

Thetford Weekend 2015

Day 1, Icenian Trophy

Saturday 31st January 2015

Final details

Invitation

CUOC proudly presents Day 1 of the Thetford Weekend 2015 at Santon Downham on Saturday 31st January 2015, a weekend of two events in Thetford Forest. Day 1 is also an EA league event and incorporates the Icenian Trophy.

Entries

Entry on the day will be available subject to map availability and the late entry surcharge. Registration will be open between 10:00 and 12:00.

Fees

Day 1 Fees	Up to 21 Jan	Up to 29 Jan	EOD
Seniors (BOF members)	£11.00	£12.00	£13.00
Seniors (non BOF)	£13.00	£14.00	£15.00
Juniors	£3.00	£4.00	£4.00
Students	£3.00	£4.00	£4.00
SI Hire	£0.50	£0.50	£0.50

Hire dibbers

If you have pre-entered and have requested a hire dibber, please collect it from enquiries/registration before heading to the start. Remember to return the dibber when you download.

If you have requested a dibber for both days of the competition, you will need to collect a different dibber on day 2.

Location, travel and parking

The event will be signed from the B1107 in both directions.

From the West

Take the B1107 East out of Brandon, turning left (signed Santon Downham) as you leave the town. Continue along this small road until you reach Santon Downham village.

On the far side of the village turn left onto Mark Lane, go over the river and turn right before the railway crossing. Follow this road to the car park at the end.

From the East

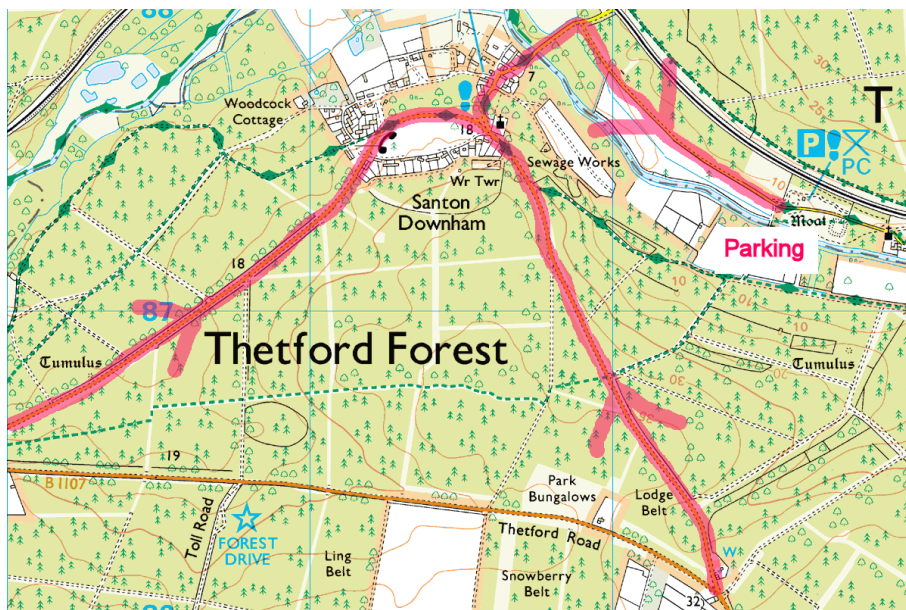
Take the B1107 west out of Thetford. Turn right off after about 4.5km to get to Santon Downham. Turn right onto Mark Lane as you come into the village then follow directions as above.

Large vehicles

Large vehicles (weighing over 3 tons or taller than 6 foot 6) must approach from the north to avoid a weak and small bridge. Turn south of the A134 at TL829899 then left after crossing the railway.

Public Transport

It is also possible to reach the event by train and bike - 20 minutes from Brandon Station following “from West” directions above.



Parking

On hard standing and grassy areas in St Helens picnic area. Please follow directions of the marshals. There will be a £1 parking charge.

