



Hertfordshire Orienteering Club



Ace of Herts and SE League event Northaw Great Wood Sunday 19th February 2017 Final Details (as at 16/2/17)

Event Centre and Car Park

Tolmers Activity Centre, Tolmers Road, Cuffley, EN6 4JS.

The Event Centre can be approached from the M25 (J25), the A10 in Cheshunt or the A1 (J3). It will be signed from the junction of B156 (Station Road) and B157 (Plough Hill) in Cuffley. From the junction proceed east along Station Road and turn left (north) just before the Railway bridge. Follow Tolmers Road for approximately 1 mile and just before the end on the right is the entrance to the Activity Centre.

For SatNav use postcode EN6 4JS.

For more detailed written directions see <http://www.tolmers.org.uk/contactpage.php>

Public transport

The car park is 1.5 km walk from Cuffley Train Station. Trains from Stevenage and Finsbury Park and Moorgate

Car Parking

Please take care in Tolmers, the road will also be part of the walk to the Start and follow the directions of the Parking Marshalls. There is no separate charge for parking.

Event Centre

Here you will find

- Entry on the day (to enter, collect a dibber or change course or start time)
- General enquiries
- Toilets (please use before proceeding to the start. There are none at the start. Do not use the woods)
- Download
- Live results by Wifi
- Water/squash
- Ultrasport
- Unfortunately there will be no food providers – please bring your own

Cancellation

Given the time of year, extreme weather conditions such as high winds or significant snowfall could result in late cancellation of the event. Every effort will be made to inform competitors as soon as possible after a decision has been made - if cancellation is necessary a message will be posted on the www.herts-orienteering.club website and an email sent to all those entered on Fabian4. Please check before travelling.

Safety

Orienteering is an adventure sport. You take part at your own risk and are responsible for your own safety.

The road along the southern boundary is out of bounds for the event. In the south western section of the main wood there is a single wire at neck height running north south. This has been marked with red/white tapes and courses Green and longer will come across this. The location of the wire will be highlighted on the blank maps on display in the start lanes. There are ponds, and depending on the weather, standing water which can be deep and therefore should not be crossed, especially if frozen.

All competitors must report to Download (at the Event Centre) even if they retire. Courses close at 2:30 pm, after which controls will be collected. You must report to the Finish and Download even if you miss the cut-off time, to avoid a search being instigated.

All competitors travelling alone are advised to leave car keys, or something they can't go home without, at Enquiries together with name, club, and emergency contact. All competitors are advised to carry a whistle. In the event of extreme weather on the day, cagoules may be compulsory and you will be informed by car park marshals and in Assembly. Come prepared.

A club member with first aid qualification will be stationed at the finish with Emergency response kit. Please talk to the Start or Finish officials if you need first aid in the competition area. The nearest A&E hospital is The Barnet Hospital, Wellhouse Lane, Barnet, Hertfordshire, EN5 3DJ. Map and directions will be available at Enquiries.

Dogs

Please leave dogs in cars in the Car Park. The area around both the Car Park and the Start are Activity Centres used predominantly by children and unsuitable for dogs.

Terrain

Northaw Great Wood is a Site of Special Scientific Interest containing one of the county's most extensive areas of ancient hornbeam woodland, with other trees including oak and silver birch. Glades, streams and springs add to the biodiversity.

All courses start within Cuffley Camp, an outdoor learning centre. Timber huts have been mapped, however in some locations the timber or gravel bases of where huts have previously been have not been mapped. Within the Camp there is also an assault course and play equipment, along with other transient items stored at various locations all of which have not been mapped. Please stay clear of these items and advise juniors in your care.

The boundary to the Camp is a post and rail fence which is fragile in places. As a condition of the use of the area we have restricted the crossing points and every course has a control adjacent to a **Mandatory** crossing point. The crossing point for courses Blue and longer will be marked with red and white tape and you should cross between the two tapes, by either stepping over the top rail where it is low or passing between the two rails where it is higher. **YOU MUST NOT CLIMB OR STEP ON THE RAILS.** The crossing point for courses Green and shorter will have a gap through which you will be able to walk. The remainder of the boundary has been marked with a thick purple line indicating it is uncrossable.

The dark green (fight) is mainly but not exclusively used to indicate Holly and Rhododendron bushes. These are mapped where they are significant in the surrounding area.

The light undergrowth screen mainly indicates bracken which is dying back, however the thick undergrowth screen indicates brambles.

Entries

Online Entry preferred via Fabian 4: www.fabian4.co.uk

Entry on the day, from 09.30 – 11.30.

Fees

	Seniors	Juniors (born after 1996)
Before 12 Feb 2017	£13 (£11 BOF members)	£7 (£5 BOF members)
Before 16 Feb 2017*	£15 (£13 BOF members)	£8 (£6 BOF members)
Entry on the day*	£16 (£14 BOF members)	£8 (£6 BOF members)

*subject to map availability.

Dibber hire £1.00. Charge for lost dibbers £30. There is no additional charge for parking.

Route to Start/ Clothing dump

Please proceed directly to the Start if you are pre-entered and have your own dibber. If you need to enter, collect a dibber or change course or start time please go to Entry on the Day BEFORE proceeding to the Start. The Start is approximately 1.2 km from the Event centre along a taped route through Homewood. It starts by following the road back out of the car park. Parts of the route are not suitable for pushchairs.

Before the road crossing there will be an area to leave clothes – please bring your own weatherproof bag. The dump will be in sight of the road crossing and will not be manned. Clothing is left at your own risk.

There is a marshalled crossing of a busy and fast moving road. Please cross with care and obey the marshalls. Young juniors should not be left to cross this road unaccompanied. Crossing safely is your responsibility.

After crossing there is a barrier into the Camp please pass carefully underneath it. Assistance will be provided if required.

After the barrier proceed straight on following tapes to the Start. There are people living in the adjacent houses, please keep noise to a minimum. Shortly prior to reaching the Start you will see the taped route from the Finish. Please keep to the taped route as it passes through the edge of the competition area.

The same route will be used for return from the Finish after competing.

Start

Start times between 10.00-12.30. Courses close at 14.30.

There will be a -4 minute call-up before a punching start.

Start times will be available through Fabian4 after the 16th February closing date.

Start times will be allocated, including entry on the day. Late starters will have a punching start but may have to wait a while on popular courses. We will be enforcing the 4 minute gap between club members required by the SE League rules.

Runners on White and Yellow courses will collect their maps before the start.

Map

New map surveyed and drawn by Simon Errington 2016. Scale 1:10,000 and contour interval 5m.

Courses will be pre-marked on waterproof paper.

Course Details:

	Distance	Climb	Controls	Description Length (cm)
White	1.7km	40m	9	10.5
Yellow	2.4km	60m	9	10.5
Orange	3.0km	70m	11	12
Light Green	3.5km	85m	13	13
Very Short Green	3.2km	80m	14	14
Short Green	3.8km	110m	16	15
Green	4.8km	115m	17	15.5
Short Blue	6.1km	135m	22	18.5
Blue	7.5km	195m	20	17.5
Short Brown	8.8km	210m	25	20.5
Brown	10.3km	230m	30	23.5
Black	11.2km	285m	31	24

Please note courses Blue, Short Brown, Brown and Black are two sided.

Sorry, no string course.

Control descriptions will be on the front of all maps. Pictorial descriptions have been used for all courses except White and Yellow which will have text descriptions. Loose descriptions will be available in the Start lane.

Sportident SI punching will be used on all courses. For those hiring a dibber this should be collected from Entry on the Day prior to going to the start. Should any SI unit fail with no beep or flashing light, use the pin punch attached to the stake to mark your map and advise download accordingly.

N.B. For Competitors on Black with type 5 and 8 SI cards and Competitors on Brown with type 8 cards we will provide higher capacity type 9 cards for use on the day. Please note the requirement on your entry form. Also note, for Competitors on Brown with a type 5 card, you will not get all your split times if you mispunch but you will get a finish time.

Finish

Courses close at 2:30 pm, after which controls will be collected. You must report to the Finish and Download even if you miss the cut-off time, to avoid a search being instigated. After finishing, follow the taped route through the competition area (keep to the route) back through the woods and the

fence to the Camp to rejoin the route you followed to the Start. Retrace the route back to the Event Centre, including passing carefully under the Cuffley camp entry barrier. Like the walk to the Start parts of the route are not suitable for pushchairs. It is approximately 1.4km in total.

Results

Times taken between each control and your total time for the course will be printed for you at download.

Live results will be available at the event centre using Wifi.

Join: hhresults, Visit: <http://results.herts-orienteering.club>

Full results, including Routegadget, will be published on www.herts-orienteering.club as soon as possible after the event. Our aim is to publish early Sunday evening.

Acknowledgements

We would like to thank Northaw Great Wood owners, Tolmers Scout Activity Centre and Cuffley Camp and their staff for their use by the Event.

Officials

Organiser: Maire Convery HH organiser@herts-orienteering.club

Planner: David Frampton HH

Controller: Tim Pribul CHIG