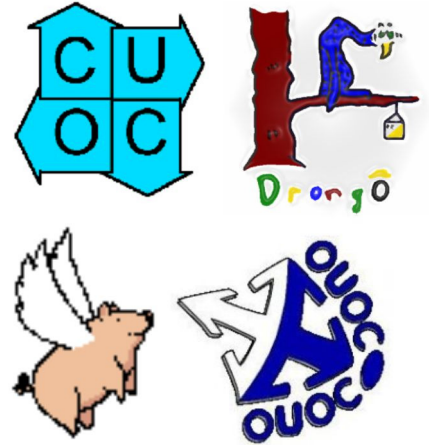


Final Details
38th Orienteering Varsity Match
25th-26th April 2009
Epping Forest NW and Northaw



Dear Varsity Orienteers,

We're looking forward to seeing you over the Varsity weekend.

Planner: Adam Leaf (DrongO)
Organisers: Adam Bennett (CUOC)/Blanka Sengerová (DrongO)

For any last minute queries, contact Blanka on blanka@drongo.org.uk or 07791 208789

www.drongo.org.uk

Costs

Costs for the weekend will be collected after the Varsity Match via CUOC, OUOC, and directly from DrongO and JOK runners.

Timetable for the weekend

Saturday 25th April

Arrival at village hall.

11:30-13:15 DrongO/JOK/Guest/B-team start block

13:45-15:00 CUOC and OUOC start times

5.30pm courses close

7.30pm Dinner

~9pm presentations, beer races, and disco/party

11 pm Residential area quiet time – feel free to continue to party, but avoid any loud noise!

Sunday 26th April

10.00am Aim to leave village hall (packed up) to get to the relay area in plenty of time.

11.00am Relay mass start

Mini mass starts will follow as appropriate and we'll finish when everyone's back.

Then depart home!!

Accommodation

Accommodation has been arranged at the village hall in High Beech (High Beech Village Hall Avey Lane, High Beech, Loughton, Essex, <http://www.essexinfo.net/high-beech-village-hall/>; GRTQ404980, nearest postcode is IG10 4AB). The village hall is about 3.5km from Loughton underground station on the Central line.

Travel to High Beech village hall...

From Cambridge Follow M11 to M25 and head West to exit at junction 26. From the roundabout, take the A121 Eastbound towards Loughton for 400m, then turn right at the Volunteer public house into Forest Side. After 500m turn right into Pynest Green Lane, and second left into Avey Lane after 1.8km. The village hall is a further 500m on the left.

From Oxford Follow M40 to M25 and head Clockwise to exit at junction 26. From the roundabout turn right under the M25, and at the second roundabout take the A121 Eastbound towards Loughton for 400m, then turn right at the Volunteer public house into Forest Side. After 500m turn right into Pynest Green Lane, and second left into Avey Lane after 1.8km. The village hall is a further 500m on the left

Saturday's assembly area is within walking distance from High Beech village hall, and the relay area is about 13km away from it. The Saturday evening meal, social, prize-giving, beer races and party will be held at the village hall. You will need a sleeping bag and sleeping mat, and the hall will be used at different times as a dining room, as the party room and as the sleeping area. In the village hall there is a kitchen, and tea/coffee/hot chocolate/squash will be provided, as will be food for you to make breakfast and lunch on Saturday and Sunday.

Being a village hall, there are no showers. There is a disabled toilet cubicle for some basic washing, although that includes no shower either. We have arranged access for people to shower at

Grundy Park Leisure Centre, Windmill Lane, Cheshunt, Waltham Cross, Broxbourne, EN8 (about 5 miles)

Two changing rooms available, tell them you're with the orienteers, and please leave muddy kit outside. Probably won't be charged for a shower only but you will need to pay if you want to swim (see below). Facility open till 7pm.

John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0RH (about 10 miles away)

Just say you are with the orienteers and there to shower and the duty manager and receptionist should be aware of this. Again, you won't need to pay, but please clear up any mess you have made.

