

Sandringham Country Park

Sunday 11th December 2016

Level C, East Anglian League & NOR Club Championships

Welcome to NOR's Sandringham Country Park event.

Parking will be in the overflow (southern) car park at Sandringham CP. Please follow the brown tourist signs for Sandringham from A149 and A148, then local signs to car parking.

New to Orienteering: You can read about a typical NOR event at: <http://www.norfolkoc.co.uk/newcomers/>

Once you arrive at the event, if you have any queries or require any explanation about courses, electronic punching, or orienteering techniques please ask at the Red Registration tent.

Times

Registration and SI Dibber Hire – in the red tent at the end of the parking area between 10.00 and 12.00.

Please contact the organiser if you are bringing a large number of competitors or school/youth group.

Before going to the Registration tent please complete the Registration Form, including your address if not a member of British Orienteering, and also the names and addresses of additional persons if entering as group, family or shadowing.

Fees:

Seniors / Groups £8.00

BOF member senior discount £2.00

Junior (under 21) single or pair £2.00

Extra map (if available) £1

Dibber Hire £0.50 (£30 replacement cost if lost)

NOR Club Championships – courses to be run are in line with EAL courses – prizegiving will be as close to 1:30 as possible.

Starts between 10.15 to 12.15. There is a 10 minute walk to the Start. Start times will not be pre-allocated.

Courses close at 14.15 - you must report to the download point by this time. Finish is near Assembly.

Facilities

Courses suitable for all levels of ability and experience - ask for advice if you are unsure which is the right one for you.

Tea room and toilets available at Sandringham Country Park Visitor Centre 10.00-15.30.

Courses

Course	Difficulty	Length (km)	Controls	Climb (m)	EAL Age Class
White	Very easy	1.4	9	10	-
Yellow	Easy	2.4	12	10	M/W10
Orange	Moderate	3.3	11	40	M/W12
Light Green	Moderate	3.6	9	55	M/W14
Short Green	Hard	4.3	11	60	W65+/M75+
Green	Hard	4.9	11	60	W16-20/W45-60/M65-70
Blue	Hard	7.2	18	70	M16-20/W21-40/M45-60
Brown	Hard	8.8	24	90	M21-40

This event uses Sport Ident E-Punching equipment. Dibbers (E-Cards) are available for hire from the desk at the Registration tent.

Maps - will be printed on waterproof paper, scale 1:10000 for all courses except White and Yellow, which will be 1:5000. **All maps are A3 size.** IOF descriptions used for all courses except White and Yellow which will have text descriptions. Descriptions will be printed on maps but also available separately.

Rhododendrons have grown and increased in number since the last survey.

Some power lines are omitted for clarity.

Please do not enter the out of bounds areas marked by the solid olive green colour. These mark the private residences and grounds within the forest area.

Forestry work (mostly thinning) started 3 weeks before the event and has affected the areas used by Blue and Brown courses.

Special Symbols

Green X = tree stump – large – IOF description (a circle with X inside)

Green O = distinctive tree

Black X = tripod (or quadrupod)

Terrain

The area is one of mixed woodland with variable runnability and with some areas of good contour detail. There is an extensive path network with some wide rides, and an arboretum area with several sculptures. In the very north of the area there is an open heath area with a network of ditches and some small marshy areas.

Courses avoid the worst of bracken, and there is very little in the way of brambles and brashings.

Visitors and dog-walkers create many temporary paths.

Safety

Only Blue and Brown courses have road crossings; the scenic drive through the northern area is closed to the public at this time of year.

There is some barbed wire used in fencing on Blue and Brown courses, please take care .

Dogs

Dogs on a lead at all times in the assembly area only until courses close at 2.15pm. Please clear up after your dog; there are plenty of bins in the areas near the visitor centre.

Officials:

Organiser – Leanne Bailey

leanne_bailey1@hotmail.com 01553 771961

Planner – Julia Paul

Controller – Mike Capper (WAOC)

Photography: 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 displayed, please notify the event officials. (British Orienteering guidelines, July 21st 2016)

Data Protection Act: Entry information (name age class and club) and the results of this event will be stored and processed by computer under the terms of the 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