

## NORFOLK ORIENTEERING CLUB

*Invite you to the*

EAST ANGLIAN CHAMPIONSHIPS a National Event (Level B) at  
N.T. SHERINGHAM PARK ESTATE, Sheringham, North Norfolk.  
on Sunday 24<sup>th</sup> March 2019

### Location - Parking & Assembly

Sheringham Park Estate is situated off the A148 (Holt-Cromer) at the junction with B1157  
Map Ref . ~ TG 140 410 ~ NR26 8TU ~ also for the Car Park & Assembly area  
NOR club has negotiated with local NT to make a donation for the use of the car park thus  
there will be a £1 request per vehicle for event parking.  
NT members are requested to collect a free parking ticket from the pay machines.

### Terrain:

Sheringham Park & Weybourne Wood is one of the best orienteering areas in East Anglia.  
The undulating intricate very contoured glaciated terrain is a mature deciduous and conifer  
woodland and very runnable, also with an irregular complex pattern of paths and tracks.

### Map:

Scale 1:10,000; Contours 5m. Updated winter 2018/19

**Courses:** subject to final Controlling and lengths are shorter than normal to reflect significant climb

<u>Course</u>	<u>Length</u>	<u>Class male</u>	<u>Class Female</u>
Brown	7.0km	M21/35/40	
Blue	5.4km	M16/18/20/45/50/55/60	W21/35/40
Green	4.2km	M65/70	W16/ W18/20/45/50/55/60
Short Green	3.4km	M75	W65/70
Very Short Green	2.6km	M80/85	W75/80/85
Light Green	3.3km	M14	W14
Orange	2.7km	M12	W12
Yellow	2.0km	M10	W10
White	1.4km	<i>Non Championship Course (Beginners)</i>	

### Entries & Fees:

Pre-entry by midnight Tuesday 19<sup>th</sup> March 2019 via [www.fabian4.co.uk](http://www.fabian4.co.uk)

Senior BOF Members £10.00; Non BOF Seniors £12.00

Juniors & Students £5.00

Entry on day: BOF Seniors £12.00; Non BOF Seniors £14.00 subject to maps available

For: White, Yellow & Orange courses: Seniors Fee £6.00

### Registration & Enquiries:

09.45 to 12.00 for EOD. SI card hire 50p; Key deposit.

### Start Times:

10.15 to 12.15. Courses close at 14.15 (Start is 270m from car parking/assembly)

### Facilities:

NT Toilets situated 120m from assembly, also NT Cafe open from 11.00am to 5.00pm

Note Dogs on Lead please, there may be livestock present in the pasture fields.

### Officials:

Organiser:	Karen Goldsworthy	(NOR) treasurer [at] norfolkoc.co.uk
Planners:	Stephen Nobbs & Peter Leverington	(NOR)
Controller:	Bruce Marshal	(WAOC)

*You are responsible for your own safety and you take part at your own risk. British Orienteering 3<sup>rd</sup> Party insurance does not cover any non-member of a British Orienteering affiliated orienteering club at this event if that person has taken part in three or more British Orienteering registered events.*