



# CHIGWELL & EPPING FOREST ORIENTEERING CLUB



**Sunday 8<sup>th</sup> December 2024**

## **“Michael Brandon” Mitre - Epping Forest Far East National, Interland selection, SE League and SWELL event**

***By kind permission of the City Of London Corporation, Superintendent of Epping Forest, Davenant Foundation School and Debden House Centre***

**Terrain:** Epping Forest Far East offers high quality runnable mature woodland, with limited pockets of denser woodland or more permanent undergrowth. The area is compact and contoured with several prominent streams and marshes.

**Event centre:** Davenant Foundation School, Chester Road, Loughton, IG10 2LW. Grid Ref: TQ442980. What 3 words: <https://what3words.com/marked.lovely.rescue>

**Parking:** In the school car park, free of charge. Parking will be marshalled – please follow the marshals' directions. There is limited car parking space and there will be other users of the school (swimming/football) on the day, so please be considerate of other users, and car share if you can.

**Directions:**  
**From M25/ North:** From M25, J26: take the A121, direction Loughton. After c.1.5 miles at the roundabout on the Epping New Road, take the 3<sup>rd</sup> exit, A121, to Loughton. After c.1.5 miles, at the second of the two mini roundabouts, take the 1<sup>st</sup> exit left, A1168/Rectory Lane. Take O signed first left into Hillyfields, then follow onto Chester Road, to the end to Davenant Foundation School.

**From A406/ South:** From the A406/M11 J4, take the M11 heading north, then at J5, exit onto Chigwell Ln/A1168. Follow this for c.1 mile, then turn right O signed into Pyrles Lane and continue as above.

**By public transport:** Take the Central Line to either Loughton station, then the no. 20 bus to the Castell Road stop on Willingale Road, just beyond the school gates; allow 15 mins from Loughton station; or if walking take the tube to Debden station, exit to Chigwell Lane, turn right and walk to Pyrles Lane, turn right, then right into Chester Road and proceed as above. Allow 30 minutes walk.

**Courses:** SE League recommended age classes offered as follows:

| Course         | Age class                    | Distance (km) | # controls | Climb (m) |
|----------------|------------------------------|---------------|------------|-----------|
| Black          | M21                          | 11.2          | 28         | 290       |
| Brown          | M20, M35, M40, W21           | 9.7           | 23         | 240       |
| Short Brown    | M18, M45, M50, W20, W35      | 7.8           | 21         | 185       |
| Blue           | M16, M55, M60, W18, W40, W45 | 6.3           | 16         | 165       |
| Short Blue     | M65, M70, W16, W50, W55      | 5.0           | 14         | 125       |
| Green          | M75, W60, W65                | 4.5           | 15         | 115       |
| Short Green    | M80, W70                     | 3.6           | 11         | 85        |
| V. Short Green | M85+, W75, W80, W85+         | 3.2           | 11         | 90        |
| Light Green    | M14, W14                     | 3.4           | 11         | 110       |
| Orange         | M12, W12                     | 3.1           | 10         | 70        |
| Yellow         | M10, W10                     | 2.2           | 10         | 50        |
| White          |                              | 1.3           | 7          | 20        |

*(course details subject to final controlling)*

We are delighted to welcome juniors competing in the Interland selection competition. Juniors will start together with all other competitors.

Note: recent leaf fall has obscured some of the paths, particularly the smaller ones. The White & Yellow courses will have smiley/sad face signs or tapes showing the correct route, at key points where the paths are obscured. For the White course, please note that one of the line features to be followed is an earthwall, which runs parallel to the side of a field.

**Electronic** SIAC will be enabled for all controls except the start and finish controls which will be punching. Do

**punching:** not forget to punch!

For those who have pre-booked a hired dibber, please collect the dibber from the school hall.

**Entry / fees:** **No entry on the day;** please pre-enter using SI Entries. [SiEntries - Events List](#). Entries close at 23.59 on Friday 6<sup>th</sup> December. **Fees: Up to 15<sup>th</sup> November:** BOF Seniors £14; non BOF Seniors £16; Juniors and all White, Yellow entries £5. **From 16<sup>th</sup> November:** BOF Seniors £16; non BOF Seniors £18; Juniors and White, Yellow entries: £6. SI dibber hire £1, SIAC hire £2.50.

**Start/ Finish:** The start is c. 500m from the school. Allow 5 minutes walk. Competitors will start at 1 minute intervals. There will be a call up 4 minutes before start; please arrive in good time.

Please warm up on the sides of the path approaching the start and do not warm up on the Debden House campsite field, to the left of the start. There will be tape and a sign marking that field out of bounds.

The finish is c. 700m back to the school and download. Allow 10 minutes walk.

Please look for the signs and red and white tapes showing the way to the start and back from the finish to download.

The battery check unit will be in the school grounds en route to the start. Please ensure you test your dibber before leaving the school grounds.

Getting to the start, and back from the finish, will involve **crossing a very busy road – road crossings will be marshalled. Please take care** when crossing the road. Signs will ask drivers to take care. Please ensure young children are accompanied.

