



HAVERING & SOUTH ESSEX ORIENTEERING CLUB

2021 East Anglian Championships

Epping Forest South-West

SUNDAY 26th September 2021

FINAL DETAILS

IMPORTANT

Please do not attend this event if you or anyone in your household or anyone you have met recently is showing any signs of Covid-19 or you have an unexplained illness or have been told to isolate. Make sure you have read the "[Participant Code of Conduct](#)".

DIRECTIONS: NB. Change to the car park & slightly longer walks to/from start/finish

Car parking and the event centre is at Barn Hoppitt, near Chingford, Essex. TQ397947 (nearest postcode E4 7QH). This is on the south side Rangers Road (A1069), opposite the Queen Elizabeth Hunting Lodge.

From M25 Junction 26: Follow the A121 east to the Wake Arms/City Limits roundabout; take the 4th exit (A104) & continue for about 2 miles to the Robin Hood roundabout; go straight on & after 1 mile turn right into Rangers Road (A1069) signposted Chingford. After about 1 mile, turn left into the car park.

From A406 North Circular: At the Waterworks Corner roundabout, take the A104 north through Woodford Green; after 3 miles turn left into Rangers Road (A1069 signposted Chingford. After about 1 mile, turn left into the car park.

Car parking fees need to be paid either by RingGo or phone. There are no machines available for cash or card payments. If you have a smart phone or similar mobile device you are advised to download the [RingGo app](#) and set up your account in advance. The car park, Barn Hoppitt, code is 36109. Fees 1-2hrs £2.50; 2-4hrs £4; 4-6hrs £6. Phone no. 0207 110 0000. Note, you cannot book parking in advance. 6 hours is the maximum.

Key drop will be available at Download.

Chingford station has a 15-minute London Overground service from Liverpool Street. There is a 650m walk eastwards to the car park/event centre.

COURSES:

COURSE	LENGTH	CLIMB	No. of CONTROLS	MAP	EA CHAMPS CLASSES
White	1.6k	10m	10	A4	
Yellow	2.5k	20m	13	A4	M10, W10
Orange	3.4k	25m	12	A4	M12, W12
Light Green	3.9k	20m	15	A3	M14, W14
V Short Green	3.5k	25m	14	A4	M80+, W75+
Short Green	3.9k	35m	14	A3	M75, W65, W70
Green	4.9k	35m	20	A3	M70, W16, W55, W60
Short Blue	5.9k	60m	21	A3	M65, W18, W20, W45, W50
Blue	7.3k	65m	22	A3	M16, M55, M60, W35, W40
Short Brown	8.6k	70m	28	A3	M18, M20, M45, M50, W21, WOpen
Brown	10.2k	75m	30	A3	M35, M40
Black	12.3k	110m	30	A3	M21, MOpen

TAPED ROUTE

As some paths are vague or numerous, there is a taped route on **WHITE** on the approach to control 3 through to control 5. This will be marked with red and white streamers. Please advise competitors.

MAPS & DESCRIPTIONS:

Area fully remapped in March 2020, with minor updates made in August 2021.

A3/A4-sized map, 1:10,000 scale with **2.5m contours** using ISOM 2017-2, based on LiDar. Recent updates have included some vegetation and path changes but, because of overuse there are unmapped paths. Thinning particularly of the canopy has encouraged bramble and bracken undergrowth. In some parts this has been mown making it more runnable but leaving stubble which less agile competitors may find a hindrance. Some recent thinning has taken place leaving piles of brushings. Rootstocks and branch hides are not mapped. Standard IOF symbols are used.

Courses will be overprinted on waterproof paper. **Black** and **Brown** have 2-part back-to-back maps. **White** and **Yellow** have written descriptions, all other courses have pictorial descriptions. Descriptions are printed on the front of the maps, there are no special symbols. Loose descriptions will be available in the start lanes.

START:

There will be a manned road crossing from the car park. There is then a 980m taped route to the start gently downhill on paths; allow 10-15 minutes. There will be a -4 call-up. Some start times, to the ones selected, will be changed by a maximum of 5 minutes, please check. No clothing dump.

To avoid too many people congregating at the start, please aim to arrive near to your start time. If space is available the start official may allow you start early. Late runners will be allowed to start when a slot is available. The 4-minute rule between runners from the same club on the same course will be enforced. There will be a punching start. **White** and **Yellow** maps will be available at the pre-start.

Hired dibbers must be collected from the Start.

SAFETY:

The area is well used by mountain bikers, horse riders and walkers, please show respect to other forest users and, in particular, avoid startling horses or running close to them. There may be cattle grazing in the forest, please keep away from them. **Brown** and **Black** courses have road crossings, take care. All competitors must avoid running along any road. The very busy road on the east side of the area is out of bounds. Parts of the forest may be muddy especially if there is rain before the event. Full leg and arm cover recommended because of holly and bramble. Some forestry work could be taking place near the start and finish areas. Also, there may be filming taking place in the forest.

The nearest A&E is at Whipps Cross University Hospital, Whipps Cross Rd, E11 1NR

FINISH:

After finishing, please follow the tapes 475m back to the Download tent, adjacent to the car park. Results will not be displayed at the event but should be available on the HAVOC website as soon as possible after the event. There will not be any water or orange squash for competitors at Download.

Courses will close at 2.30pm and you must report to Download by this time.

TOILETS: Available from 10am. Access is from the courtyard to the rear of The View, close to the west side of the Queen Elizabeth Hunting Lodge. Use the manned road crossing to cross the road and walk round via the grass area, through the small gate and then an open gate; unisex toilets opposite. Wear a face covering.

DOGS: Are permitted if kept under strict control and if you clean up after them.

EAOA TROPHIES: EAOA trophy holders may leave their trophies at Download. Because we do not want you to incur extra parking fees, 2021 champions will be presented with their trophies at a future event.

ORGANISER: Colin Jackson (HAVOC) organiser@orienteering-havoc.co.uk
PLANNER: Garry Parmenter (HAVOC)
CONTROLLER: Michael Chopping (NOR/RAFO)

Event layout

