

CUOC SPRINTO

FINAL DETAILS



Saturday 20th November

Schedule

11am: Arrive at Brandon Country Park. Contact Ben Windsor on 07975 845569 if you are going to be late.

11.30am SprintO: Mass start, figure of eight courses around which everyone will get at least two runs. Separate courses for men and women, culminating in a head-to-head, four person final.

Afternoon Elite AlC0: The ultimate challenge, only for those with no fear (or shame)! Now featuring a halves option for women and lightweights!

5pm Depart Brandon Country Park for Cambridge. Time for showers at the house you'll be staying at before dinner.

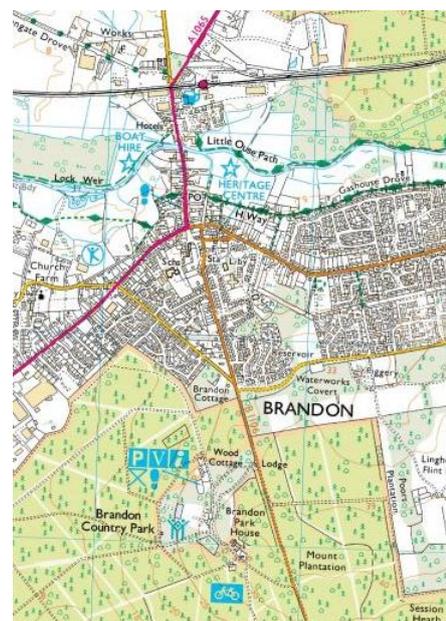
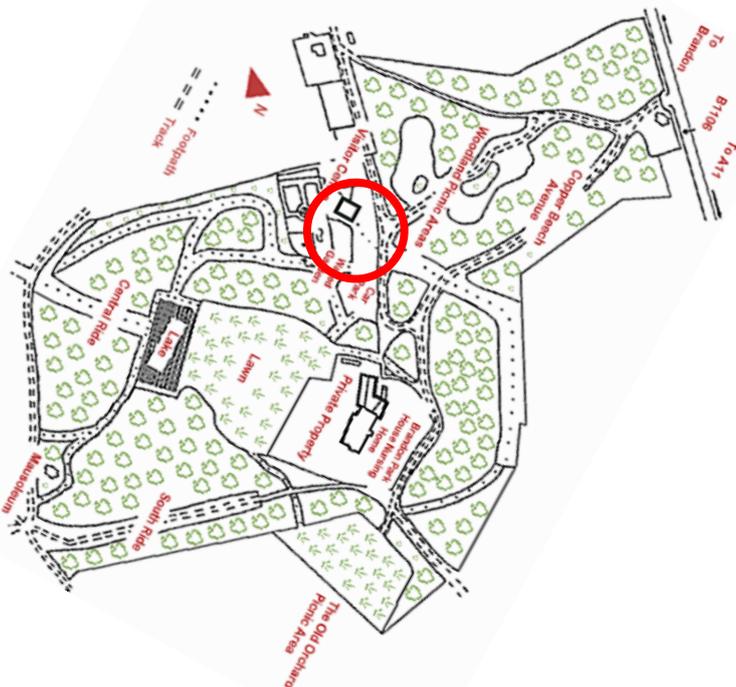
7.30pm Meal followed by prizegiving. Give your options in advance (see "Social" below)

Event Area

Brandon Country Park is a managed forest laid out in blocks typical of the Thetford forest area.

Car parking

Car parking will be at Brandon Country Park by the visitor centre, park anywhere. See the red circle on the map. The organiser apologises for incorrect orientation of the text, it was either that or north would be the wrong way. From Brandon head south on the B1106 for approx. 1.5km. Car parking grid ref. TL 785852.



Map

1:10 000, last updated winter 2009/10, minor updates autumn 2010.

Safety

Be aware the forest is used by members of the public and give them priority.

There are cycle trails in the forest. Where possible these are avoided, and crossings will be marshalled. If it is unsafe to cross the cycle route please obey instructions from marshals.

Full leg cover should be worn, ticks are sometimes found in the area.

There should be no smoking in the forest during the event.

Please come suitably prepared for adverse weather conditions, with a set of warm and waterproof clothes.

Safety bearing: If you are totally lost, head east until you hit the main road and then head north to the entrance to the car park.

One of more first aiders will always be present. The nearest A&E department is West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds, IP33 2QZ. Tel. 01284 713000.

Accommodation

On kindly CUOC members' floors. Let us know if there's somebody's floor you particularly favour, otherwise we'll just allocate it.

Social

The evening meal will be at Cafe Uno at 7.30pm. Please choose from one of the following options. Let us know what you'd like by **Sunday 14th November** (one week in advance).

Main Course – please choose one

Penne arrabbiata: penne in a spicy tomato sauce with garlic and chilli.

Margherita: Classic thin crust pizza with tomato, mozzarella and fresh basil.

Cesare con pollo: Salad with chargrilled chicken breast, cos lettuce, anchovies and crunchy croutons.

Desserts – please choose one

Waffle con frutti: Warm waffle topped with red berries and vanilla dairy ice cream.

Torta di limone: Tangy lemon tart with raspberry coulis and mascarpone cheese.

Gelati e sorbetti: Choose from chocolate, vanilla, coffee or amarena cherry dairy ice cream or mango or lemon sorbet.

This will be followed by prize giving and more! British Orienteering is supporting the event and will be providing banners as prizes to the winner of the best university award.

Prices

£21 for the weekend all inclusive, £25 for non-students.

£3 extra for AlCO, £2 extra for halves option.

£10 reduction if not coming to the social.

Contact

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Controller Adam Bennett email rab206@cam.ac.uk