

Thetford Thrash 2013

Day 1, Icenian Trophy

Saturday 9th February 2013

Final Details

Invitation

CUOC proudly presents Day 1 of the Thetford Thrash 2013 at Bromehill on Saturday 9th February, a weekend of two Level B Events in neighbouring areas of Thetford Forest. Day 1 is also an EA League event and incorporates the Icenian Trophy.

Entries

Entries received after Sunday 27th January are subject to a late entry surcharge and are subject to map availability.

Entry online at www.fabian4.co.uk is preferred. Final closing date for online entries will be midnight on Sunday 3rd February 2013.

Entries by post are no longer accepted, as the deadline passed on Sunday 27th January.

Entry on the day will be available subject to map availability and the late entry surcharge. Registration will be open 1000-1200. You are strongly encouraged to enter online – this does not close until 6 days before the event.

Fees (including late entry surcharge)

	Day 1	Day 2	Both Days
Seniors (BOF members)	£12.00	£12.00	£23.00
Seniors (non BOF)	£14.00	£14.00	£27.00
Juniors (under 21) inc first junior in family	£4.00	£4.00	£7.00
Further juniors in the same family	£3.00	£3.00	£5.00
Students	£4.00	£4.00	£7.00
SI Card hire	£0.50	£0.50	£1.00

Please remember to include details of your British Orienteering membership to obtain the discount.

Hire Dibbers

If you have pre-entered and have requested a hire dibber, please collect it from enquiries before heading to the start. Remember to return the dibber when you download. If you are returning for day 2, you should keep your dibber and return it at download on day 2.

Entry enquiries to entries@waoc.org.uk

Location, Travel & Parking

By car Access to Bromehill is from the A1065 Mundford Road about 1km north of Brandon railway station at TL787880. The nearest postcode is IP27 0PL, which is about 800m to the south of the entrance to the parking. Parking will be linear along the forest track to the east. Please follow the directions given by the marshals. The assembly area will be 800m east of the road at TL795881. Note that you may have a walk of up to 600m to the assembly area.

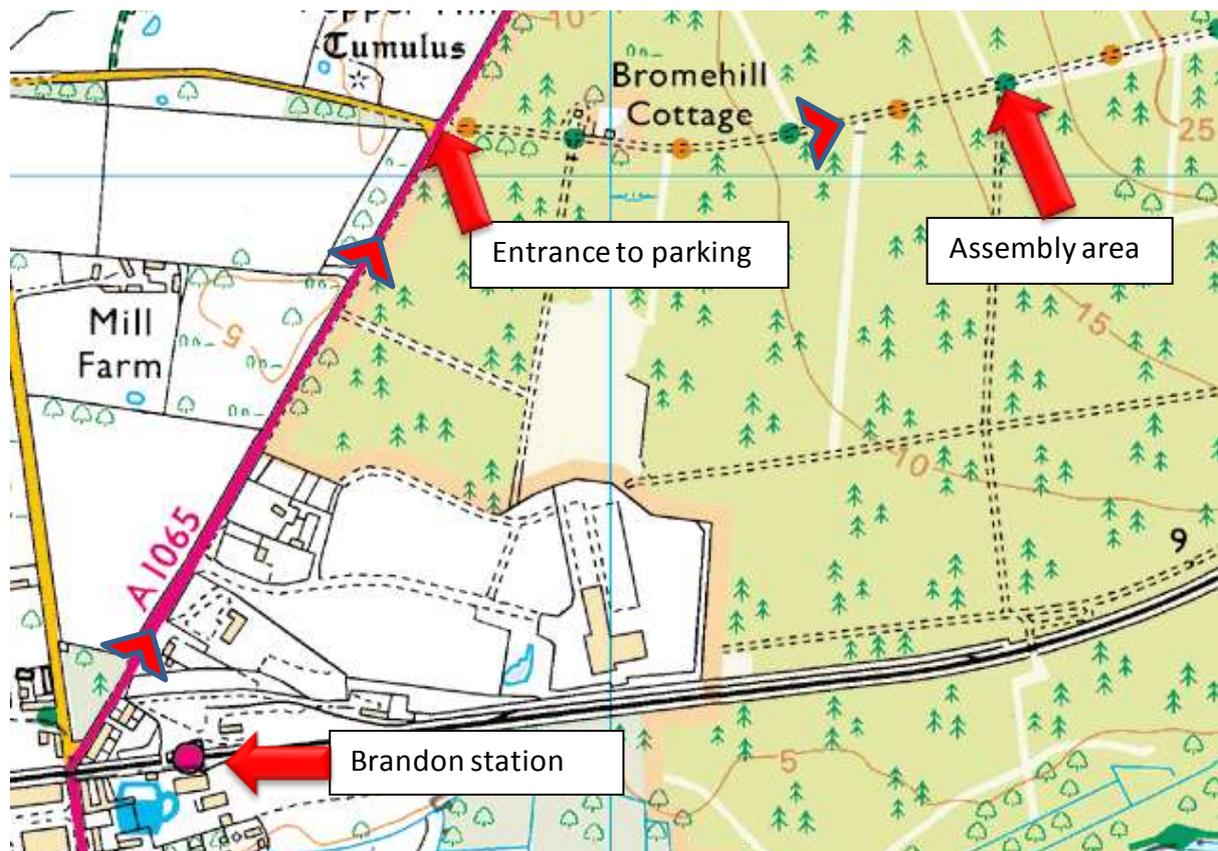
Runners on some of the longer courses may pass through the car park. Please be vigilant and drive slowly.

