

HERTFORDSHIRE ORIENTEERING CLUB

4



presents

a Level 1 (National Event)

incorporating

The Interland International

Future Champions Cup

& The Southern Area Championships

at

Egypt Woods and Burnham Beeches

Sunday 22 Feb 2009

FINAL DETAILS

Welcome and thank you for entering our event. Whether you are competing for your country at Interland, seeking to win your regional championship, chasing Future Champions' Cup points, accumulating BOF ranking points or merely experiencing Hertfordshire Orienteering Club's finest area in this, the 40th Anniversary of our club, you are all most welcome. I would also like to publicly express appreciation to our neighbouring clubs CHIG and LOK who have provided numerous volunteers to assist in running the event.

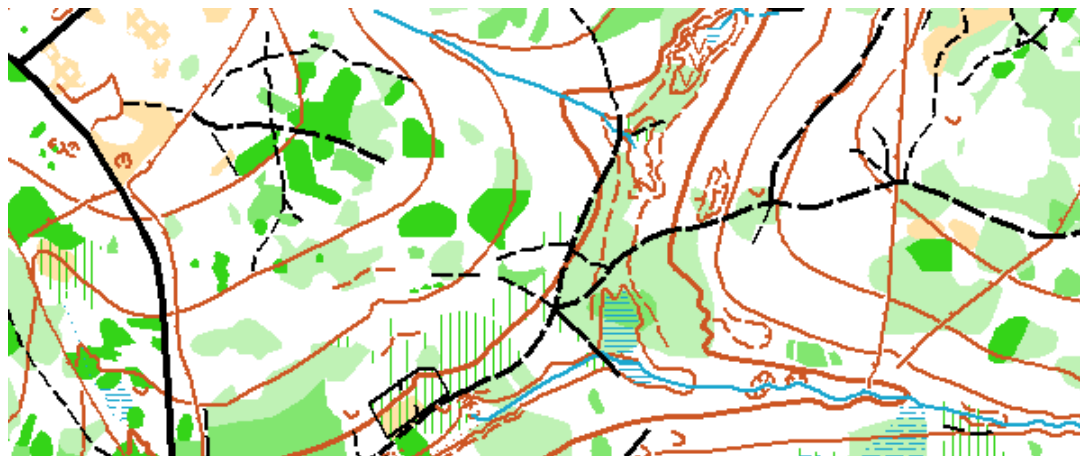
The first major event run on this excellent area was planned and organised by Alan and David Rosen in 1972. I regard it as particularly fitting that Alan, who is still a club stalwart, is one of our planners. The map was meticulously produced by Jim Prowting and a quick scan of the 1972 results shows that the M21 was won by the young Mike Murray, who incidentally smashed the planned winning time to win by a distance. Mike and Jim will, of course, be running for England in the M60 class today. The Ladies winner, also by a comfortable margin, was Alison Reed of DVO. A remarkable number of the 1972 entrants are still running today; we will display the results in the assembly area. The total budget for 1972 was £158.25 and the event generated a surplus for HH of £10.26; the car park field cost £3.50 to hire.

These **final details and start times**, together with any late changes will be published on the Hertfordshire Orienteering Club Web Site <http://www.happyherts.org.uk>. Results will be posted there as soon as practicable after the event. If you entered by post you should receive a slip with your start times with these details. Please check your details carefully and inform the entries team of any discrepancies as soon as you can.

Enquiries and Entry on the day. Enquiries will open at 0830 and EOD at 0900. EOD starts will be between 1030-1230.

Pre-entered hire dibbers and map legends can be collected from Enquiries.

There will be no **entry-on-the-day** for National Event courses but there will be entry-on-the-day for a limited range of colour-coded courses (white to light green) whilst maps last. Cost for these entry-on-the-day courses will be £8.50 with SI dibber hire a further £1. All entry-on-the-day courses will use electronic punching. For those with young children, there will be a free **Barnaby Bear string course**, a short distance from the Assembly Area. The string course can be found en-route to the starts and will be run by the Gostick family. The string course will be open from 1030 until 1230 but parents should be aware that you will have to cross a stile and that the walk to the string course is only suitable for off-road buggies.



© Crown Copyright.
All rights reserved.
PU 43423U.
BOF Map Registration
No:- SE-00-253.

The Interland 2009 International - On behalf of the English Orienteering Council and John Rye, the 2009 Interland co-ordinator, HH is pleased to welcome teams from England, Belgium (both Flemish and Walloons) and The Netherlands to this annual international competition. Each 42 person team comprises 3 male and 3 female competitors in the following age categories: 14, 17(running 16 course), 20, 21, 40+, 50+ and 60+. These competitors will start between 9.30 and 10.30 and will be the first finishers (from about 10.00), so please come early and cheer on the England team and our overseas guests. The competition will be decided by aggregating the scores from best 2 of each class. The prize giving should be held at about 12.30. The England Team is listed below:

| | | | |
|---|---|--|---|
| W14 Katherine Bett SN W14 Katrina Hemingway WCOC W14 Harriet Lawson DVO | W16 Alice Felbaum MDOC W16 Katrin Harding SROC W16 Zoe Harding SROC | W18 Laura Parkes HH W20 Anne Edwards TVOC W20 Victoria Stevens AIRE | W21 Jenny Johnson SYO W21 Sarah Rollins BAOC W21 Pippa WhitehouseCLOK |
| W40 Jane Morgan SOC W40 Lesley Ross OD W40 Vicky Thornton MDOC | W50 Ann Cranke CLOK W50 Jackie Hallett BOK W50 Beryl Offley LOC | W60 Sheila Carey OD W60 Liz Godfree DVO W60 Jill Gorvett SYO | |
| M14 Zachary Field EBOR M14 Chris Nash SROC M14 Aidan Smith SYO | M16 Jack Benham SARUM M16 Jonny Crickmore SO M16 Chris Young HH | M18 Alex Roberts HOC M20 Hector Haines AIRE M20 Peter Hodgkinson NOC | M21 Matt Crane WCH M21 Graham Gristwood OD M21 Oli Johnson SYO |
| M40 Clive Hallett BOK M40 Quentin Harding SROC M40 Tim Tett SYO | M50 Paul Addison DVC M50 Kevin Lomas NOC M50 Mike Napier NOC | M60 Peter Gorvett SYO M60 Mike Murray SLOW M60 Jim Prowting TVOC | |

OrienteeringEngland.org.uk

FUTURE CHAMPIONS' CUP RACES 2009.

The Future Champions' Cup Competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members.

The Qualifying races – with best 3 scores to count from 7 races – are shown below:

| Day | Date | Event | Classes | |
|------------|---------------|------------------------------------|---------------------------------|---------------|
| Sat | Feb 21 | JOK Chasing sprint | M/W18 | M/W20 |
| <i>Sun</i> | <i>Feb 22</i> | <i>Southern Championships (HH)</i> | <i>M/W 18E</i> | <i>M/W20E</i> |
| Sat | Feb 28 | British Orienteering Champs (SC) | UK Cup/FCC race (elite course)* | |
| Fri | Apr 10 | JK Sprint (NE) | M/W 18E | M/W20E |
| Sat | Apr 11 | JK Middle (NE) | M/W 18E | M/W20E |
| Sun | Apr 12 | JK Long (NE) | M/W 18E | M/W20E |
| Sun | Apr 19 | Northern Championship (LOC) | M/W 18E | M/W20E |

Scoring: Each age class will score separately, even though competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45, and then decreasing by 1 for each position (The top 50 in each class score.). In addition, at races where there is a choice of running 18 or 20E or 18 or 20L the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1. (The top 34 score.) M/W16's and below will not score.

SOUTHERN CHAMPIONSHIPS

Only orienteers whose first club is affiliated to the SCOA, SEOA and SWOA are competitive in the Southern Area Championship. (All BOF national members will accrue ranking points and be able to achieve badge standards.) There will be a prize-giving for the Southern Champs as soon as the winners are known (estimated time 1430).

The **2008 Southern Champions** were:

| | | | | | |
|-----|--------------------|-------|-----|------------------|-------|
| M10 | Edward Lines | SO | W10 | Fiona Bunn | TVOC |
| M12 | Nicholas Jarvis | SO | W12 | no competitor | |
| M14 | Jack Benham | SARUM | W14 | Lucy Butt | SARUM |
| M16 | Jonathan Crickmore | SO | W16 | Bryony Harding | HH |
| M18 | Daniel Fopma | TVOC | W18 | Alice Butt | SARUM |
| M20 | Timothy Street | HH | W20 | Joanne Pickering | WIM |
| M21 | David Abrams | GO | W21 | Sarah Rollins | BAOC |
| M35 | Paul McClellan | BAOC | W35 | Sheralee Bailey | DFOK |
| M40 | Jeff Green | CHIG | W40 | Jane Morgan | SOC |
| M45 | Clive Hallett | BOK | W45 | Jackie Butt | SARUM |
| M50 | Colin Dickson | BAOC | W50 | Janet Rosen | HH |
| M55 | Axel Blomquist | BAOC | W55 | Sarah Brown | SLOW |
| M60 | Mike Murray | SLOW | W60 | Sue Hands | WIM |
| M65 | Arthur Boyt | KERNO | W65 | Janet Gibson | BKO |
| M70 | Roger Maher | SO | W70 | Ruby Campbell | CHIG |
| M75 | Roger Baker | TVOC | W75 | Audrey Geere | TVOC |

Trophy Return: Please would all the winners of the Southern Champs 2008 arrange to return their trophy - in one piece or suitably repaired, cleaned & polished, in its box or protected from the elements, to Enquiries as early as possible on 22nd Feb. If you are unable to bring the trophy yourself, please arrange for a club member to bring it for you or contact Helen to make arrangements (01727 842883 or helennerrington@britishorienteing.org.uk).

Travel Directions: The event will be sign posted from junction 2 of the M40 (Beaconsfield [SU 952 893](#)). There will be a **one-way system** in operation so **please** follow the signs as the roads approaching the assembly area/parking field are extremely narrow. **Important note:** competitors intending to bring vehicles wider than **6 feet 6 inches** should contact the organiser (07808 932139) beforehand so that alternative arrangements can be made. There will be a £1 charge for car parking; therefore, please try to have the money ready as you approach the entrance to the parking field to keep traffic flowing. Due to the one way system and the narrow entrance competitors will be unable to **depart the car park before 1200**.



The picture illustrates a medium sized hatchback going through the 6'6" squeeze.

All courses will finish with a spectator-friendly run into the assembly area and space will be allocated for club/Interland tents. There will be no clothing transfer and no clothing dump at either start.

Terrain

The event takes place on four sections of wood; **Hangings Wood, Egypt Woods, Burnham Beeches and Dorneywood**. The first two are now used extensively for shooting and timber production, and managed by Portman Burley Estates, while Burnham Beeches has been owned by the City of London since 1880.

Three courses visit **Dorneywood** which is near to Dorneywood House, a National Trust property, which is used as an official residence for a government minister and has a fine croquet lawn! Dorneywood is generally pretty runnable.

