

HAVING & SOUTH ESSEX ORIENTEERING CLUB
East Anglian League, Yvette Baker Trophy Round and SWELL
Epping Forest South West, Chingford - SUNDAY 12th April 2015

FINAL DETAILS

DIRECTIONS:

The grassy car park is at Barn Hoppett, near Chingford, Essex. [TQ397947](#) (nearest postcode E4 7QH). This is on the south side of Rangers Road (A1069), opposite the Queen Elizabeth Hunting Lodge.

From M25 Junction 26: Follow the A121 east to the Wake Arms/Miller & Carter Stakehouse 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 nearly 1 mile, the car park is on the left.

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 nearly 1 mile, the car park is on the left.

East Anglian League : Because of a potential clash of courses with the Yvette Baker Trophy, this East Anglian League round is restricted to M/W20's & above, juniors will not score. Full EAL rules, including class/course mapping, can be found on the [EAOA website](#).

Yvette Baker Trophy: Five clubs are due to take part - DFOK, HH, SAXONS, SOS and SUFFOC. Full competition rules can be found on the [British Orienteering website](#).

Enquiries & Registration: Will be in or adjacent to the car park, probably the SE corner, from 10am to 12noon. Hired dibbers, for those competitors who have entered online, can be collected from Registration. **EOD subject to map availability:**

Seniors :	£8.00
Non-British Orienteering members surcharge:	£2.00
Juniors (under 21):	£3.00
Electronic punching SI-card hire:	£0.50

Single fee payable for pairs or groups competing together but only one map allowed.

Car keys can be left at Registration and collected from Download at the end of your run.

(Online entry, and any changes to entries, is available via [Fabian4](#) until midnight on Thursday 9 April).

COURSES:

	Length	Climb	Controls	Map Size	Descriptions [@]
White	1.9k	15m	12	A4	Written
Yellow	2.7k	15m	12	A4	Written
Orange	3.3k	20m	11	A4	Written
Light Green	3.7k	25m	13	A4	Pictorial
Short Green	3.9k	25m	16	A4	Pictorial
Green	4.8k	30m	19	A4	Pictorial
Blue	7.1k	60m	23	A3	Pictorial
Brown	9.5k	70m	30	A3	Pictorial

[@] As printed on the maps and loose descriptions except for **Orange** which has written descriptions on the map but pictorial loose descriptions. Loose control descriptions can be collected from Registration. There is no legend on A4 maps. Copies of the legend will be available at Registration. Brown course has a 2-part back-to-back map.

START: Is 400m north west from the road crossing. Starts are from 10.30am to 12.30pm. Start times will not be allocated. **NOTE, ALL competitors please ensure to allow at least four minutes between a fellow club member starting on your course and yourself.**

ROAD CROSSINGS: There are none on the courses but all competitors and spectators should use the marshaled crossing point on the northern edge of the car park to access the start, finish and toilets.

TOILETS: Are open at 10am and located in the courtyard behind The View. From the road crossing pass the water fountain and turn left at the grass area beyond the picnic tables. After 100m, go through the gate between the Hunting Lodge and The View banners then pass the wooden deer, the courtyard is immediately on the right.

OTHER SAFETY: Epping Forest is heavily used by walkers, dog walkers, mountain bikers and horse riders. Please show respect to other people in the forest. In particular do not startle any horses by sudden movement or by running close to them. Some depressions contain standing water due to heavy winter rain and some water features are larger than mapped; some paths are very muddy, please take care. Because of the abundance of holly, full leg and arm cover is strongly advised. Litter may be seen in the forest, watch out for any broken glass. Cattle are not expected to be in the area but avoid cows if you see any and do not touch any electric fencing. Model aircraft may be flying in the area 300m east of the start. Courses have been planned to avoid this area but take care if you hear any models. Nearest A&E hospitals are at Whipps Cross, E11 1NR and North Middlesex, N18 1QX, location maps available at Download. Any emergencies or incidents should be reported to Download.

FINISH: Is within 100m of the road crossing. The green Download tent will be located adjacent to the car park, probably in the SE corner away from the traffic noise. Courses will close at 2.30pm and you must go to the finish then report to Download by this time. Some controls may be removed before 2.30pm. Please ensure you remove your car from the grass area of the car park by 4pm, when the gate is due to be locked.

RESULTS: Provisional results will be displayed at or near Download. Results will be published on the HAVOC website as soon as possible after the event.

DOGS: Are permitted if kept on leads. You must clean up after them.

FACILITIES: The View visitor centre has displays about Epping Forest and is free to enter as is the Queen Elizabeth Hunting Lodge. Refreshments are available at the Butlers Retreat and Brewers Fayre (meals).

NB. There is a Fun Fair on Chingford Plain, close to the start. It is due to open at 12noon. So, later starters may be subject to some noise.

ACKNOWLEDGEMENTS: Thank you to Tristan Vetta, Senior Forest Keeper for permission to use Epping Forest.

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The HAVOC website is at www.orienteering-havoc.co.uk