Note about Satnavs and route planners: it is possible that you may be directed to approach along Harling Drove from the east end. This is not a public road and under no circumstances should you attempt to access the car park from the east end. Please use the west end on A1065.

By train Nearest railway station is Brandon, which is about 1.8km from the assembly area. Follow the A1065 north for 1km to the car park entrance. This is a fast, busy road, so please take extra care. If walking, walk on the verge on the right hand side of the road.

Trains leave Cambridge (via Ely) at 12 minutes past the hour and take 33 minutes; trains leave Norwich at 40 minutes past the hour, taking 41 minutes. Hourly services return to Cambridge at 21 mins past the hour and Norwich at 43 minutes past the hour.

Directions



Facilities

Registration, download, toilets and St John's ambulance will be located in the assembly area.

Start & Finish

The start is about 1.2km east of the assembly area along very gently uphill tracks. Allow 15-20 minutes walking. Follow the tapes. There will not be a clothing dump.

The finish is clearly visible from assembly about 200m away to the north. Water will be provided at the finish. Please remember to download, even if you retire!

Courses (subject to final controlling)

Competitors may enter the course of their choice. Recommended courses are shown in the table below, and these are also the EA league classes. SI electronic punching will be used on all courses. The map scale will be 1:10,000 for all courses.

Course		Length (km)	Climb (m)	Map Size
Black	M21	11.6	85	A3
Brown	M35-40	9.5	70	A3
Blue	M16-20, M45-60, W21-40	6.5	45	A3
Green	M65-70, W16-20, W45-60	4.6	20	A4
Short Green	M75+, W65+	3.1	25	A4
Light Green	M/W14	3.4	20	A4
Long Orange		6.4	35	A3
Orange	M/W12	3.5	25	A4
Yellow	M/W10	2.7	10	A4
White		1.8	10	A4

String Course

There will be a string course adjacent to the assembly area.

Start Times

Starts will be from 1030-1230. Courses close at 1445. Start times will be available, when allocated, on the Fabian4 website. We are using 15 minute start blocks rather than individual start times. The time shown on Fabian4 is the start of each 15 minute block (e.g. if your start time is shown as 11:15 your start block is from 11:15 to 11:29). You may start at any available time, but priority will be given to those competitors who have been allocated to the current start block. There will be a 3 minute call up.

Electronic Punching

Sport Ident electronic punching will be used (new version 10 and 11 SI cards accepted). Backup pin punches will be provided at all controls. In the event of a control box failing, you must punch your map with the pin punch provided.

Control Descriptions

Loose pictorial descriptions for orange to black will be available in the start lanes at -3 minutes. Loose descriptions (written) along with maps will be available at the pre-start for white and yellow competitors.

Control descriptions will also be printed on the map.

Map

The area is Bromehill. The map was surveyed by John Ward (NOR) in 2012.

Maps will be printed on waterproof paper by BML. The scale will be 1:10,000 and the longer courses printed on A3, shorter courses on A4.

