

# NORFOLK ORIENTEERING CLUB – Mousehold Heath – Sunday 4<sup>th</sup> September 2022

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

**PLEASE complete the registration form (attached) in BLOCK CAPITALS with your details and course you wish to enter BEFORE going to register at MAP SALES** (Families & Groups please enter all names on the form) If you are new to orienteering or need assistance, please enquire at Registration.

Today's event is using Electronic Punching with PRE DRAWN MAPS printed on waterproof paper

**Directions:** Mousehold Heath is situated NE of Norwich, south side of the Ring Road A1042 (Mousehold Lane). We have managed to get limited carparking at Soul Nursey, Heartsease Lane, Norwich, NR7 9NT (charge £2), we will have a parking marshal parking cars. (What 3 words shark.known.riders) or there is parking at the retail park (3 hour parking limit), Salhouse Road, Sprowston Retail Park, Norwich NR7 9AZ. If you park here it would prudent to cross at the traffic lights or on road parking on Rider Haggard Rd or Borrowdale Drive.

## Course details

| Course      | Tech Difficulty | Length (km) | Climb (m) | Controls | Scale  |
|-------------|-----------------|-------------|-----------|----------|--------|
| Brown       | Very Hard       | 6.6         | 275       | 27       | 1:5000 |
| Blue        | Very Hard       | 5.4         | 240       | 26       | 1:5000 |
| Green       | Very Hard       | 3.5         | 180       | 20       | 1:5000 |
| Short Green | Very Hard       | 2.4         | 100       | 14       | 1:5000 |
| Light Green | Hard            | 2.2         | 100       | 14       | 1:5000 |
| Orange      | Fairly Hard     | 2.1         | 75        | 12       | 1:5000 |
| Yellow      | Easy            | 1.7         | 50        | 14       | 1:5000 |
| White       | Very Easy       | 1.0         | 30        | 10       | 1:2500 |

## Fees

Juniors & Junior Pairs £3.00 (under 21 and students with cards)

Seniors & Groups £8.00 BOF member Non BOF member and groups £10

E-card (Dibber) Hire; £1– Note; we will charge you £30.00 for each one not returned Registration:

As there is multiple parking areas we will not be handing out this info paper and registration forms. A registration form for this event attached - Please print off – Complete and bring along to register.

**Map:** Scale 1: 5000; Contour interval 5m. White uses a 1:2500 scale map. Note :Brown & Blue courses has a split map back to back.

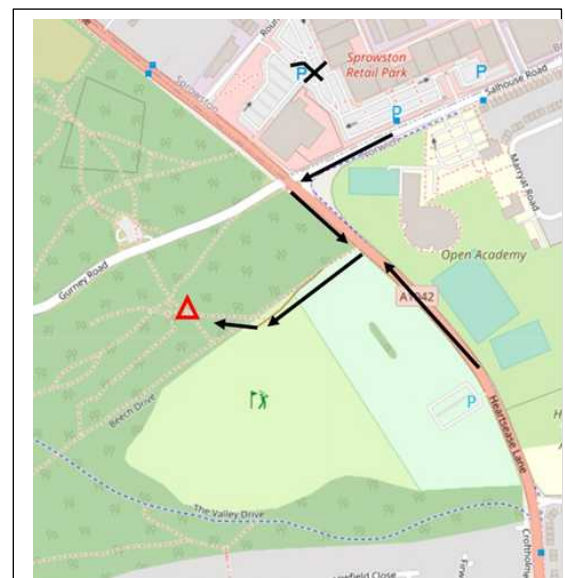
**Control Descriptions:** - Will be issued at the event registration. Also, all courses have descriptions printed on the front of the map. Yellow and white course maps have text descriptions, and all other courses use standard orienteering pictorial descriptions. The X denotes a woodland shelter

**Registration:** 10.00 -12.15

**Starts:** From 10.15 to 12.15

**Registration, start, finish and download are all**

**located in the same area. An open area close to the golf course,**  
**it will be tagged (walking route only) from both Gurney Rd**  
**and Heartsease Lane.**



## **Terrain:**

Mousehold is mainly a deciduous woodland, scrubland, heath land with numerous re-entrants, spurs, large depressions, steep embankments with a large valley cutting an arc through the heath - a very diverse area. with much contour detail. Gurney Road traversing SE through the area is OOB, It can only be crossed at a "Timed out" manned crossing point at the end of the cycle track. Only Brown, Blue, Green, Short Green and Light Green cross the road. Although the road is OOB the pavement on the north side may be used. Brown also crosses a minor road (no formal crossing point)

Mousehold is used by dog walkers, cyclists and families, please be aware of cycles as they do not stick to pathways. There are, therefore, numerous ever-changing faint trails which are impossible to map. Two areas, near the crossing point and in the south (visited by Brown) are used extensively by mountain bikers - the pits, mounds & cycle trails are marked with the brown dotted broken ground scree on the map

There are two that are Out of Bounds: the first is on the northern area of the map and is the site of St Williams Chapel marked on the ground by a series of earth walls and corner stone posts, the second is a small area near to Zaks and is the site of a war memorial, courses have been planned to avoid these areas.

Note: It is approx. 600 m to the assembly area from the car park: NO Facilities at Assembly but the route from the car park passes toilets at the golf putting course approx. 100m before Assembly. There are toilets at the Retail Park

Dogs on a Lead Please!

COMPETITORS MUST GO TO THE DOWNLOAD TENT EVEN IF RETIRING re safety check

Organiser: Karen Goldsworthy

Planner: Paul Garton

Controller: Sarah Mansel

Results: - See NOR website at [www.norfolkoc.co.uk](http://www.norfolkoc.co.uk). Results will be processed as soon as possible and published early evening.

NEXT NOR EVENT: Sunday 23<sup>rd</sup> October 2022 - Felbrigg Hall

For further details on these events see the details on the NOR website [www.norfolkoc.co.uk](http://www.norfolkoc.co.uk)

The personal data you give will be used by the event organisers and agents only for the purpose of processing/publishing the event entries and results. Conducting safety checks and to validate BOF insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

## **COVID-19:**

The event is being planned in line with British Orienteering guidelines relating to COVID-19 published on 21st July, 2021.

Before attending this event, or any other orienteering activity, orienteers, including officials, volunteers and coaches, should self-assess for symptoms of COVID-19. These are:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation.