



Icenian – District Event – Sunday 27/01/2008

Introduction

The Icenian is CUOC's annual public event, held in various parts of Thetford Forest at the end of January/beginning of February.

The 2008 Icenian planner is Ben Stevens (ben@nebstone.co.uk), the organiser is Roberto Zanchi (rz227@cam.ac.uk) and the controller is Mark Collis (mark@drongo.org.uk).

On behalf of CUOC members, we'd like to welcome you to the 2008 Icenian District Event. We hope you enjoy a day of competitive orienteering in sunlit forests offering a taste of some of the better East Anglian terrain. Please read these Final Details carefully to ensure your safety and enjoyment.

Travel & Parking

The event and parking area is accessed from A1065 Brandon to Mundford road. Access will be via fire route 23, also known as Harling Drove, which is situated at the junction with a minor road leading to Pepper Hill, approximately 1 km north of Brandon train station. Grid Reference TL788880. Fire route 23 will be on your right if arriving from Brandon. Parking will be on either side of this fire route. **Do not obstruct the fire route.** Signs saying "Orienteering" will be placed along the A1065 at 200m and 100m from the junction with fire route 23.

Public transport: Brandon train station is just 1.5 km from the event centre, but take care when riding a bike or walking along the A1065, especially in case of poor visibility. Train service is sparse but regular – you can find out times at <http://ojp1.nationalrail.co.uk/en/pj/jp>

Assembly Area and Facilities

Registration and all facilities will be located together, at the eastern end of the parking area. Dogs are welcome provided that they are under strict control at all times, but are not allowed in the competition area.

The assembly area will have the following facilities: loose control descriptions, registration/enquiries, e-card hire, results, toilets, St. John Ambulance. There will also be a box at registration if you wish to deposit car keys.

Drinks: water will be provided at the finish only.

The route from the parking/registration area to the start/download will be clearly marked.

Map

The map will be the Bromehill area surveyed in 2004, with recent minor updates. The scale will be 1:10,000 for all courses, with 5 m contour intervals. All courses will be

using an A4 size map (competitors on the brown and blue courses will be given two maps back to back). Areas marked as out of bounds must not be entered.

All maps will be overprinted and bagged. Competitors are responsible for picking up the correct map for their course at the start.

Special symbols used are as follows: green circle: distinctive tree, green cross: rootstock, line of green crosses: rootstock bank, green dot: holy bush.

Legends are on the map.

Terrain

The terrain is flat, consisting mostly of managed pine forest, with some deciduous areas. The courses have been planned to avoid most of the undergrowth, and make the best use of the interesting area of depressions in the West. There is a good path network, but some of the narrow rides marked on the map are indistinct. **Motorcycle tracks, of which there are many, are not marked on the map.** The network of motorcycle tracks is constantly changing, so we have decided not to map them. A new set of tracks has recently been created. These tracks are very distinctive and pass very close to some controls. Please ignore them. Also please ignore any signs, if in place, restricting access to areas of the forest due to forestry operations – there are no forestry works over the weekend.

Competitors should note that the A1065 road along the Western edge of the map is strictly out of bounds. Competitors are not permitted under any circumstances to run along the road. Any competitor found to have done so will be disqualified.

Courses

Colour Coded: White, Yellow, Orange, Light Green, Green, Blue, Brown. A free string course will be available.

Course Lengths

Courses	Length (km)	Climb (m)	Controls
Brown	9.0	70	19
Blue	6.8	50	16
Green	5.0	45	15
Light Green	3.3	35	13
Orange	3.2	30	9
Yellow	2.4	30	7
White	1.6	20	7

Control Descriptions

These will be available at registration and will **not** be printed on the map.

Courses light green to brown will have pictorial descriptions and white to orange will have written descriptions.

Entry Information

Entry is on the day only for all courses.

Data Protection Act: entry information (name, age-class and club) and the results of this event will be stored on and processed by computer systems under the terms of the British Orienteering Federation's registration under the Data Protection Act. The results from this event will be published on the Internet. If you do not wish your result to be published on the Internet, please contact the organiser.

