

# NORFOLK ORIENTEERING NORFOLK ORIENTEERING CLUB

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## Regipn (Level C) Event at NT Beeston Regis & West Runton Heaths, North Norfolk on Sunday 23<sup>rd</sup> January 2022

**Location:** ½ mile north from the cross roads on A148 (Holt to Cromer trunk road) at “Roman Camp Inn” (NR11 8QD) - turn north into Sandy Land towards West Runton O’ Signed at the junction.

**Parking:** is restricted - the car park and track can accommodate around sixty cars. It would help if you could bring a fellow member. This area is used for exercising dogs and numerous walkers -please respect!  
**NOTE:** No Parking on Sandy Lane adjacent to the entrance track, this road has high banks, a hill approach and two-way traffic. (Post Code NR27 9NE; Map Ref. TG 183 143)

**Terrain:** The Heaths are steeply contoured, being part of the Cromer Ridge, formed at the end of the last Ice Age. An area of mixed woodland and heather with areas of semi standing of dead bracken. Beware the paths in the re-entrants and on the spurs are covered in leaves and mud – very slippery! The southern part of the map (south of parking track) is again mixed woodland in regimented blocks The access track (east to west) has old log stacks plus new stacks as forestry work in progress during Dec 21 & Jan 22, forestry vehicles have made extra tracks though the blocks and churned up existing rides.

**Map:** The whole area remapped by Peel Surveys Jan 2021. Scale 1:7,500 Contour interval 5m. The Courses with descriptions will be printed on never-tear waterproof paper, loose description available.

<b>Courses:</b>	NO WHITE Course	Yellow	2.4km climb 80m
	Orange 2.8km climb 80m	Light Green	2.9km climb 100m
	Short Green 2.6km climb 75m	Green	4.0km climb 120m
	Blue 5.9km climb 150m	Brown	6.7km climb 190m

Courses subject to climb and final controlling. (Brown course parts 1 & 2 printed back-to-back)

**Fees:** Juniors/Students ~ £4.00; BOF Seniors ~ £8.00; Family Unit & Groups ~ £10.00  
Independent Seniors & Groups incur a £2.00 supplement. BOF membership – may be requested.  
E-card (dibbers) Hire £1.00 if lost it will cost you £30

**Entries:** Entry by [NOR Registration Form](#) and return it to [NORfixtures@norfolkoc.co.uk](mailto:NORfixtures@norfolkoc.co.uk). Bring your fee in an envelope to the event Registration Shelter, labelled with names, on event day.

**Registration:** 10.00 -12.15 **Finish and Download** near registration.

**Starts:** From 10.15 to 12.15; located 150m north, down Spur. **Courses close 14.30**

**Facilities:** None (nearest toilets NT Felbrigg, Tesco’s & Nth Nfk Railway Station Sheringham)  
There will be no drinks at the Finish. Please bring your own.

**Dogs:** Dogs welcome, but please keep on lead; other dog walkers use the area.

**Officials:** Organiser: Alan Bedder; Planner: Phillip Bartrum; Controller: Sally Wilkinson (SUFFOC)  
**Covid:** please follow guidelines as previous event.

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.  
Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.