

Essex Stragglers Orienteering Society

Final Details Writtle Forest

Regional Colour Coded event including East Anglian League

Sunday 2nd July 2023

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- Map/Terrain details Ancient woodland. Very runnable; visibility is much reduced versus winter conditions, (leaves, bracken etc) so careful navigation is a premium.
- The two main blocks are private woodland with little public access, so apart from a large footpath across each, are rarely walked and the limited paths need care in locating and following. The one exception is a track near the finish, in the NW part, associated with a riding school. Horses may be exercised here but courses can easily avoid it. There is an open day at the riding school this weekend, so likely increased activity.
- Mill Green and the southern area of woods close to it have multiple holly thickets which are generally mapped, but individual holly bushes here, remain unmapped for clarity.
- Parsons Spring has a network of pits from gravel extraction so requires careful navigation. Unmapped lying water in some pits
- The start is in Ellis Wood. The vehicle track has not been used for several years, but wheel ruts are still clear in places. Some paths are less distinct due to vegetation cover or lack of use. Deer tracks are generally not mapped.
- Double green hatching is thick bramble and un-crossable. Use the bridge to cross the small river.
- Light Green, Short Green, Green, Blue, Brown 1:10000
White, Yellow. Orange 1:5000
5m contours, updated for the event.
- Course information Courses suitable for all levels of ability and experience - ask for advice if you are unsure which is the right one for you. See EAOA website for East Anglian League course choice. <http://www.eaoa.org.uk/EALrules.pdf>
Except for white and yellow, controls will be SIAC enabled.
Punch start and finish.

Course	Difficulty	Length (km)	Climb (m)	Number of controls
White	Very Easy	1.6	15	12
Yellow	Easy	2.2	20	11
Orange	Medium	2.5	20	11
Light Green	Hard	3.4	60	14
Short Green	Very Hard	3.7	60	16
Green	Very Hard	5.0	95	16
Blue	Very Hard	7.7	95	27
Brown	Very Hard	8.5	110	30

IMPORTANT INFORMATION FOR THE WHITE AND YELLOW COURSE

On the white course, due to the indistinct of paths, some Smiley faces and taped route will be used to guide competitors round. Runners on Yellow should be able to identify other line features as well as paths and tracks, specifically streams, earth banks, vegetation boundaries. Could adults in charge please make sure these competitors understand this and know the symbols.

Registration and start times	Enquiries open from 10:00am. Start times 10:30am-12:30pm Start times will not be pre-allocated Start for all courses is in Ellis Wood. Allow 15 minutes. Follow bridle path from parking. White, yellow and orange will finish in Ellis Wood. Please ensure juniors remember to download. Courses close 14:30
Entry details/costs	Pre entry only via Racesignup. Closing date Thursday 29 th June Late entries subject to map availability by emailing organiser £10 seniors (£8 members of British Orienteering), £4 juniors (under 21) and students. SI card (dibber) hire £1.
Safety notes and road crossings	The return from the finish of White, Yellow and Orange to car park includes a short quiet section of road (Cock Lane cul-de-sac). Please accompany younger children. The longer courses (Light Green, Green, Blue and Brown) cross a road into the main forest blocks. Traffic is light but can be fast even with the good visibility at the crossing. It will be manned but without a timeout. Please listen to the official and take care crossing. Blue and Brown also cross into and out of Mill Green Common at two separate points. These crossings will not be manned, please take care and remember that the cyclists who like such backroads, cannot be heard as with normal motorised traffic. Blue and Brown also cross a road into and out of Parsons Spring. This crossing will be timed out in both directions. The longer courses finish in Barrow Wood. The return will be north along Metsons Lane and then marshalled across Ingatesone Road into Cock Lane. Full leg cover is mandatory. If you are susceptible to insect bites, suggest to wear insect repellent.
Nearest hospital A&E	Broomfield Hospital, Chelmsford, CM1 7ET 01245 443673
Facilities	Enquiries, dibber collection, download, first aid and portable toilet will be situated in the grass area on Pools Lane. Participants with pre-existing medical condition may leave information in a sealed envelope at enquiries. The SOS cake stall will be selling tea, coffee and cakes in aid of SOS juniors Guidance for beginners available from the Enquiries point. Bottles of water will be provided at the long finish. Please place empties in the black bins at finish or in car park, or take home. No litter, please!
Dog restrictions	Well-behaved dogs on a lead are allowed on the public rights of way only.

Parking/Directions

Parking is free and in Pools Lane, Highwood CM1 3QL
Please follow the marshal's instructions.
Parking is limited. Please car-pool where possible

From A12 east, leave at junction 15. At roundabout take B1002 towards Margaretting and turn right at crossroads in the centre (Wantz Road). Cross A12, turn left onto slip road and then right onto Ivy Barn Lane. After approx. 1.2 miles turn sharp right into Ingatestone Road and after a further mile turn right into Highwood Road. Pools Lane is then after 300m on your right. (O sign).

From A12 west, leave at junction 12 and take B1002 toward Ingatestone. Turn left at crossroads in centre of Ingatestone (Fryerning Lane), Cross A12 at turn right at T-junction. After approx. 1 mile, fork left into Ingatestone Road and after a further mile turn right into Highwood Road. Pools Lane is then after 300m on your right. (O sign)

Officials

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