

Sunday 12th February 2017 – Swaffham Heath Level C Event

Welcome to NOR's Swaffham Heath event.

Parking will be at OS Reference TF 767 094 (about 3.5 miles west of Swaffham town centre) and will be signposted from the A1122 between Swaffham and Downham Market.

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

Courses suitable for all levels of ability and experience. 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. You may encounter walkers / dog walkers on your course.

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

Litter: There is some litter in the car parking area left by the general public. As orienteers we respect the forest so please excuse this mess! Orienteers always take their rubbish home!!

Facilities: Nearest toilets in Swaffham Town Centre.

Times

Registration and SI Dibber Hire – from 10.00 to 12.00 in the red tent.

Please contact the organiser if you are bringing a large number of competitors or school/youth group. Entry forms for school groups are available online. 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.

Starts between 10.15 to 12.15. Start and Finish are adjacent to the Assembly area. Start times will not be pre-allocated.

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

Fees

Seniors / Groups £9.00

BOF member senior discount £2.00

Junior (under 21) single or pair £2.00

Extra map £1

Dibber Hire £1.00 (£30 replacement cost if lost)

Courses

Course	Length	Controls	Notes
White	1.0	8	Very easy - designed for young and/or inexperienced juniors.
Yellow	2.1	12	Easy - some orienteering experience will be needed by juniors. Follows line features, including fences, a vegetation boundary and a gully. Please ensure juniors understand these symbols.
Orange	3.6	12	Moderate - a good course for novice adults (25m climb)
Light Green	3.4	12	Moderate - technically quite difficult, not suitable for beginners. (35m climb)
Green	4.4	16	Hard - as technically difficult as the area will allow. (45m climb)
Blue	6.2	19	Hard (60m climb)
Brown	8.0	20	Hard (65m climb)

Maps: will be printed on A4 waterproof paper, scale 1:10000 for all courses except White and Yellow, which will be 1:5000.

Special Symbols: Black X = tripod (both on the map and on descriptions).

Seasonal changes: some seasonal paths are not marked on map, and some paths may still be covered in leaves.

Descriptions: IOF descriptions used for all courses except White and Yellow which will have text descriptions printed on the back. Descriptions will be printed on maps (on the back for White, Yellow and Brown) but also available separately. Loose descriptions will be available separately, the same as printed on the maps, except Orange loose descriptions which will be text versions.

Terrain

Swaffham Heath is mostly flat with a large shallow sided valley running East to West across the map accounting for most of the climb on the longer courses. Many blocks, particularly in the South and East of the forest, are shaded with a green hashing indicating undergrowth. This is predominately bracken in various states of decay and variable runnability, although animal/deer tracks can make crossing some blocks easier. All except the longer courses use the northern and central parts which are much clearer. However the northern blocks lack natural point features, so some of them have been populated with tripods carefully paced out by Kim (controller) and myself (Paul)

Safety

- Courses White Yellow and Orange have a taped route to follow through thicker woodland.
- Courses Light Green to Brown cross the entrance track – take great care when crossing this track, look both ways!
- When leaving the event, take great care when turning onto the A1122. It is a very fast road with traffic usually travelling at 60mph, and when leaving the venue the view is obstructed by the forest to your left and a bend in the road to the right.

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.

Officials

Organiser – Julia Paul
Planners – Paul Garton
Controller – Kim Eden (NOR)

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.