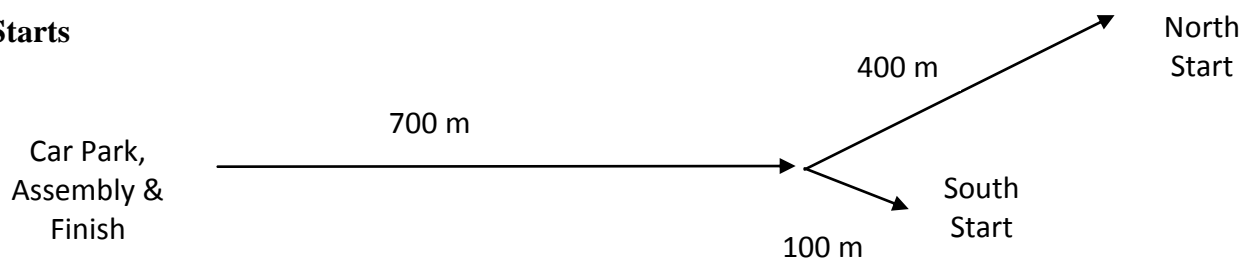
Hangings Wood and Egypt Woods have areas of bracken (reasonably fast, especially after the recent snow) and areas of holly and younger trees which reduce running speed and visibility. Pheasant pens are Out of Bounds but pheasants may be found anywhere in the woods.

Burnham Beeches is one of the best examples of ancient woodland in Britain, well known for its oak and beech trees, many of them pollarded over hundreds of years to extend their lives. Their age, and the amount of deadwood in and around them, means that the woodland is rich in wildlife. More than sixty of the species of plants and animals here are either rare or under threat nationally. We are very fortunate to be able to run in Burnham and everyone is asked to respect the Out of Bounds areas shown on the map, including an Iron Age fort, earthworks of a 13th century farmstead and badger setts. There are significant areas of holly which provide reduced visibility, and other areas of fast, runnable woodland. Please respect other users of the woods.

In Egypt Woods there is a 2-3 metre wide stream, which can be crossed at any point by agile runners who will be able to jump across. There will, however, be a temporary bridge marked on the map by a crossing point symbol which will be preferable for those who do not wish to risk the jump!

Warning: It is possible that part of the area may have a film set under construction (these woods are a popular film location). If film company activity affects courses visiting Burnham Beeches then details will be given in the start lanes. Please respect any area taped off as out of bounds but not shown on your map.

Starts



The route to the North Start involves crossing a road – please take care – and competitors cross the road again during their courses. Courses 1, 3 and 4 also cross a further road twice later on their courses. It is each competitor's responsibility to cross carefully. Call-up is at -4 minutes. **Control descriptions** will only be available in the start lanes. They **will not be** available at enquiries nor will they be posted on the internet.

Timed Start: the start is timed and there will be **no**, repeat no, adjustment if you are late at the start. You may be started, solely at the discretion of the start official, in the next available slot on your course; however, some courses are full. It is your responsibility to be at the start at the correct time. You will be **called forward 4 mins** before your start.

Start procedure:

Call-up will be at -4 mins.

At -3 mins you will be able to collect copies of control descriptions.

At -2 mins you will be able to view copies of the blank competition map.

At -1 min your SI card will be checked.

Start as directed by the officials – there is no start punch as you start at the pre-allocated time.

Fence crossings: The fence between Egypt Woods and Burnham Beeches will have crossing points marked on your map. These crossing points are **NOT** compulsory but please take care to avoid damaging the fence if you decide to cross the fence elsewhere. In Burnham Beeches there is an area enclosed by a fence, with gates conveniently located to allow easy access on routes in and out of this fenced area.

Course 1: As course 1 has 35 controls you will need a version 6 dibber. If you do not have a version 6 dibber please report to Enquiries before departing for the start where a loan dibber will be available for collection.

Finish: There will be one finish for all courses, which will close at 1500.

Download: After finishing please follow tapes and marshals' directions to download for your split times and collection of hired dibbers. Please do not show your map to anyone yet to run. Bottled water will be available after you exit the download area.

Safety: All competitors must punch the SI check in the start lanes as this will be used for safety checking at the finish/download to ensure no one is left in the woods. Lone competitors are respectfully requested to deposit car keys with enquiries as a further safety measure. A contingent from the St John Ambulance will be in attendance all day. You are advised to carry a whistle to attract assistance and you should have full body cover.

