



# NORFOLK ORIENTEERING CLUB

Invite you to a weekend of orienteering

Come and enjoy a run through the Campus of the UEA and the historic medieval city of Norwich.  
Level C events with courses that will physically and mentally challenge you.

**Saturday 14<sup>th</sup> April ~ Day 1 ~ a Sprint event at University of East Anglia [UEA]**  
*Southern England Orienteering Urban League (SEOUL)*

**Sunday 15<sup>th</sup> April ~ Day 2 ~ an Urban event in Norwich City**  
*UK Urban League (UKUL) and Southern England Orienteering Urban League (SEOUL)*

## Day 1 - UEA Sprint - Saturday 14<sup>th</sup> April

**Location:** UEA is West of Norwich. Map Ref.TG 195 075; Post Code NR4 7TJ  
Directions from Norwich ring road: take the B1108 Watton Road - sp - UEA & A&E  
From the A47 east & west; A140 south, take the Norwich Southern By-pass (A47) for  
the B1108 towards Norwich - sp - UEA & A&E. Locate 'O' signs for parking.

**Terrain:** The eastern part of the map with the newer residential buildings is relatively straight forward. The central part of the campus is built on a sloping edge of the Yare valley on two levels with numerous stairs and many passageways through and between the buildings, this provides challenging navigation on the more technical courses.

**Map:** Scale 1: 4,000 with 5m contours. New map of Campus drawn to Feb 2018.

**Timings:** Registration 11.30-13.30 Starts 12.00-13.30 Courses close 14.30

**Courses & Fees:** Details – see below

**Entries:** Pre-entry preferred via [www.fabian4.co.uk](http://www.fabian4.co.uk) enter your class as shown below.  
Closing Date; Tuesday midnight 10<sup>th</sup> April

**Facilities:** Cafe' and Toilets in Sainsbury's Centre, also in SportsPark - but pay as you go!

**Dogs:** **NO DOGS** in Campus area.

<b>Officials:</b> Planner	Paul Garton	NOR
Controller	Sarah Mansel	SUFFOC
Organiser	Alan Bedder	NOR

## Day 2 - Norwich Urban - Sunday 15<sup>th</sup> April

**Location:** The Event Centre will be at the Sir Isaac Newton Sixth Form Free School, The Old Fire Station, 30 Bethel Street, Norwich, NR2 1NR. Ten minute walk from Norwich Bus Station. (NO parking available at event centre) City centre parking at any of the multi-storey car parks close by.

**Terrain:** Historic medieval city of Norwich boundaries are the river Wensum on the east side, with parts of the old city wall visible in the south, west and north. This is the area the competition map depicts, with the Castle on higher ground and Cathedral on lower ground, near the river. The city is laced with small passageways and many areas are pedestrianised.

**Map:** Scale: 1:5000 with 5m contours. With extra area and updates since the 2016 event.

**Facilities:** Event Centre (Sixth Form) has Toilets, Vending Machine & First Aid Kit available.  
Note: **NO DOGS** allowed on School premises.  
Several Food & Drink outlets nearby.

**Timings:** Registration: 10.00-12.15      Starts: 10.30-12.30      Courses close: 14.30  
Start Blocks; Early 10.30 - 11.10; Middle 11.10 – 11.50; Late 11.50 – 12.30

**Courses & Fees:** Details below

**Entries:** Pre-entry preferred via [www.fabian4.co.uk](http://www.fabian4.co.uk) Enter your class as shown below.  
Closing Date; Tuesday midnight 10<sup>th</sup> April.

**Notes:** The courses are planned to avoid traffic as much as possible but competitors do have to cross roads between pedestrian areas. For this reason, under BOF rules, juniors who are still under 16 years old on 15th April can only enter courses 6, 7, or 8 on which road crossings are marshalled. These courses use the same terrain as the senior courses passing though the city centre and old parts of Norwich.  
There is a Beginner's/ Newcomer's course see below

<b>Officials:</b> Planner	Stephen Nobbs & Jonathan Gilbert	<i>NOR</i>
Controller	Phil Halford	<i>SUFFOC</i>
Organiser	Mick Liston	<i>NOR</i>

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**Courses:** Provisional course details subject to final planning/controlling.

**Information:** Beginners 'B' – groups; families (adults with small children).

Novices 'N' – students; novice adults (no groups) but pairs allowed.

## Day 1 – UEA Sprint- level C event - Saturday 14<sup>th</sup> April

Course No.	Class (Age Group)	Distance	Climb	Controls	Map scale 1:10000
1	MO (18-35)	2.6 km	NA	23	A4
2	WO (18-35) / MV (40+)	2.2 km	NA	21	A4
3	WV (40+) / MSV (55+)	2.2 km	NA	21	A4
4	WSV (55+) / MUV (65+)	1.5 km	NA	14	A4
5	WUV (65+) / MHV/WHV (75+)	1.5 km	NA	14	A4
6	MJ/WJ (16-) / N	2.1 km	NA	22	A4
7	MYJ/WYJ (12-) / B	1.2 km	NA	20	A4

**Fees:** Senior BOF: £7.00; Juniors / Students: £3.00 (Non BOF Seniors +£2.00).

**EOD:** Senior BOF: £8.00; Juniors / Students: £4.00 (Non BOF Seniors +£2.00).

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## Day 2 - Norwich Urban – UK Urban League & SEOUL, level C event - Sunday 15<sup>th</sup> April.

Course No.	Class (Age Group)	Distance	Climb	Controls	Map scale 1:5000
1	MO (18-35)	7.1 km	90 m	29	A3
2	WO (18-35) / MV (40+)	6.3 km	80 m	28	A3
3	WV (40+) / MSV (55+)	5.3 km	70 m	24	A3
4	WSV (55+) / MUV (65+)	4.0 km	60 m	23	A3
5	WUV (65+) / MHV/WHV (75+)	2.9 km	40 m	20	A3
6	MJ/WJ (16-)	3.4 km	65 m	26	A3
7	MYJ/WYJ (12-)	2.1 km	35 m	20	A3
8	B/N (Any Age)	3.2 km	55 m	24	A4

**Fees:** Senior BOF: £10.00; Juniors / Students: £5.00; (Non BOF Seniors +£2.00).

**EOD:** Senior BOF £12.00; Juniors / Students: £6.00; (Non BOF Seniors +£2.00).

### Pre-Entry Fees for both Days:

Senior BOF: £15.00; Juniors / Students: £7.00; (Non BOF Seniors +£2.00).

**E-Card (Dibber) Hire:** for hire at 50p each per day (If lost you will incur a charge of £30)

**Entry Queries:** Alan Bedder NOR - [NORfixtures@norfolkoc.co.uk](mailto:NORfixtures@norfolkoc.co.uk)

**Insurance:** BOF registered competitors will be covered by BOF Public Liability Insurance. All other competitors will be covered by that public liability insurance for a maximum of three BOF registered events.

The personal data you give will be used by the event organisers/agents, only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate BOF insurance cover.

Submission of an entry for the event will indicate your acceptance of this procedure.

**Orienteering is an adventure sport.**

**All competitors take part at their own risk and are responsible for their own safety**