Facilities

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

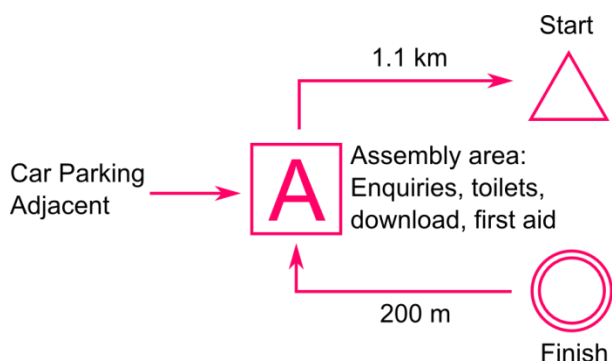
Start

Start times from 10:30 to 12:30. Individual start times for pre-entries will be allocated via Fabian4. Competitors entering on the day will have to wait at the start for an available slot. All competitors will have a punching start.

It is approximately 1.1km from assembly to the start, allow about 20 minutes. There will be a clothing transfer at the start. Please leave items in plastic bags by the sign. They will be transported back to the assembly area. The organisers ask you to minimise the volume of stuff you leave at the clothing transfer.

The route to the start initially follows the road used to access the assembly area, please beware of cars.

There is a railway crossing on the route to the start. It has automatic barriers with sirens. Once the sirens sound, no one should attempt to cross as trains appear quickly afterwards. The crossing will be marshalled however leaders of groups e.g. schools, should individually ensure the safe crossing of their group.



Finish

The finish is 200m from the assembly area.

Courses

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	M Classes	W Classes	Map size
White	1.7 km	10-	10-	A4
Yellow	2.2 km	10	10	A4
Orange	3.5 km	12	12	A3
Light Green	3.7 km	14	14	A4
V Short Green	3.0 km		75+	A4
Short Green	3.7 km	75+	65, 70	A4
Green	4.9 km	70	16, 55, 60	A3
Short Blue	6.0 km	65	18, 20, 45, 50	A3
Blue	7.4 km	16, 55, 60	35, 40	A3
Short Brown	7.9 km	18, 20, 45, 50	21	A3
Brown	10.4 km	35, 40		A3
Black	13.2 km	21		A3

There will not be a string course

Electronic Punching

SportIdent 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.

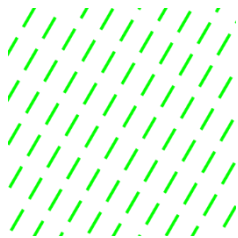
Terrain

Forest is typical Thetford pine plantation of varying ages, together with some smaller deciduous blocks.

Map

Map updated January 2015. The area has been much used by mountain bikes and motorbike competitions (there will be one in the weeks before the event), so there are many tracks of different ages and usage. All the tracks of recent use are marked however many traces of degraded, older ones occur (and are unmarked).

One non-standard symbol has been used to show brashings more runnable in one direction (parallel to the green lines)



Map scale 1:10,000 with 5m contours. There is no legend on the map but copies of the legend will be viewable at enquiries. Maps will be printed on waterproof paper.

Control descriptions

Control descriptions will be printed on the maps. Loose control descriptions (on waterproof paper) will be available in one of the start boxes. Control descriptions are pictorial for all courses.

Safety

The area is used by motorbikers as well as mountain bikers and horse riders. There are also several ponies (chained to posts) on tracks around the forest.

There is a Traveller camp occupying a small area in the west of the competition area, this is marked on the map with the danger area purple hash symbol

Longer courses cross a minor road running roughly SW-NE across the area. Please take care crossing.

In the event of bad weather cagoules and whistles may be made compulsory. Full leg cover is compulsory.

Courses close at **14:30**. Please report to download, even if you retire.

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.

Cancellation

In the unlikely event of extreme weather or other problems, 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	Carrie Beadle
Planner	Jessica Mason
Controller	John Collyer