IMPORTANT: In both cases, the managers are doing me a huge favour in letting us in to shower – please make sure you leave the facilities in the same clean state as you found them – if you don't, I'll be the one who gets into trouble, so I'd appreciate your help on this front!

Alternatively, mainly for the early finishers, you can go for a swim and/or showers at one of the following:

→ Loughton Swimming Pool, Trapps Hill, Loughton, IG10 1SZ (about 2 miles away)

Swim/shower £3.30, available 9.30am-4.00pm on Saturday

→ Waltham Abbey Swimming Pool, Roundhills, Waltham Abbey, Essex, EN9 1UP (about 3 miles away)

Swim/shower £3.30, open in the morning only 10.30am-1.30pm

→ Grundy Park Leisure Centre, Windmill Lane, Cheshunt, Waltham Cross, Broxbourne, EN8 (about 5 miles)

Swim/Shower £3.85 (£2.10 with student card), available 12.30-4pm

Individual - Epping Forest NW

Travel: The event centre is at High Beach village hall (GR TQ404980; for sat navs, nearest postcode is IG10 4AB) and will be signposted from the Volunteer public house on the A121 at GR TQ411996.

Start times: Varsity Match 1345-1500, Alumni and Guests 1130-1315

Terrain: The area consists of undulating forest, generally runnable. It is crossed by several minor roads, and one major road. All courses cross the minor roads, and it is the competitor's responsibility to ensure that he or she crosses these roads safely (see below for further details of marshaled crossing on course 1).

Runnability screens are indicative of the average speed of an area. Do not use the boundaries between walk, slow run and fast run for precise navigation unless shown as a distinct vegetation change. At this time of year undergrowth is at a low level.

Following a dry March, some watercourses are drier than the map would indicate, however the water table is still high and so many depressions have lying water in them.

The boundaries of built up areas do not necessarily correspond to a fence or wall unless so marked.

Many Beech trees are dying, unfortunately. Fallen trees and rootstocks have not been mapped, and you may find new unmarked clearings. You may also find extra paths made by mountain bikers.

Map: A4, 1:15,000, 5m contours, pre-printed and bagged. Survey and cartography by John Pearce 2003, updated 2007. Symbols are ISOM standard except for the following special symbols: a black X indicates a hide; ▲ indicates a log pile.

Courses:

- | | |
|-----------------------|--------------------------------|
| 1. Men's A | 8.4 km, 90m climb, 24 controls |
| 2. Women's A, Men's B | 6.6 km, 75m climb, 18 controls |
| 3. Women's B, Men's C | 3.7 km, 35m climb, 11 controls |

Start: 1km from the event centre following minor roads and footpaths. Watch out for traffic. Route will be taped, and call up will be at -3 minutes.

Finish: The finish is 1km from the event centre following minor roads and footpaths. Watch out for traffic. Maps will be collected at the finish until the last Varsity Match A runners have started. Download will be at the finish for the Varsity Match A runners and in the village hall for everyone else. Don't forget to download.

Marshalled Crossing: Course 1 crosses a major A road in two places. These crossings will be marshalled during the Varsity A runners start block and will not be timed, subject to a maximum allowance of 2 minutes. Please take care when crossing the road.

Control Descriptions: Loose descriptions will be available at pre-start (and descriptions are also on the map).

Warm-up Area: in the forest across the minor road from the start

Out of bounds: the A121, which bisects the competition area, and the A104 running along the SE edge of the map are out of bounds, and will be marked with purple crosses on the map. Any competitors seen running along these roads will be disqualified.

Social

We will provide a basic meal (with veggie option) to all those staying in the village hall. Please e-mail blanka@drongo.org.uk if you're not staying but wish to stay for the meal, so that we get the numbers right, and also let me know about any dietary requirements I need to know about. The presentations will follow the meal in the hall, with beer races taking place in the car park at some point during the evening. NB: we were told that although there is plenty of crockery available, they don't have cutlery there. Can you please bring your own knife, fork and spoon with you just to make sure we have enough.