Cancellation: The organiser reserves the right to cancel or postpone the event at short notice. In the unlikely event of cancellation/postponement e-mails will be sent to those who entered on-line and the information posted on the Club website and on the Nopesport forum. In the event of severe weather please check the event is on before travelling. In the unlikely event of cancellation the organiser reserves the right to retain a portion of the entry fee to cover sunk costs. If you are in doubt please call 01494 526330 to listen to updates on the event answer phone.

Dogs – the organiser, who is a doggy person, sincerely regrets that a condition of land permission specifically prohibits you from bringing your canine companions to the event. Unfortunately, cars containing dogs **will** be refused entry to the car park/assembly/event arena.

COURSES (subject to final controlling)

| Course | Length (km) | Climb (m) | Controls | Start | Map scale & size | Classes |
|--------|-------------|-----------|----------|-------|------------------|---|
| 1* | 15.0 | 225 | 35 | N | 1:15000 A4 | M21E * Course 1 includes butterfly loops |
| 2 | 10.1 | 195 | 24 | N | 1:15000 A4 | W21E |
| 3 | | | | | | There is no course 3 (for M21L) due to low entry numbers |
| 4 | 12.3 | 220 | 28 | N | 1:15000 A4 | M18E, M20E, M21L, M35L, M40L |
| 5 | 9.5 | 190 | 21 | N | 1:15000 A4 | M18L, M20L, M21S, W21L |
| 6 | 8.2 | 145 | 16 | N | 1:15000 A4 | M35S, M40S, W18E, W20E, W35L, W40L |
| 7 | 6.0 | 110 | 14 | S | 1:15000 A4 | M18S, M20S, M21V, W18L, W20L, W21S |
| 8 | 9.6 | 175 | 21 | N | 1:10000 A3 | M45L, M50L |
| 9 | 7.7 | 155 | 20 | N | 1:10000 A3 | M16A, M55L, M60L |
| 10 | 6.2 | 105 | 15 | N | 1:10000 A3 | M45S, M50S, M65L, W45L, W50L |
| 11 | 5.8 | 105 | 12 | S | 1:10000 A3 | M55S, M60S, M70L, W16A, W35S, W40S, W55L, W60L |
| 12 | 4.1 | 70 | 13 | S | 1:10000 A4 | M65S, M75L, M80, W18S, W20S, W21V, W45S, W50S, W65L, W70L |
| 13 | 3.5 | 60 | 9 | S | 1:10000 A4 | M70S, M75S, W55S, W60S, W65S, W70S, W75, W80 |
| 14 | 5.1 | 70 | 16 | S | 1:10000 A3 | Long Novice, Long Orange |
| 15 | 5.0 | 80 | 13 | S | 1:10000 A3 | M14A, M16B |
| 16 | 4.0 | 75 | 13 | S | 1:10000 A4 | Light Green, W14A, W16B |
| 17 | 3.3 | 55 | 12 | S | 1:10000 A4 | M12A, M14B, Orange, Short Novice, W12A, W14B |
| 18 | 2.2 | 30 | 9 | S | 1:10000 A4 | M10A, M12B, W10A, W12B, Yellow |
| 19 | 2.1 | 25 | 9 | S | 1:10000 A4 | M10B, W10B, White |

Courses 1, 2, 4 & 8 pass a refreshment point providing water in cups (marked on maps) in Burnham Beeches.

