

## NORFOLK ORIENTEERING CLUB (NOR)

### Event Details - UEA & Earlham Park - Sunday 16th September 2018

**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 are A4, scale 1:10,000 and pre-printed.

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

**Fees:** £6.00 - Family Unit & Groups, £6.00 - Adults, £2.00 - juniors / junior pairs / students / helpers. Senior BOF members will receive a £1 reduction. BOF membership card may be requested.

*Note: BOF 3<sup>rd</sup> 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: in Main Car Park. Follow signs from B1108 or Bluebell Road. Please note that there is a £1 charge for parking (ticket machines).

<u>COURSES</u>	<u>LENGTH</u>	<u>CONTROLS</u>	<u>STANDARD</u>
Yellow	2.0 km	12	Easy (suitable for newcomers – all ages)
Orange	2.7 km	12	Moderate (suitable for newcomers – see note below)
Green	5.1 km	20	
Blue	6.5 km	23	

The Yellow and Orange courses are both suitable for beginners, but 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.

**Control descriptions:** All courses have descriptions printed beside the map in Text – no Loose Description issued.

#### **Terrain & Safety information:**

The area is mainly open runnable with some woodland. Full leg cover is recommended due to nettles on the Orange, Green and Blue courses. There are unmapped new sculptures in the middle of the map (not relevant to the Yellow course). On the Yellow course, there are canes with tape on to guide you from control 6 to 7. The river is only crossable via the two bridges - please do not go near the banks and respect anyone fishing. No swimming please. The Green and Blue courses are subject to minor tree felling - do not cross the fenced areas. Do not enter any of the construction areas - these are well fenced and obvious to all. Please avoid crossing the sports pitches if games are in progress and watch out for flying balls. Students and the general public also use the whole area - please respect their rights to use the park. There are minor roads with light traffic in the campus area - please use caution crossing these roads and watch out for buses, cars and bicycles. Junior runners to carry whistles.

**Start/Finishes:** The Start is located 100m from Registration and the Finish 150m. Both are signed and are located close to Registration and the car park. Take care crossing the road.

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

**Officials:**                      Organiser(s): Julie Price                      **Planner:** Philip Bartram  
**First Aid:**                      A first aid bag is available at Registration.  
**Facilities:**                      Toilets at Earlham Park Cafe' & Sports Park (there is a fee to enter the Sports Complex Facilities)  
**Dogs:**                              **Although you may encounter dogs on your course, please keep your own on a lead.**  
**Results:**                      See NOR website: [www.norfolkoc.co.uk](http://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:        7th October: Houghen Plantation and Drayton Drewary**