

# NORFOLK ORIENTEERING CLUB – Kelling Heath Holiday Park Regional (Level C Event) incorporating the East Anglian League Sunday 12<sup>th</sup> December 2022

*Subject to revision – please check again nearer the event.*

**Directions:** signposted from A148 between Holt and Bodham. Look for brown tourist sign “Kelling Heath”. Postcode: NR25 7HW. Grid Ref: TG118414. What3words: trend.crank.coffee.

Follow road round to the left to the Holiday Park centre, then park as directed.

**Newcomers:** are welcome, please come to the Red tent (Registration) before 11:45 and ask for advice.

**Online Entries** now closed; please contact the Organiser at [Nornews@norfolkoc.co.uk](mailto:Nornews@norfolkoc.co.uk) for last minute entries.

**Entry on the Day:** limited, subject to map availability. You will need to complete a yellow registration form in block capitals with your details and the course you wish to enter before going to register. Families & Groups: please enter all names on the back of the form, and indicate if senior / junior (U21).

**Registration:** 10:00 - 12:00; **Starts** 10:15 - 12:15 (Courses Close at 14:15)

**Fees** Juniors / Students / Helpers - £3.00; Seniors / Families / Groups - £10.00.  
Senior BOF Members receive a £2 discount. E-card hire £1 (£30 charged if not returned).

**SIAC:** SIAC (contact-less punching) will be enabled on all controls EXCEPT Start, Finish, Clear and Check. Please remember to dib at the **Start** and at the **Finish**.

**Facilities:** Toilets in “Health and Fitness” building in “village square”. Brackens café will be open serving soup and paninis, and hot drinks. Village Store and bar will also be open. Restaurant will be serving food from midday (booking recommended).

**Camping/Caravanning:** Kelling Heath Holiday Park is offering a special rate of **£20 per night** over the weekend of 10<sup>th</sup>/11<sup>th</sup> December (excluding extras). Please book ASAP to ensure availability.

**Dogs:** on lead only and under control.

**Map Scale:** - All courses on 1:10000 scale maps with 5 metre contours, A4 size. White and Yellow maps will be available at Registration.

**Control Descriptions:** White and Yellow course maps have text and symbol descriptions printed on the front of the map. All other courses use standard IOF pictorial descriptions which will be on the front of the map. Separate control descriptions will be available in the Start lanes.

**Safety:** Please be aware there may be traffic on the holiday park roads, including near the Start kite. **White** and **Yellow** courses have a control at the Halt (railway platform) – take care as there is no fence. Both these sites will have marshals.

Please take care near ponds and on steep slopes. Full leg cover is compulsory.

**Other users:** the area is popular with walkers and dog walkers, as well as site users. Please respect other users. Please do not cross pitches unless completely empty and unfenced.

**Terrain:** Kelling Heath lies on the Cromer Ridge, a glacial moraine formed by retreating glaciers at the end of the last Ice age. It provides perhaps the best example of a glacial outwash plain in England with steep ice-contact slopes dissected by deep dry valleys. (*abbreviated from Wikipedia*)

The holiday park is on a relatively level area with a good path network, while the wooded north-facing slopes lead down towards the North Norfolk Railway line. Look out/listen out for the steam train passing! (Safely of course!)

**Courses:** subject to confirmation and controlling:

Course	Distance (km)	Controls	Climb (m)	EAL classes
White (very easy)	2.2	15	20	-
Yellow (easy)	2.5	13	20	M10 W10
Orange (fairly easy)	3.9	13	30	M12 W12
Light Green (moderate)	4.1	12	20	M14 W14
Short Green (hard)	3.0	13	65	M75 M80 M85 W65 W70 W75 W80 W85
Green (hard)	4.7	17	55	M65 M70 W16 W18 W20 W45 W50 W55 W60
Blue (hard)	6.2	19	70	M16 M18 M20 M45 M50 M55 M60 W21 W35 W40
Brown (hard)	7.7	24	85	M21 M35 M40

**To score points** for the East Anglian League, you need to run the course allocated to your age class above. It is also possible to score points if you “run up” or “run down” a course (entering a course harder or easier than the one shown above). The full details can be found at <http://www.eaoa.org.uk/EALrules.pdf>

**Results:** Confirmed results will be displayed on the NOR website as soon as possible. <http://www.norfolkoc.co.uk>

**Organiser:** Julia Paul (07957 511640)

#### **Please Read**

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. Read our Privacy Policy to see how we look after your personal data.

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 taken or published, please notify the event officials. (British Orienteering Safeguarding Policy, 2021)

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

If you have previously taken part in 3 orienteering events, and are not a member of a club affiliated to British Orienteering Federation, then you will not be covered by 3rd Party Liability Insurance. For example, if you cause damage to the landowner's property, you may be liable.

**Our thanks to the staff of Kelling Heath Holiday Park for their support with this event.**