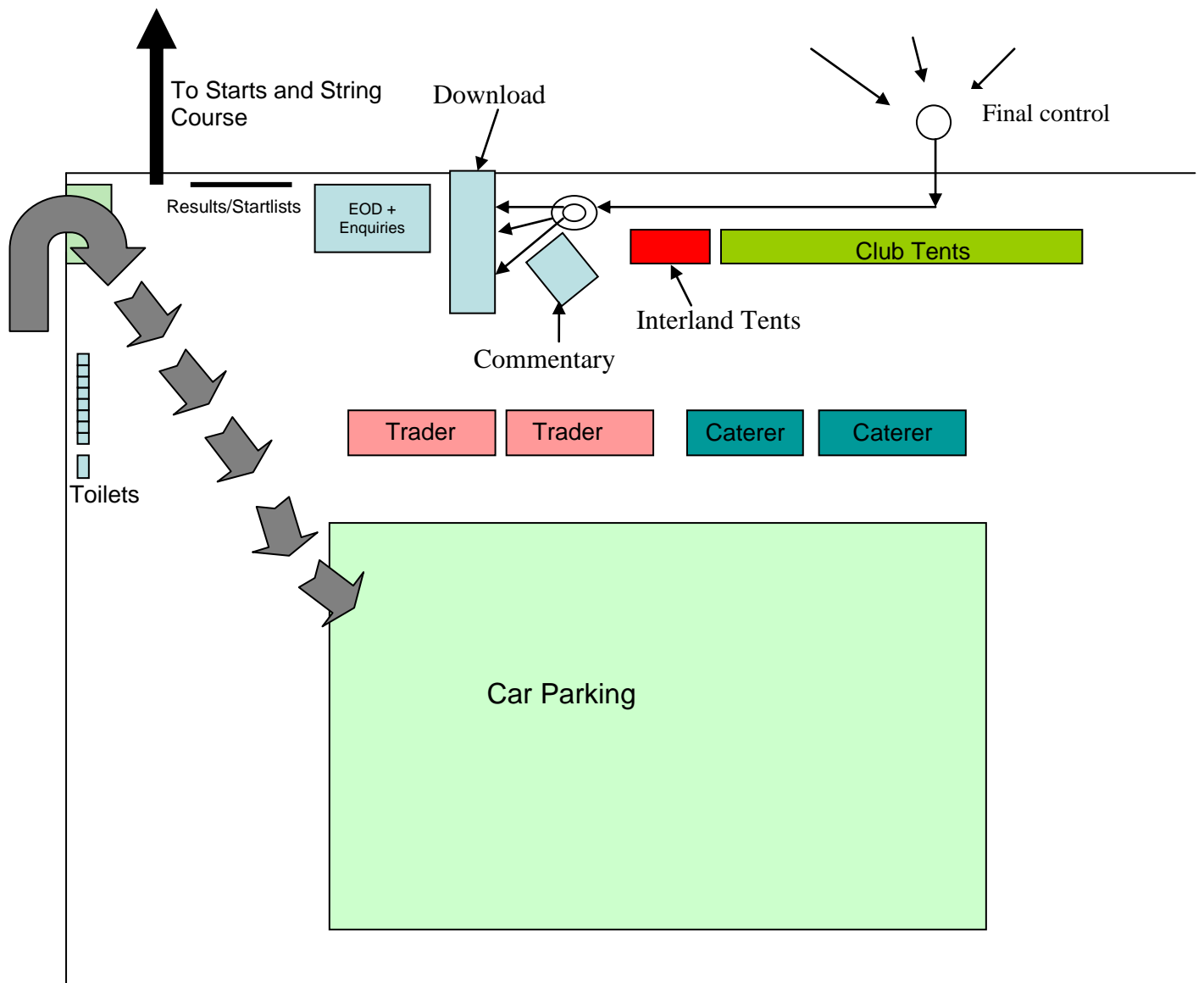
Maps will be printed on waterproof paper but not bagged. There is no legend on the map and copies of legends can be collected at Enquiries; however, no non-standard symbols are used on the map.

Loose control descriptions will be provided in the start lanes; moreover, the control descriptions will also be printed on your map. Loose control descriptions for all courses will be pictorial but, on the map, courses 14, 18 and 19 are text.

Event Officials:

Organiser: Mike Edwards – 07808 932139
Planners: Alan Rosen and Kevin Harding
Controller: Colin Duckworth TVOC
Entries: Susan and Keith Marsden
Interland Co-ordinator: John Rye

ASSEMBLY AREA/ARENA:



Not to Scale