



## Havering and South Essex Orienteering Club

**Ranking (level C) event incorporating the East Anglian  
Schools Championships & final 2016/17 SWELL**

**Hornchurch Country Park, Sunday 14 May 2017**

### **DIRECTIONS**

Free car parking on grass in the country park, adjacent to the Ingrebourne Valley Visitor Centre (run by the Essex Wildlife Trust), Squadrons Approach, Hornchurch, RM12 6DF.

Note this postcode may not be recognised. Access to Squadrons Approach, and the car park, is from the bend at the meeting point of Airfield Way and Suttons Lane - RM12 6UB / TQ535849. **The car park has a 6'6" height restriction** but, we have made arrangements to open the barrier – if it's not open when you arrive, please park temporarily outside the park and come and ask for assistance at Registration. Single yellow lines outside the park entrance do not apply at weekends. The car park field will be **locked at 3.00pm**; use the hard-standing area if staying on after this time. **Beware of pedestrians when driving on the parking field!**

**DIRECTIONS:** From **M25 J30** take the A13 westward towards London. At the next interchange take the A1306 towards Rainham: 3rd exit at first roundabout and 1st exit at the second. At the next roundabout take the 1st exit towards Rainham then, at the "Dovers Corner" roundabout, take the 3rd exit onto the A125 towards Romford. At the cross-roads/traffic lights turn right onto South End Road, signed Hornchurch. Continue for about 1.4 miles then 120metres after a zebra crossing turn right at the traffic lights onto Airfield Way, signed to Hornchurch Country Park. Continue passed Tesco then, at the sharp left hand bend, turn right onto Squadrons Approach then left into the country park.

From **M25 J29** take the A127 west towards Romford. After 1.25 miles and just before the overbridge, turn onto the slip road, signed Upminster and Cranham, then turn left at the T junction. Continue to Upminster. At the crossroads/traffic lights turn right onto the A124 towards Hornchurch. Continue to the Hornchurch one-way system keeping left onto Station Lane. Continue passed Hornchurch Station and the disused St Georges Hospital then, at the sharp right hand bend, turn left onto Squadrons Approach & left into the country park.

Public transport - the nearest railway station is Hornchurch on the District Line - 1.4K. The 252 bus (15 min Sunday service) runs from outside of the station, over the Pelican crossing. Take the bus to the Hornchurch Country Park stop.

**FACILITIES** Toilets and refreshments (hot and cold drinks and snacks and ice cream etc) are available at the Essex Wildlife Trust Visitor Centre close to the car park. Please avoid taking any mud into the Visitor Centre.

**TERRAIN/MAP** On the site of the former RAF Hornchurch, this country park has a mixture of ecological interest as well as heritage. The area has been landscaped with blocks of woodland, lakes, open and rough-open areas. A mountain biking trail has been created along with a horse-ride in the south-western part of the area, known as Ingrebourne Hill. There are surfaced and unsurfaced paths throughout the park. Some structures from the RAF days can still be seen including pillboxes and Tett turrets. To the east is the Ingrebourne River and its flood plain which is a haven for birdlife. Further east are the Berwick Glades and Woods. The former is a relatively newly planted woodland and the later the site of old gravel workings much of which is overgrown by scrub. There are nightingales singing in the park; If anyone is interested in hearing (and maybe seeing) a nightingale, please ask the Organiser for advice on where to go (after your run of course!).

Map at 1:10,000 with **2.5m** contours surveyed and drawn by Tom Edelsten. Mountain bike trails indicated by a smaller than standard footpath symbol. A black X indicates play equipment, a wide H a seat, a green dot a small isolated tree or thicket. There are many mown paths which are indicated by narrow yellow strips.

**TIMES** Registration 10am to 12noon. Starts 10.30am to 12.30pm. Courses close at 2.30pm

**FEES** Entry on the day at Registration.

Senior members	£7.00	Senior non-members	£9.00
Juniors (under 21's)	£3.00	"Dibber" hire 50p (£30 charge for lost dibbers)	

Note member means an individual holding a current subscription to British Orienteering. Non-members are allowed to compete in three British Orienteering registered events before being required to join an affiliated club. See the [British Orienteering website](#) for information on how to join.

**COURSES**

Course details are shown in the table below:

Course	Distance	Climb	Controls	
<b>WHITE</b>	1.8k	5m	12	<b>EASC Primary</b> ; Junior beginners
<b>YELLOW</b>	2.8K	15m	14	<b>EASC Yr 7&amp;8</b> ; Junior novices/adult beginners
<b>ORANGE</b>	3.6K	20m	10	<b>EASC Yr 9&amp;10</b> ; Junior improvers/adult novices
<b>LIGHT GREEN</b>	3.9K	20m	13	<b>EASC Yr 11+</b> ; Experienced juniors/adult improvers
<b>SHORT GREEN</b>	3.8K	15m	12	Experienced orienteers
<b>GREEN</b>	5.0K	40m	12	Experienced orienteers
<b>BLUE</b>	6.8K	45m	15	Experienced orienteers
<b>BROWN</b>	9.6K	65m	22	Experienced orienteers

Courses will be suitable for beginners, novices, improvers and experienced orienteers. Help and coaching will be available for beginners/novices (please ask at Registration). Maps will be overprinted on waterproof paper. Control descriptions are printed on the front of the maps and loose descriptions (not waterproof) available at Registration. The Blue & Brown courses will have a 2-part map printed back to back. On Brown the legend is shown only on part 2 of the map

**START & FINISH** Start 200m from car park/220m from the Visitor Centre. Finish 120m north of the Start.

**SAFETY & FIRST AID** The area is very popular with dog walkers some of whom do not clear up after their pets.

Orange and Brown courses go into the Berwick Glades/Woods area to the east. Competitors must use the footbridge for access, do not go into the purple shaded out-of-bounds areas.

All courses except White, Yellow and Orange, cross or use an access road. There should not be any motor vehicles on this road but there may be cycles or horses. Take care. Light Green, Green, Blue and Brown courses go into the Ingrebourne Hill area to the south-west and cross the mountain bike trail, indicated by a smaller than standard footpath symbol. Keep a look out for bikes. Also there are some ruined fences with strands of wire at or near ground level which present a trip hazard.

Some of the pits used for control sites are very deep and will be taped.

A first aid kit will be available at Download. The nearest A&E hospital is Queen's Hospital, Rom Valley Way, Romford RM7 0AG. The Organiser will have maps showing the location of the hospital. The Organiser will have a copy of the risk assessment for this event.

**DOGS** Dogs are allowed in the competition area if kept under control and do not interfere with participants.

**OTHER INFORMATION** Individual and group entry forms are available on the [HAVOC website](http://havoc.co.uk) under the "Entry Details" section for the event. The EASC (East Anglian Schools Championship) rules are also available under this section on the website ([orienteering-havoc.co.uk](http://orienteering-havoc.co.uk)). It is hoped to be able to present EASC medals as soon as possible after 1.30pm near to the Download tent.

**CONTACTS**

Organiser: Barbara Beckett (HAVOC) [captain@orienteering-havoc.co.uk](mailto:captain@orienteering-havoc.co.uk)

Planner: Graham Batty (HAVOC)

Controller: Janet Biggs (HAVOC) [fixtures@orienteering-havoc.co.uk](mailto:fixtures@orienteering-havoc.co.uk)