The special symbols used are black x for a hide or tripod,  for undergrowth OR significant brashings and  for brashings runnable in the direction indicated.

Legends are not printed on the maps. Copies will be available at the enquiries tent.

Maps for the white and yellow courses will be available at the pre-start.

All roads around the competition area are out of bounds and will be marked as such by purple crosses on the map. Do not run along any of these roads, especially the A1065! This is for your own safety.

Mapping Notes

- Rootstock banks/earthwalls vary in height, ranging from 1.75m to less than 0.5m.
- U depressions are generally shallow. Where this varies from the norm and is used as a control a depth is shown in the description. Others, isolated in the terrain, may be deeper than 3m.
- Ring contour depressions include those which are relatively shallow (less than 5m deep) but extend over a larger area than a U depression.

Cycle Tracks, Extraction Lanes and other Forestry Work

Numerous cycle tracks and extraction lanes have appeared in recent months. Unfortunately, many of these are unmarked on the map. Equally, several marked bike tracks are now no longer as obvious as when the map was surveyed, or have changed alignment. Bromehill is a working forest so there may be other unmapped changes, including thinning of the forest and track widening.

The white and yellow courses are affected by unmarked bike tracks. “Sad faces” will be displayed about 10m down any such tracks to tell competitors not to continue down any such tracks.

Terrain

Bromehill is mostly runnable forest with contrasting blocks of less runnable wood and open. Bromehill is actually a hill, so unusually for a Thetford area there are real, genuine contours on the map(!) as well as areas with complex contour detail.

Ash Dieback Disease

To help prevent the spread of Ash Dieback disease, buckets of water and brushes will be provided near the finish in the assembly area. We kindly ask that you remove all mud, soil and leaf litter from your shoes before leaving the competition area.

On returning home, rinse all boots and shoes in a chlorine based cleaner or garden fungicide and allow them to dry thoroughly. N.B. please read the manufacturer's label and follow their instructions on use and disposal of the product. Thoroughly wash and dry all kit and any other clothing that may potentially have been contaminated with fungal spores. Clothing and footwear should not be reused for at least 48 hours after drying.

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 is compulsory (i.e. no shorts). In the event of extreme weather cagoules may be made compulsory; signs will be displayed in assembly if this is the case.

The A1065 Mundford Road, which runs along the western edge of the competition area, is a very fast busy road. Competitors are asked to keep well away from the road. If walking from Brandon, use the verge and face into the traffic, walking on the right hand side of the road.

In the event of disorientation, the safety bearing is west to Mundford Road (but please stay off the road), then south to the south west corner of the area.

St. John's Ambulance will be located in the assembly area.

In an emergency the organiser can be contacted on 07805 852474, although mobile coverage in the area is variable.

Dogs

Dogs are welcome but must be kept on leads.

Results

Results will periodically be displayed near the download tent. Full results will be posted to the CUOC website (www.cuoc.org.uk) shortly after the event.

Icenian Trophy

The Icenian Trophy will be awarded to the club with the lowest score when the positions of their top ten placed runners are added. A minimum of ten runners is required. Results from each course will be counted together, even if competitors are in different age classes.

To count for the Icenian, competitors should run at least the course one below that recommended, or higher. This means the minimum courses to count for each age group are as follows:

Brown M21	Light Green M75+, W65+
Blue M35-40	Orange M14, W14
Green M16-20, M45-60, W21-40	Yellow M12, W12
Short Green M65-70, W16-20, W45-60	White M10, W10

The Icenian Trophy will be awarded once the results are confirmed, hopefully by 14:30.

Cancellation

In the event of extreme weather, a decision may be made to cancel. In this case a notice will be posted on the CUOC website (www.cuoc.org.uk) at the earliest possible opportunity, and online entrants will be contacted by email. CUOC reserve the right to retain all or part of the entry fee to cover costs already incurred.

Officials

Organiser Tom Dobra (email icnian@cuoc.org.uk, phone 07805 852474)

Planners Katrin Harding (long orange to black), John Ockenden (white to orange)

Controller Tim Pribul (CHIG)

Many thanks to WAOC and EAOA for lending us lots of equipment and to all the helpers from WAOC and elsewhere!