**Times:** Starts: **10.30am – 12.15pm**. Courses close: **2.00pm**. If you plan to do one of the longer courses, please choose a start time that will ensure you finish before courses close.

**Download:** In the school hall. **For safety reasons, you must visit download even if you are retiring.**

**Map:** 1:10,000 updated autumn 2024 by Tom Edelsten, to ISOM 2017-2. White and Yellow courses only will have 1:7500 maps to help competitors find their routes more easily. A small black x denotes a man-made object. The area is well used by the public, both on foot and two wheels – many minor paths may not be marked, especially in open forest where they are likely to change. All maps will be A4, pre-marked and on waterproof paper. Short Blue and shorter courses have a single sided map, with control descriptions on the front of the map. Blue and longer courses will have a double sided map. The map flip will be marked as per IOF standard. Control descriptions for each part of the course will be on the front of each respective side. Loose descriptions will be available at -3 minutes in the start lanes. All courses except White & Yellow will have IOF pictorial descriptions; these two courses will have text descriptions. Blank maps will be available in the start lanes at -2 minutes. Runners on White and Yellow courses will collect their maps before the start.

**Planners Notes:** The forest at this time of year is predominantly very runnable, with little ground cover and great visibility, especially as the leaves have fallen from the trees. Courses have been designed to maximise use of the area, with longer courses making two visits to the best parts since they were so nice! Without much recent rain, some of the marshes are significantly drier than they may appear on the map, though if you are standing still you probably will start to get wet feet...

**Facilities:** Toilets in the school. Note that there are no toilets at the start - please do not use the Forest! Enquiries, dibber collection, and a bag drop / clothing dump will all be in the school hall. There will not be a clothing dump at the start. Please bring your own water/drink.

Please note that **dogs are NOT permitted** in the school nor in the school grounds.

**Safety:** Competitors should carry whistles for safety. Full leg cover is required. Competitors are reminded to take care. The competition area has uneven ground, rough and slippery surfaces, fallen branches, tree roots, muddy paths and wet areas. Some water logging both in open areas and in the forest may be present. You should abide by the British Orienteering Covid-19 code of conduct.

If heavy rain, snow or other particularly adverse weather is forecast, **competitors will be required to carry a cagoule/waterproof jacket with a hood**. In this case, for safety reasons the carrying of a waterproof will be compulsory and competitors will not be allowed to start without one. Please check [www.chig.org.uk](http://www.chig.org.uk) the night before or on the day. CHIG has the right to cancel the event in extreme conditions.

**All competitors take part in this event at their own risk.**

**Competition area / environment:** Epping Forest Far East incorporates several **marshes** in the competition area; the most significant of these are **marked as out of bounds** using the standard purple cross forbidden route symbol on the map. Competitors must avoid crossing these - please follow the out of bounds marking; optimum routes avoid them.

Certain **fields in Debden House campsite** are also **out of bounds**. Fields that are out of bounds are clearly marked using standard purple cross-hashing on the map. Please do not cross these fields. Optimum routes avoid these fields.

The roads surrounding the competition area are very busy and strictly **out of bounds** to run along, and are marked with the standard purple cross forbidden route symbol accordingly.

There are wild deer in the competition area. Please take care to minimise disturbance to deer and other wildlife.

Any competitor found in breach of the above is liable to be disqualified. Please take care to follow the rules to preserve wildlife and avoid jeopardising any future use of the area.

**Forest etiquette:** Epping Forest is managed by the City of London Corporation. The Forest is used and enjoyed by members of the public, including horse-riders. Please show them consideration. In particular, take care when near horses and avoid frightening them. Dogs are permitted in the Forest if kept under control; but again, note that dogs are not allowed in the school. The area is also well-used by mountain bikers – please take care particularly when running along some of the smaller tracks.

**First Aid:** A qualified first aider will be in attendance in the school hall. A basic first aid box will be available at the school hall.

Nearest A&E hospital: Whipps Cross Hospital, Whipps Cross Road, London E11 1NR. Directions will be available at download.

**Results:** We hope to offer Live Results during the event, which will be posted on the CHIG website : <https://chig.org.uk/> . Final results will be posted on the evening of the event on the CHIG website, and uploaded to Routegadget the following day.

**Officials:** Organiser: Iain Ambler Tel: 07714 697245 Email: [info@chig.org.uk](mailto:info@chig.org.uk)  
Planner: Matthew Vokes (DRONGO) Controller: Michael Chopping (NOR)

We are very much looking forward to seeing you at our flagship event this year, and hope you enjoy Epping Forest and the event. Thanks in advance go to: Matthew Vokes for planning, to Tom Edelsten for mapping, to Michael Chopping for controlling, to all the CHIG volunteers helping to make the event possible, and last but by no means least, to the City of London Corporation, the Superintendent of Epping Forest, Davenant Foundation School, Debden House Centre and their teams for making it possible for us to use this wonderful forest and the facilities once again.