete the yellow registration card in **BLOCK CAPITALS** with your details and course you wish to enter before going to register at **MAP SALES** For safety reasons would Families & Groups (including those who are shadowing) please enter all names on back of card

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 TYVEK** (waterproof material). Dibbers are available for hire from dibber hire desk prior to registration

Competitors owning E-cards (dibbers) please take them with you to register at Registration & Download

Today's courses and fees £2.00 Juniors / Junior Pairs / Students (*under 21 and students with cards*)
 £5.00 Seniors (*BOF membership ID*)
 £6.00 Family units & Groups (*BOF membership ID*)

NOTE Independent incurs £2.00 surcharge except Juniors

E-card Hire 50p (***We will charge you £25 for each one not returned***)

Courses (subject to final controlling);

	Technical difficulty	Number of controls	Climb (m)	Length (km)	EAL age class
White	Very easy	9	10	1.3	
Yellow	Easy	12	10	2.1	M/W10
Orange	Harder	11	10	3.1	M/W12
Long Orange	As Orange	17	10	4.8	
Light Green	Fairly hard	14	15	3.7	M/W14
Short Green	Hard	10	15	3.5	M75+, W65+
Green	Hard	12	15	4.9	M65-70, W45-60, W16-20
Blue	Hard	16	15	6.5	M40-60, M16-20, W21-40
Brown	Hard	22	15	9.1	M21-40

Map Scale:

1:10000 for **ALL** courses, control descriptions are printed on the map.

Orange to Brown loose descriptions will be handed out at Registration (your passport for a map).

White and Yellow maps handed out at Registration no loose description issued.

Course Notes and Safety Information:

Only the White and Yellow courses are suitable for pushchairs.

Apart from the White, Yellow & Oranges, all courses cross a public road, where traffic is generally light unless there is a military exercise. Please take care when crossing this road. The busy A134 runs along the South Western edge of the area. It is not a good route choice on any course and is strictly out of bounds.

Lynford has scenic lakes, rivers and streams, and there is deep open water near the start. All courses cross water via bridges. Parents are asked to ensure that children are aware of the need to take care. In particular, please be aware that the Yellow (EAL W/M10) and Orange (EAL W/M12) courses have sections next to open water. If necessary, parents may shadow for safety assurance only on these courses.

Please turn over!

Ongoing forestry work has left much thinning and brashings on the ground in some blocks. Some paths and tracks have been damaged by heavy machinery, and new (unmapped) extraction paths may be encountered in some areas. In the thinned areas where brashings may impede progress the hatched green undergrowth has been broken to indicate the direction in which it is more easily crossed. New clear felled areas are mapped as rough open and are mostly slow, but with some unmapped extraction paths.

Undergrowth is generally not a serious impediment to progress, and courses have been planned to avoid the worst areas of brambles. Thickets have not been comprehensively re-mapped; some are shape-changed, newly grown or mown out. Fitness apparatus in the Arboretum area is not mapped.

Lynford is a public access forest area used by walkers, horse riders and cyclists amongst others. Please respect other forest users.

Full leg cover is compulsory. Ticks are common in Thetford Forest. Competitors are strongly advised to check themselves, their children and pet dogs for after the event.

Although you may encounter dogs on your course, please keep your own on a lead at all times including in the car park and registration areas.

To assist in the prevention of transmitting pests and diseases will you please thoroughly clean your orienteering kit and shoes when you leave the event, thank you.

You are advised to carry a whistle for emergency use only (six short blasts at minute intervals).

There are no drinks at the finish please bring your own.

Courses times, starts 10:15am to 12:15pm all courses close at 14:15hrs. You must report to the Download tent near registration by 14:15. Please immediately report to the download tent if you are still out on your course at this time.

Facilities: PortaLoo in corner of assembly/carpark. Car keys may be left at Registration upto 12:00, the box will then be transferred to Download tent.

First Aid: A first aid box is available at the Down load tent with list of club First Aiders.

The nearest A&E departments are:

- The Queen Elizabeth Hospital, Gayton Road, King's Lynn, PE30 4EL 01553 613613
- and
- West Suffolk Hospital Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QZ, Tel No 01284 713000
- Both 24 miles away from event, should you need to attend A&E please ensure Organiser is made aware.

Event Officials

Controller: Graham Wardle

Planner: Phil Brown

Organiser: Stephen Searle

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

Next NOR event: 17th January 2016 NOR Colour Coded, **Norwich TBC**

For further details see website or contact Fixtures Secretary: Alan Bedder 01603 424589; email: fixtures@noroc.co.uk

REMINDER – PLEASE COMPLETE THE YELLOW REGISTRATION CARD IN BLOCK CAPITALS!

Families & Groups please name all persons on back of card for insurance & participation data.

Data Protection Act: Entry information (name, age, class and club) and the results of this event will be stored and processed by computer systems under the terms of British Orienteering's registration under the Data Protection Act. The results from this event will be published on the internet.

PLEASE NOTE: All competitors take part in this event at their own risk