

Thetford Thrash Day 1

Final Details

Invitation

CUOC proudly present day 1 of the Thetford Thrash 2010, a weekend of two Level 2 (Regional) Events in neighbouring areas of Thetford Forest. Day 1 is also an EA League event and incorporates the Icenian Trophy.

Entries

Entry online at www.fabian4.co.uk is preferred

Last date for online entries will be 24 January 2010. Entries received after 17th January will be subject to a late entry surcharge.

Entries by post will be accepted up to 24th January. Postal Entries using standard entry form to:
Thetford Thrash 2010

13 Princess Drive

Sawston

Cambs

CB22 3DL

Cheques payable to WAOC.

Entries on the day will be accepted subject to availability, with a late entry surcharge.

Fees

	Day 1	Day 2	Both Days
Seniors (BOF members)	£8.00	£8.00	£15.00
Seniors (non BOF)	£10.00	£10.00	£19.00
Juniors (under 21)	£4.00	£4.00	£7.00
Students	£4.00	£4.00	£7.00
SI Card hire	£ 0.50	£ 0.50	£ 1.00

Late entry surcharge +£1/day/entrant

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

Entry enquiries to entries@waoc.org.uk

Entry on the Day

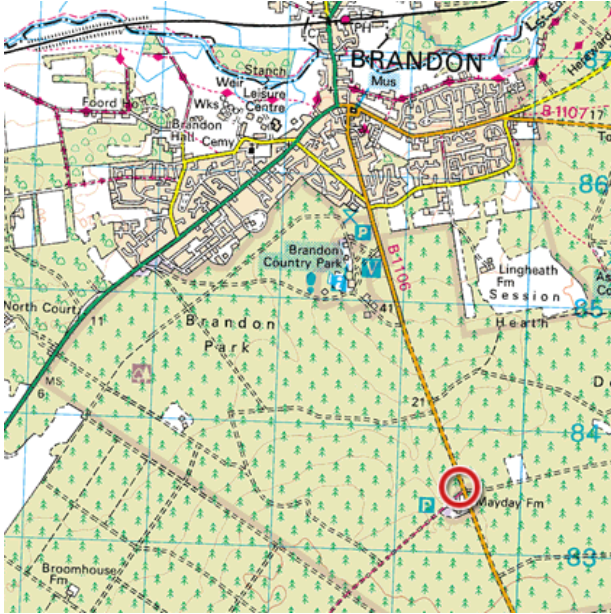
Registration open 10:00am – 12:00pm

Location

Brandon Country Park, near Brandon and Thetford

Travel & Parking

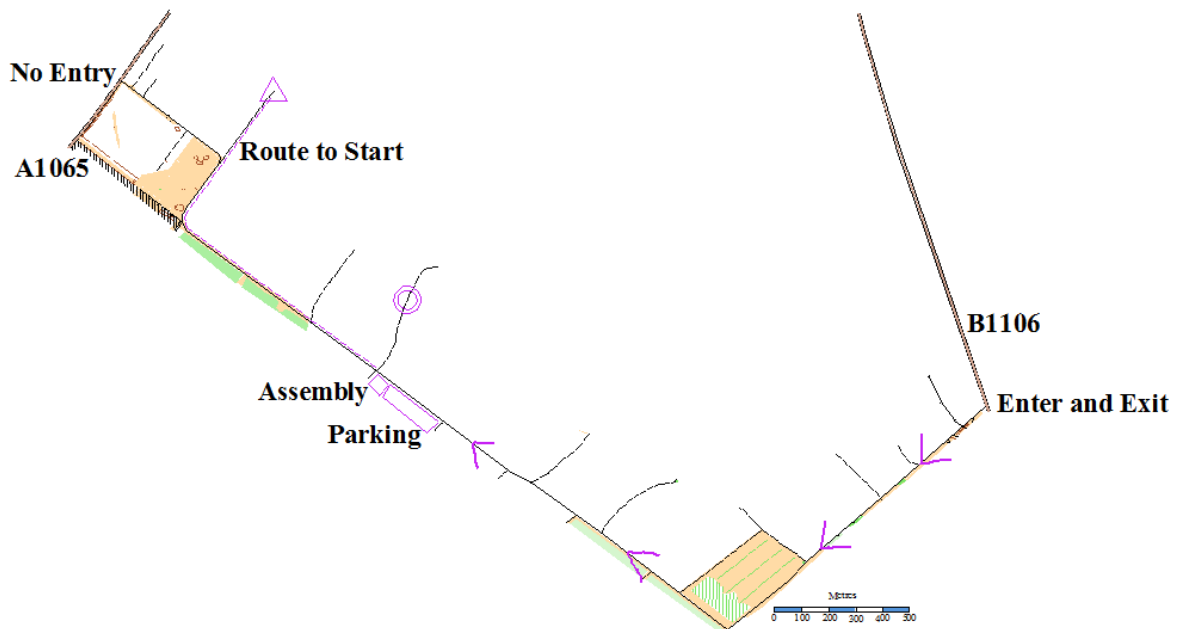
Access to the area is from the B1106. Take the Mayday Bird Hide turning a few km south of Brandon, as shown [here](#)