Fees

Category	Non BOF	BOF member
Seniors (M/W 21 up)	£6.50	£4.50
Juniors & Students	£2.00	£2.00

Juniors may be shadowed by an adult, and will appear as "+1" in the results. Adults wishing to run competitively should complete their run before shadowing juniors.

E-Card (SportIdent) hire £0.50 for the day (replacement cost of £20 chargeable if dibber lost).

SportIdent Punching

All courses will use SI e-card punching. E-cards will be available for hire at registration. You must use the e-card allocated to you. The same e-card must not be used by another competitor.

A number of e-cards will be available for hire at a cost of £0.50. If you find an e-card, please hand it in at the download station. Make sure that you return your hired e-card and report lost ones at the download station. Hired e-cards are the property of EAOA and you will be required to pay a fee of £20 for any that are not returned.

It is the competitor's responsibility to ensure that they punch each control correctly and in the correct order. A valid punch is indicated both by a beep and flashing lights on the control box. Should for any reason the control box not be functioning, proceed to the next control and report the fault to the download station at the end of your run. In the unlikely event that the control has been removed, there should still be a length of plastic tape marking the control site. In such circumstances competitors should proceed round their course and report the missing control at the download station.

Start

There will be one start for all competitors. A "punching" start will be used - your race time will start when you punch the control after the start line, but before you pick up your map.

It is the competitor's responsibility to ensure that they *clear* their e-card before starting at the pre-start clearing station provided. Wait 5 seconds for the control station to bleep before removing the e-card from the box.

Starts will be at 1-minute intervals, there are no pre-allocated times, you can start as soon as a slot is available.

The walk to the Start from Registration is about 600 metres so allow about 10 minutes.

Finish

Please do not run to the finish along the main track where cars are. It is not the quickest route. Remember to punch at the finish control identified by the finish banner - this will record your finish time for the whole course! Follow the tapes to the download station in the assembly area where we will download the times from your e-card. You must report to the download station even if you retire. Return your hired e-card. Maps will not be collected. Please remember: you are trusted not to show your map to those who have yet to start.

The finish is close to the east end of the parking area, located about 100 metres from registration.

Safety

You take part in this event at your own risk and are responsible for your own safety. You are advised to carry a whistle. You must report to the download station, even if you do not complete your course. Full leg cover (i.e. no shorts) is compulsory.

In the event of extremely high winds, snow blizzards or heavy rains presenting a hazard to people travelling to the event, a decision may be made to cancel. In this case a notice would be posted on the CUOC website (www.cuoc.org.uk) at the earliest possible opportunity. You must report to the download station, even if you do not complete your course. St. John Ambulance will be attending in the assembly area.

Important Safety Information:

- A) Competitors on the green, blue and brown courses will cross the dirt road leading to the parking area twice during their course. It is the competitor's responsibility to ensure that they cross this road in the correct manner.
- B) A 10mph speed limit will be in place on the road to the parking for the safety of competitors on the green, blue and brown courses.
- C) Most senior courses pass close to the A1065 (on the edge of the western side of the map) - this is clearly marked out of bounds and anyone running along it will be disqualified.

Times

Registration will open at 10:00. The first start times will be at 10.30 and the last start times will be at 13.00.

All courses will close at 15:30. Competitors who find themselves unable to complete the course before this time must return by the shortest route, and report to the download station. Searching for "lost" competitors in the dark who have in fact left the event without reporting to the download station causes great concern and inconvenience.

Results

Interim results will be posted near the download tent. Competitors are requested to move out of the immediate finish area as soon as they have downloaded their SI Cards. Results will also be posted on the web (linked to from the BOF home page, and from www.cuoc.org.uk).

Printed results will be available for £1. Boxes with envelopes will be available in the Registration Area on the day. Please address an envelope, put the money inside it and file it in the appropriate box.

Icenian Trophy

Due to the change of the format from a badge event to a colour coded this year, rules for the award of the Icenian team trophy are being revised and they will be posted soon on the CUOC website.

Contact Details

Organiser – Roberto Zanchi, rz227@cam.ac.uk, tel: 07721 677381

Planner – Ben Stevens, ben@nebstone.co.uk

Controller – Mark Collis, mark@drongo.org.uk