**Essex Stragglers Orienteering Society**



**Regional Event (Level C), ESSOL**

**Baddow Ridge, Danbury
Sunday 5th November 2023**

**PRELIMINARY DETAILS**

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| Courses |

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|  | Length | Climb |
| Brown | 8.9km  | 160m  |
| Blue | 7.0km  | 115m |
| Green | 4.9km  | 100m |
| Short Green  | 3.8km  | 65m |
| Light Green  | 3.6km  | 75m |
| Orange | 2.8km  | 65m |
| Yellow | 2.3km | 35m |
| White | 1.5km  | 25m |

       Courses suitable for all levels of ability and experience - contact the Organiser if unsure.SPORTident electronic punching will be used (SIAC enabled)All courses are punching Start, punching Finish.Note to Green, Blue, Brown runnersYou have a timed-out road crossing with 1 minute allowed for crossing and punching. There is another road crossing on Blue and Brown, which is not manned as the road is not busy.You may see a Finish during your course that is not yours: do not punch it! Finishes are not SIAC enabled.Note to all runnersThere is a 900m walk to the start which crosses The Ridge, a busy road. This crossing will be manned, please obey the marshal’s instructions. Courses White to Short Green also cross here after running, en route to Download. |
| Location | Parking and event centre at King Edward VIII Scout Park (Riffhams), Riffhams Chase, Danbury, Essex, CM3 4AU. See directions below – beware of Google maps taking you the wrong way.N51 43.759 E00 34.270TL777065  <https://what3words.com/buzzer.faced.blown>O signposted from the A414 Danbury (please approach from Eves Corner at double roundabout in centre of Danbury, turn north along Little Baddow Road/The Ridge. After a mile, turn left into Riffhams Chase. After half a mile, just after Jacobean brick house on right, turn left into the Scout & Guide premises – look for SOS flag). Please contact the organiser if you are bringing a coach or other large vehicle. **Car parking is VERY limited – please car share if possible.** There is an option on Racesignup to facilitate this. |

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| Map | Mature mixed woodland.1:10,000 5m contours (Green to Brown)1:7,500 5m contours (White to Short Green)New paths (mountain bikers, etc) appear often and not all are mappedThe various Out of Bounds MUST be respected to ensure continued use of the woods. Paths alongside or through OOB areas CAN be used. Road crossing/timed road crossing/marshalled road crossing – will be in use on longer coursesThe golf course (tees, fairways, greens) must not be entered at any time.Access to the start/finish will be via a taped route from the Event Centre.  |
| Entry/Times | Entries available now via Racesignup until 23.59 on Thursday 2nd November. Entries extended until Saturday midday by payment of £2 surcharge (seniors) and £1 (juniors); only acceptable if maps are available. Email Organiser for clarification.Please contact the Organiser if you are bringing a large number of competitors or school/youth group. Entry forms for school groups are available from the website link.Starts between 10:30 to 12.30 (allow for 20 minute walk to Start)Courses close at 14:30 - you must report to the download point by 14:45. Download located at the event centre. |
| FeesMedical | £10 seniors (£8 members of British Orienteering)£3 juniors (under 21) and students.  SI card ('dibber') hire £1. Hired dibbers will be available for collection at Enquiries at the Event Centre.Late entries £2 surchargeFirst aid will be available at the Enquiries point.If you have a medical condition we need to know about please download and fill in the medical form from the website link Place it in a sealed envelope with your name clearly on the outside. Hand this to the Enquiries point in the assembly area where the First Aiders will keep it in confidence for the duration of the event; to be collected unopened at the end of the event.To avoid scratches, leg cover is compulsory. |
| FacilitiesDogs   | Guidance for beginners available from the Enquiries point at event centre.Toilet available at event centre. First Aid located at Enquiries at event centre.Key drop available at EnquiriesCake sale in aid of SOS Juniors activities – cakes and hot drinks available. Bring your own mug if possible.No dogs (Scout and Guide site) |
| Officials | Organiser –Julie laver julieannlaver@btinternet.com 07923656976Planner – Eleanor Evans/Colin West SOSController – Peter Woods WAOC |