

NORFOLK ORIENTEERING CLUB

Summer Series: Ling Common (5th June, 2016)

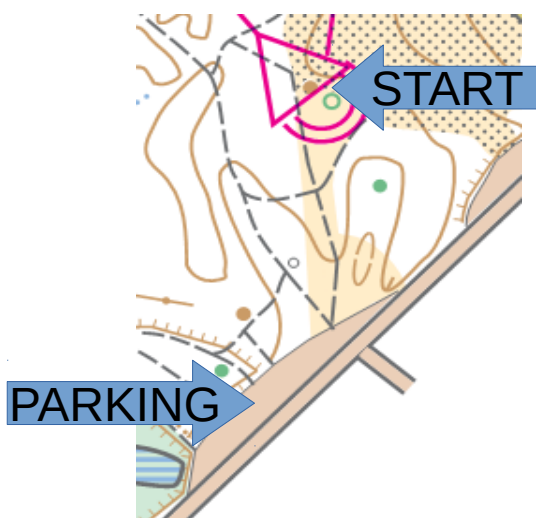
Directions / Parking:

At junction of A148 / A149 (NW of King's Lynn) take A148 (Grimston Road) towards King's Lynn. At traffic lights (Deer's Leap PH) turn right (Castle Rising Road). Continue approx 1 mile, park TIGHTLY on hard standing opposite Golf Club entrance. Please be prepared to double-park with other orienteers.

Traffic travels very fast along Castle Rising Road. Take care when maneuvering and when leaving the car. The parking area will be shared with other members of the public.

Getting to the Start:

Head to the northern end of the parking area. Follow the path to the registration / start area.



Registration: Open from 10:15 to 11:15.

Registration forms will be available at the start. Please complete the yellow registration form in BLOCK CAPITALS. (**Families & Groups please enter all names on registration form**). If you are new to orienteering or need assistance, please enquire at registration.

Fees:

Juniors & Junior Pairs	£2.00	(under 21 and students with cards)
Seniors (BOF Member)	£4.00	(ID card may be requested)
Seniors (Non-BOF Member)	£5.00	
Family Units / Groups	£5.00	

Note: BOF 3rd party liability insurance covers Independent competitors for three events only.

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About the Event:

The event will use electronic punching. Dibbers are available for hire from registration.
E-card Hire: 50p (We will charge you £25 for each one not returned)

Course	Difficulty	Length	Controls	Map Scale
Orange	Moderate	2.8 km	12	1:5000
Score	You have 1 hour to visit as many controls as possible. There is no set course – you decide on the order you visit the controls. If you are late back, then you will incur penalty points. See below for more details on the scoring system.		26	1:5000

Loose Control Descriptions will be issued at registration (your passport to a map). There will be no control descriptions on the map.

The Start and Finish are located adjacent to registration. The “Clear” and “Check” boxes will be located at registration.

Terrain:

Ling Common is mixed coniferous and deciduous woodland on sandy soil. The central area has surprisingly intricate contours and a complex path network. The outer areas are flatter with some parts being beautifully runnable.

There are numerous seasonal paths which are not mapped. Unfortunately, some of these are more prominent than the mapped paths! Take Care.

The majority of green dots on the map represent rhododendrons or holly bushes.

Facilities:

None on site. Nearest toilets are at the supermarkets at the Hardwick roundabout.

Dogs:

Please keep dogs on lead.

Results:

See NOR website (<http://www.norfolkoc.co.uk>)

Safety:

The area is bounded to the North and East by roads, with very fast moving traffic. There should be no need to go near these roads, but if you do, keep well inside the forest.

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Score Course: Scoring System

As with a normal score course, you gain points for visiting each control. All controls have the same value, which is 10 points.

The controls are split into 2 groups (13 in each) – “A controls” and “B controls”. “A controls” are numbered 201 to 213. On the map these will be shown with a prefix “A-”, e.g. A-209. “B controls” are numbered 221 to 233. On the map these will be shown with a prefix “B-”, e.g. B-231. On the control descriptions, the designation, A or B, will be shown in column 6.

You score 10 bonus points for visiting a “B control” after an “A control” or vice-versa. So the sequence “**Start / A / B / A / B / A / B / Finish**” would score 110 points (60 for visiting 6 controls + 50 for alternating between A and B 5 times). However, the sequence “**Start / A / A / A / B / B / B / Finish**” would score 70 points (60 for visiting 6 controls + 10 for alternating between A and B only once”.

Visiting the same control more than once, will score 0 points (and no bonus, even if the previous control was of the opposite type). You will get a bonus on the next control if it is the opposite type to the re-visited control. For example, if you visit “**Start / A01 / B21 / A01 / B22 / Finish**”, you will score 50 points (30 for visiting 3 controls + 2 for alternating between A and B twice). However, “**Start / A01 / B21 / A01 / A02 / Finish**” will score 40 points (30 + 10).

For each part of a minute over 1 hour, you will be deducted to 10 points.

It is up to you to decide in what order to visit the controls to maximise your score. If that is all too confusing, just treat it as a normal score and enjoy being in the forest.

As a guide, if you try to get the maximum score (510 points) you will need to run about 6km. If you ignore the “A's and B's” and visit the controls in the least distance, then you will run about 3.5km.

Other Information:

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.

General Orienteering photographs from the event may be published on the website, flickr and social media; in the absence of any objection, agreement to this will be assumed.

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.