We will bring a stereo and some speakers with a way of connecting mp3 players/iPods to it, so please bring along whatever music you'd like to listen to in the appropriate format.

The village hall is slightly set back but not miles away from residential homes and if we're very noisy, the village residents won't appreciate it. Please be considerate! According to the village hall rules, there should be no music after 11pm, so please keep noise down after this time.

We will provide soft drinks and the beer for the beer races, but please bring your own alcoholic beverages to sustain you throughout the party afterwards.

Trophy return: Please could current trophy holders please ensure that they bring the trophies to the event (or make sure they get brought to the event) so they can be duly presented to the next lot of winners.

Relay – Northaw Great Wood, nr. Cuffley

Relay teams: I will try to make up some reasonably equal teams for the relays based on the results from Saturday to make the competition a bit more equal. If you are not planning to run at the relays and know it before the event, please let me know - the sooner the better, and certainly by the event on Saturday. Unless I've been told otherwise, I will assume everyone running on Saturday will want a run on Sunday too.

Start times: Mass Start 1100. For those staying in the village hall, please pack up before the race and before heading out to the area.

Travel and Parking: The relay car park will be at the Country Park Visitor Centre off the B157 at GR TL280038 (for sat navs, nearest postcode is EN6 4BH), 3km. East of Cuffley. From High Beech make your way back to the M25 at junction 26, and travel West to Junction 25. Take the A10 North for 1km and turn left onto the B198 at the 1st roundabout. At the next roundabout turn left on the B156 towards Cuffley, and in the village, pass underneath the railway and turn right at the T junction into the B157. The country park is a right turn after 3km., and will be signed This is a public car park, limited to about 30 cars, so please be considerate when parking. The assembly area will be adjacent to the car park, and will be sign-posted from there. A charge is payable at the honesty box next to the Visitor Centre.

Terrain: The wood is gently contoured and generally very runnable. It is made up of mainly Oak, Birch and Hornbeam with areas of Ash, Sycamore and Sweet Chestnut and there is a variety of flora and fauna. Due to ongoing woodland management there may be some new areas of felling, in which case you will be advised in the assembly area. The NE section of the map (beyond the wooden fence) comprises a Herts County Council Education Camp, and is out of bounds.

Map: A4, 1:10000, 5m contours, pre-printed and bagged.

Courses: Each team of three will run Medium, Short and Long legs, not necessarily in that order.

Approximate lengths:

Medium – 4.5 km;

Short – 3.5 km;

Long – 2.5 km.

As usual for relays, control descriptions will be on the maps only. Changeover procedure should be self-evident, but will be demonstrated on the day. The assembly area will be on a spur near the car park looking over a re-entrant containing the spectator control.

Facilities

Toilets will be available at the Visitor Centre for the Relay Event.

First Aid – a basic first aid kit will be available at the assembly area on both days.

The nearest A&E hospital (5.6mi from High Beach Village Hall) is North Middlesex Hospital, Sterling Way, London, N18 1QX. Tel: (020) 8887 2000.

The nearest A&E hospital to the relay event (4.2 mi.) is Chase Farm Hospital, 127 The Ridgeway, Enfield, Middlesex, EN2 8JL. Tel: 0845 111 4000

Safety and Other Notices

Out Of Bounds areas are clearly marked on both maps – please stay clear, orienteering access to these areas relies, in part, on our adhering to this.

Thanks to...

Chigwell & Epping Forest and Happy Herts OC for letting us use their areas

North London SI consortium for the SI kit

WAOC for the mini-printer

High Beech Village Hall for the accommodation

Janet Biggs for checking the courses, and Tim Pribul for checking the controls on the morning

Mark Collis (DrongO) for printing maps and sorting out the dinner on Saturday

DrongO members Mark Bown, Claire Hutchinson, Alan Elder, Simon Thomas, Matthias Mahr, Anya Crocker for helping out on the day

Stephen Granger-Bevan for organising the beer race

And apologies to anyone who I've forgotten!