



## Essex Stragglers Orienteering Society



### Essex Mid-Week Winter Series 2024/25 Event 1 – Chelmer Village, Wednesday 30<sup>th</sup> October

<b>Location</b>	Toby Carvery, Dukes Lane, Chelmer Village, Chelmsford, CM2 6AD W3W ///twig.dizzy.sheet Registration will be in the pub garden, weather permitting!
<b>Parking</b>	Free parking is available in the carvery car park
<b>MapRun</b>	<p>This event uses MapRun software. Please use a smartphone or Garmin watch and ensure you have the latest version of MapRun installed on your phone.</p> <p>Details of how to obtain a copy of the app and how it works can be found <a href="#">here</a>. There is also a HAVOC user guide <a href="#">here</a>.</p> <p>It is useful to download the course you need before you arrive, download the course onto the app by clicking on 'Select Event' in the app, and following the menu path UK &gt; Essex &gt; Chelmer Village Oct24 The courses are:</p> <p>ChelmerV Oct24 Long ChelmerV Oct24 Short</p> <p>This is a <u>line</u> event, where you are expected to visit the controls in the correct order.</p> <p>The course map will not be visible on your phone until you receive the PIN number at Registration on the night. You do not need the PIN number to run using a Garmin watch. Your result will be automatically downloaded when you finish. The full procedure will be explained at Registration. Control sites are fire hydrants and one lamp post. If the app fails to register your visit to a control, you need to note the lower number on the H sign, or lamp post number. If a control is missed then the software will show your result as Mispunch, but in the results we will add the usual penalty for a missed or incorrect control. Please ensure you notify the organiser that you have finished, so that safety checks can be completed.</p> <p>If you are unable to use MapRun, you are still very welcome to take part by completing the control card with pen or pencil, but be aware that this is a slower method. You will be timed by clock, and written answers will be checked. Please bring a pen to mark the control card and a map bag if wet.</p>
<b>Map</b>	Open Orienteering Map printed on plain paper. Bring a map bag if wet.
<b>Course information</b>	<p>Short course 3.4km (11 controls) 1:5000 Long Course 5.4km (19 controls) 1:7500 All measured as direct distances between controls.</p> <p>The course is on roads &amp; footpaths, including some well-lit alleyways. Dependant on your route chosen, you may pass controls en-route to your destination, however, you must still visit all of the controls in the <u>correct</u> order.</p>

<b>Registration and start times</b>	Start times will be between 6.30pm and 7.30pm. Competitors must report to the finish by 8:45pm.
<b>Entry details and fees</b>	<p>Enter this event via Racesignup.  £5 Seniors, £2 under 21 or students, £1 discount for orienteering club members.</p> <p>As this is the first event in the series, you could get a Golden Ticket – to enter the whole series, <a href="#">Golden Ticket</a> - Senior (member) £30, Senior (non-member) £40, Junior/Student £15</p> <p>For details of the dates &amp; locations of the series refer to the <a href="#">series webpage</a>.</p> <p>Entries close at 12:00 noon on Tuesday 29<sup>th</sup> October.  For late entries email series coordinator.</p>
<b>Event Officials</b>	<p>Organiser/Planner:  Jackie Sibthorp, 07311 213539 <a href="mailto:jackie_sibthorp@hotmail.com">jackie_sibthorp@hotmail.com</a></p> <p>SOS Series Coordinator:  Dean Pepper 07817 558216 <a href="mailto:deanpepper@gmail.com">deanpepper@gmail.com</a></p>
<b>Safety</b>	<p>Participation is at your own risk. Under 16s must be accompanied by an adult.  Bring clothing and footwear appropriate for the weather conditions.  As with any street orienteering participants will be required to cross roads and you are asked to take due care and attention at all times. High visibility clothing is strongly recommended.  There may be dog walkers, cyclists or residents on pavements and footpaths – be aware and give them priority.  It is a condition of entry that participants agree to follow the British Orienteering Participant Code of Conduct.</p>
<b>Nearest hospital A&amp;E</b>	Broomfield Hospital, Chelmsford CM1 7ET
<b>Facilities</b>	<p>Toilets available at the Toby Carvery.  Newcomers are welcome. Help and guidance will be available.</p> <p>Post event refreshment and deliberations in the Toby Carvery, meals are served until 9pm.</p>
<b>League</b>	<p>The event will form part of Essex Mid-Week Winter O League. Points will be awarded based on finishing times adjusted using an age/gender handicap system.  Each missed or incorrect control will incur a 5 minutes penalty. Best 6 results from the 10 event series will count. On-the-night bonus of 15 points per event for those running on the night, opposed to MapRun catchup. 7 min penalty for Anytime. A second run on any particular course will not count for scoring purposes.  Anytime catch-up for events hopefully available for 2 weeks after the event, on MapRun.  See <a href="#">series website</a> for maps and instructions.  You are welcome to run together as a group, but in order to be fair we ask that you keep together, as when running as a group the least advantageous handicap is applied.  100 points will be allocated to the course organiser/planner for each event planned.  Full results will be emailed and published on the SOS and HAVOC websites.</p>