

NORFOLK ORIENTEERING CLUB (NOR)

Event Details - Lynford - Sunday 10th December 2017

Please complete the registration [form](#) (IN CAPITAL LETTERS) with your details and course you wish to enter before going to register at **MAP SALES** in the red registration tent.

Families & Groups please name all persons on the Yellow Registration Form issued and please indicate in the 'Age Class Box' if Senior (S) or Junior (J).

If you are new to orienteering or need assistance, please enquire at the **REGISTRATION TENT**.

Today's event is using SportIdent electronic punching. Maps - White and Yellow are A4, scale 1:5000, All others are 1:10000 Brown A3 all others A4, all are pre-printed.

Registration: 10.00-12.00 hours Starts: 10.15-12.15 hours **Courses close: 14.15 hours**

Fees: £8.00 - Family Unit & Groups, Non BOF £10, £8.00 - Adults, Non BOF £10, £3 - juniors / students/HELPERS. Entry on line at www.fabian4.co.uk and (by 4 December) receive a £1 reduction. BOF membership card may be requested.

Note: BOF 3rd Party Liability insurance only covers Independent competitors for first three events.

E-card hire: 50p. (We will charge you £30 for each one not returned).

Extra maps: 50p

Car parking: TL 823944 Lynford Arboretum, O signs from A1065 Mundford Roundabout

<u>COURSES</u>	<u>LENGTH</u>	<u>CONTROLS</u>	<u>STANDARD</u>	<u>EAL Age Classes</u>
White	1.5 Km	10	Very Easy	
Yellow	2.0 km	12	Easy	M/W 10
Orange	3.2 km	10	Moderate	M/W 12
Light Green	3.2 Km	11	hard	M/W 14
Short Green	3.1 Km	13	Harder	M75/80 W65+
Green	4.6 Km	15	Harder	M65-70, W16-20, W45-60
Blue	6.7 km	21	Harder	M16-20, M45-60, W21-40
Brown	8.9 Km	24	Harder	M21-40

The White and Yellow courses are both suitable for beginners, the Orange is more difficult and better suited to those who have some experience of orienteering or map reading. Experienced orienteers will be around the registration area to give help and advice on course selection. Competitors with some orienteering experience for all other courses. Please note **NO UNDER 16s** are allowed to run **Short Green or Brown** as they have unmanned crossings in addition to the manned one

Control descriptions: All courses have descriptions printed on the map Loose descriptions at registration

Terrain & Safety information:

Lynford is flat but is tough going in some areas particularly north of the old quarry track, it is also difficult getting from this track into and out of the forest. Ways marked as paths have been cut through. Although undergrowth is going down nettles are still a problem. Full leg cover is essential. Two areas are marked with Yellow and Black tape these are sewerage areas - NOT TO BE ENTERED. W, Y, O and LG have no road crossings the other courses have a manned crossing at control 250 followed by a short taped route. There are lakes in the area, keep away from the edges. Please keep dogs on lead. You are advised to carry a **whistle**.

Start/Finishes: The Start is located 200m from Registration and there are 2 Finishes F1 (W, Y, O, LG) close to the start and F2 (SG to Br) 30m from car park. Both are signed and are located close to Registration and the car park. Take care crossing the road to Start and when returning from F1

Please ensure that all finishers, even if retiring, report to the **DOWNLOAD TENT**.

Officials: Organiser(s): Kim Eden **Planner:** Paul Garton **Controller:** Sarah Mansel
First Aid: A first aid bag is available at Registration.
Facilities: Toilets - portaloo in car park
Dogs: **Although you may encounter dogs on your course, please keep your own on a lead.**
Results: See NOR website: www.norfolkoc.co.uk. Results will be posted as soon as possible, after 5pm.

REMINDER – PLEASE COMPLETE THE REGISTRATION FORM IN BLOCK CAPITALS!

Families & Groups please name all persons on the form for insurance & participation data. Also indicate in the 'Age Class Box' if Senior (S) or Junior (J). Note a senior is classed as 21 and over.

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. 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.

ALL COMPETITORS TAKE PART IN THIS EVENT AT THEIR OWN RISK

Next NOR Event: : **14 January 2018 Horsford**

Other Regional Events: : **SUFFOC 25 February 2018 - Tunstall Forest**