

HAVERING & SOUTH ESSEX ORIENTEERING CLUB



LEVEL C - SWELL & ESSOL EVENT

BEDFORDS PARK, near ROMFORD

SUNDAY 6th JANUARY 2019

- CAR PARK:** Entrance off Broxhill Road, Havering-atte-Bower, north of Romford, RM4 1QH. Grid Ref. TQ 520 925. Car park is at the end of the drive; FREE car parking.
- DIRECTIONS:** From Gallows Corner roundabout, A12/A127 junction (about 3 miles west of J29 of M25), turn north (3rd exit) along Straight Road then at the roundabout, continue straight onto Broxhill Road towards Havering-atte-Bower, entrance to the park is on the left in about 1 mile.
Other routes: Approach along B175 towards Havering-atte-Bower. Park is sign-posted from the village green, turning where there is a sharp bend in the B175 road.
Public transport by 499 bus from stop V outside Romford Railway Station, towards Gallows Corner/Tesco. Take the bus to the Helmsdale Road stop (about 14 mins) then walk east along Lower Bedfords Road. The pedestrian entrance to the park is about 400m east of Risebridge Chase. Please keep to the main track within the park; registration is behind the Visitor Centre, in the main car park (about 1.5K, walk from the bus stop). Buses run every 30 minutes on a Sunday. More information: www.tfl.gov.uk
- TERRAIN:** Parkland with pockets of mature woodland, deer park, small fishing lake, open and rough open areas. Map (1:7500, 5m contours) updated Winter 2018. A4-sized maps pre-printed on waterproof paper.
- FACILITIES:** Visitor Centre, run by Essex Wildlife Trust, with toilets (donations box on the shop counter), also light refreshments, including hot and cold drinks, sandwiches and cakes. There is a small shop selling gifts and bird food; good views over London. No mud inside the Visitor Centre please, thank you. Visitor Centre closes at 4.00pm.
- COURSES:** White to Blue. Help available to newcomers.
- TIMES:**
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| Registration | 10:00 am to 11.45 am. |
| Starts | 10:30 am to 12:15 pm. |
| Courses close | 2.00 pm |
- ENTRY FEES:**
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| Senior members | £7.00 |
| Senior non-members | £9.00 |
| Juniors | £3.00 |
- Electronic punching (SI) will be used at this event – SI ‘dibber’ hire fee 50p.
Senior fee applies to groups and families competing together.
Note, member means an individual holding a current subscription to British Orienteering. Non-members are allowed to compete in up to three British Orienteering registered events before being recommended to join. See the [British Orienteering website](http://www.britishorienteering.org.uk) for information on how to join.
- ENQUIRIES:** Colin Jackson
Email: chairman@orienteering-havoc.co.uk
<http://www.orienteering-havoc.co.uk>