

**RANKING (level C), SWELL (rnd #5) and ESSOL EVENT**

**Hornchurch Country Park, Sunday 24 January 2016**

**Havering and South Essex Orienteering Club**

**DIRECTIONS** Event centre at Whybridge Junior School, Blacksmiths Lane, Hornchurch RM13 7AH. There will be a £1 car park charge. Drivers please take extra care in the car park as other competitors will be walking around.

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. Take the turning on the left immediate after the South Hornchurch Health Centre. The entrance to the school is on the right. **NOTE: The car park will close at 2.45pm**.

Nearest railway station is Rainham (National Rail - C2C) and Elm Park (District Line - TFL) then bus 165 or 372 to the Ford Lane stop. From Rainham Station go to stop C, beyond the Phoenix pub. From Elm Park station go to stop M. (Note, there are toilets at Rainham Station but you have to get the key from the ticket office).

**FACILITIES** Toilets, Registration and Download will be sited at Whybridge Junior School. **NO MUD OR SPIKES** **inside the school building please!** Refreshments are available at the new Essex Wildlife Trust (EWT) Visitor Centre (RM12 6DF) accessible from the main country park car park off Squadrons Approach (at the junction of Airfield Way and Suttons Lane RM12 6UB - TQ535849).

**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 un-surfaced 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 and overlooked by the new EWT Visitor Centre. 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. These two areas are not being used for this event.

We are delighted to have a new map at 1:10,000 with **2.5m** contours surveyed and drawn by Tom Edelsten. For this event, an A4 sized extract has been taken. On the map the mountain bike trail is indicated by a smaller than standard footpath symbol. A black X indicates play equipment and a wide H a seat.

The area has not been used for an orienteering event since the mid/late 1990's.

**TIMES** Registration 10am to 12noon. Starts 10.30am to 12.30pm. Courses close at 2.15pm and the car park/event centre at 2.45pm.

**FEES** Entry on the day only at Registration in the school grounds. Entry form on the [HAVOC website](http://www.orienteering-havoc.co.uk/documents/Reg_Form_SI_-_BOF_no..doc).

Senior members £7.00

Senior non-members £9.00

Juniors (under 21's) £3.00

"Dibber" (SI card - electronic timing key) hire 50p (£30 charge for lost dibbers)

Car park charge £1.00

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](https://www.britishorienteering.org.uk/join_now) for information on how to join.

**COURSES** Course details are shown in the table below:

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| Course | Distance | Climb |  |
| **WHITE** | 1.9k | 15m | Junior beginners |
| **YELLOW** | 2.5K | 25m | Junior novices/adult beginners |
| **ORANGE** | 3.5K | 35m | Junior improvers/adult novices |
| **LIGHT GREEN** | 4.0K | 10m | Experienced juniors/adult improvers |
| **SHORT GREEN** | 3.9K | 15m | Experienced orienteers |
| **GREEN** | 5.0K | 15m | Experienced orienteers |
| **BLUE** | 6.3K | 55m | Experienced orienteers |
| **BROWN** | 8.3K | 65m | Experienced orienteers |

Courses will be suitable for beginners, novices, improvers and experienced orienteers. Help and coaching will be available for beginners/improvers (please ask at Registration). Maps will be overprinted on waterproof paper. Control descriptions will be printed on the maps and loose descriptions (not waterproof) available at Registration. The Brown course will have a 2-part map printed back to back.

**START & FINISH**  There is a 650m walk along the road from car parking to the start and 550m back from the finish (allow 5-10 minutes).There are road crossings, initially via a Pelican crossing then two residential roads. Please use the Pelican crossing to cross the busy South End Road. Under 16's must be supervised along the route to the start and back from the finish as none of the road crossings will be marshalled. There will not be a clothing dump nor water at the finish. The start area is open, overlooked by houses and easily viewed by the general public. Please use toilet facilities at the school.

**FIRST AID** A first aid kit will be available at Download. The Organiser is a qualified First Aider. 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.

**DOGS** **Dogs are NOT allowed on the school premises**. Parking should be possible in neighbouring streets. Dogs are allowed in the competition area if kept under control and do not interfere with competitors or officials.

**CONTACTS**

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

Planner: Garry Parmenter (HAVOC)

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

**Participants take part at their own risk and are responsible for their own safety during the event.**