From here the event will be signed along forest tracks for a about 2km to the parking.

It is also possible to walk from Brandon station - please contact the organiser if you plan to do this.

Parking and Assembly Layout



Facilities

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

Start

The start is about 1.5km along flat tracks from the assembly area.

Finish

The finish is about 300m from the assembly area. Water will be provided at the finish.

Courses

Course	Length (km)	Climb (m)
White	1.6	5
Yellow (M10,W10)	2.4	5
Orange (M12, W12)	3.3	10
Light Green (M14,W14)	4.0	15
Short Green (M75+, W65+)	4.1	10
Green (M70, W16, W55-60)	4.7	15
Short Blue (M65, W18-20, 45-50)	6.0	45
Blue (M16, 55-60, W35-40)	6.9	45
Short Brown (M18-20, 45-50, W21)	7.8	55
Brown (M35-40)	9.0	55
Black (M21)	11.8	95

Competitors may enter the course of their choice. Recommended courses for experienced orienteers are shown in brackets (these are also the EA League classes).

String Course

There will be a string course on both days

SI Punching

Both days will be using SI electronic punching. SI cards will be available to hire for 50p.

Start Times

10:30am - 12:30pm

Courses will close at 2:45pm

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.

Control Descriptions

Loose control descriptions for orange to black will be available in the start lanes at -3 minutes, with both symbol and written descriptions for the orange course.

Loose descriptions (symbol and written) for white and yellow will be available at the pre-start, along with their maps.

Symbol control descriptions for all courses will be printed on the map, on the back for white to brown and on the front for black.

Map

The area is Brandon Country Park. Minor updates have been made for the event.

Maps will be printed on A4 waterproof paper.

White to brown will be at 1:10000, and black at 1:15000.

Special symbols used include: thick green line – rootstock wall, green dot – holly bush.

Out of bounds is shown with purple hatching.

Legends will be available at registration and are not on the map.

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

Terrain

Brandon Country Park consists of mature deciduous woodland surrounding a country house, extending into managed coniferous forest, including one area of surprising contour detail.

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.

The area is used by cyclists and also as a husky dog training area, so please take care when crossing tracks.

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

Dogs

Dogs are welcome on both days but must be kept on leads.

Results

Interim results will be displayed near the download tent.

Full results will be posted on the CUOC website (www.cuoc.org.uk) soon after the event.

Icenian Trophy

To keep things simple, the Icenian trophy will be awarded to the club which has 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).

Cancellation Policy

In the event of extreme weather, 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.

CUOC reserve the right to retain all or part of the entry fee to cover costs already incurred.

Officials

Organisers - Ben Stevens, Andrew Crosby, Huw Grange (CUOC). Email icenian@cuoc.org.uk

Planner - Ben Stevens (CUOC)

Controller - Andrew Cordle (SOS)

Contact by phone: Huw Grange - 07816590568