



**BRANDON PARK  
EAOA COMPASS SPORT CUP AND TROPHY  
QUALIFIER ROUND  
Sunday 13<sup>th</sup> January 2008**

**FINAL DETAILS**

**Directions**

Parking will be along a forest road (Fire Route 5) accessed off the B1106 Elveden to Brandon road at grid reference TL792841. If possible, please approach from the south, via the A11/B1106 cross-roads (with traffic lights) at Elveden, rather than through Brandon itself. In particular, if approaching from the south or west via the A14 and A11, at the Barton Mills roundabout (Mildenhall), follow the A11 towards Thetford and Norwich, rather than taking the A1065 towards Brandon. Please note that Fire Route 5 is **after** Fire Route 6 when approaching along the B1106 from the south (the order is FR3, FR4, FR6 and only then FR5). Please do **not** park in Brandon Country Park car park (the area around this car park is strictly out of bounds to all competitors and there is no route from here to assembly).

When leaving, please take great care as you join the B1106 as traffic moves at high speed. It may be safer to turn left onto the B1106 and travel home via Brandon.

**Parking**

Parking will be on grass verges along Fire Route 5; a hard gravel forest road. Please park as directed by the marshals. Please contact the organiser in advance if you intend to bring a coach, minibus, campervan or other large vehicle.

**Assembly, start and finish**

Assembly, start and finish will all be immediately adjacent to the parking on FR5. Registration, download, toilets and first aid will be in the assembly area. There will also be ample space for club tents in the assembly area. Dogs are permitted only in the assembly area and must be on a lead.

**Registration (10am to 12 Noon)**

All Compass Sport Cup and Trophy competitors must be pre-entered via club captains, closing date 6/1/08.

Entry on the day will be available for White and Yellow courses. There will also be limited entry on the day available for other courses, subject to availability of maps and start slots (**not competitive** for Compass Sport Cup and Trophy). If possible, please e-mail the organiser in advance to reserve a map.

Fees for entry on the day: Seniors: £9 (£2 discount for BOF members); Juniors: £3; SI-card hire: 50p; Fee for lost SI-card: £22.

**Control descriptions**

All maps will have control descriptions printed on them: on the back of the map for Brown and Blue courses, and on the front of the map for all other courses. Loose control descriptions will be available in the start lane (and not before) for all courses except White and Yellow (for which they will be issued at registration); see table

below for sizes. Control descriptions will be in text for White, Yellow and Orange courses, and in symbols for all other courses (IOF standard symbols).

### **Shadowing**

Juniors taking part in the Compass Sport Cup or Trophy must not be shadowed. Adults wishing to shadow other juniors must complete their own run first.

### **Start**

The start will be a short walk from assembly (~150m) along a forest road. **Please do not enter the area of forest immediately to the south west of this road for any reason** – it is a bat roosting site and hence **Out of Bounds**. SI Clear boxes will be immediately adjacent to the start area.

All competitors (except those on the White and Yellow courses) will have a pre-allocated start time. **Call-up will be at -4 minutes**. Please do not be late! (Latecomers may have to wait a very long time before another suitable start slot becomes available).

Loose control descriptions will be available in the start lane after call up (see table below for sizes). White and Yellow competitors will receive their map in the start lane, before they start. There will be a **punching start** – remember to punch the SI Start box before you pick up your map.

### **Download and map collection**

Download and map collection will be immediately after the finish. **All competitors must report to download even if they retire.**

Maps will be collected from all competitors that finish prior to the last start time. Please put your map in the bag labelled with your club initials as you leave download. Collected maps will be released to club captains once the last competitor has started.

**Courses close at 2:30pm**. If you have not finished by this time you will be deemed to have retired (but you must still report to download so that we don't have to send out a search party for you). Controls will be collected from this time whether or not all competitors have finished (and some may be collected earlier if all competitors on relevant courses have finished).

### **Results**

Provisional results will be displayed near download. Final results will be posted on the EAOA website [www.eaoa.org.uk](http://www.eaoa.org.uk).

### **Terrain**

Brandon Park was once the grounds of a country house and the vegetation is therefore rather more mixed than is typical for Thetford forest – everything from mature deciduous and coniferous forest, through densely planted young coniferous plantation, to areas of clear-felled rough open heathland (some ploughed for future re-planting). There is some bracken and bramble undergrowth in places, but courses have been planned to avoid the worst of both. As you would expect for Thetford forest, Brandon Park is almost flat throughout.

## Out of Bounds

A large area in the centre of Brandon Park has been clear-felled and fenced off to create a new heath. It is permitted to run through this area on the main paths, but the area is otherwise out of bounds. In any case, courses have been planned so that running through the area, even on a path, is unlikely to be the optimal route choice.

There are a number of other, smaller areas of forest that are out of bounds, and marked as such on the map – in most cases these are to prevent disturbance to bats roosting in bat boxes in the trees. Again, courses have been planned to avoid these areas, but in any case please do not enter them.

**One of these areas is immediately adjacent to the route to the start from assembly. There will be signs in the forest marking this area as out of bounds. Please do not enter this area, or allow your dog to do so, for any reason.**

There are a number of houses in the western part of the forest, including Brandon Park House itself (now a nursing home), and also the Brandon Country Park Visitor Centre and walled garden. These and the immediately surrounding land are all marked as habitations on the map (muddy green colour), or out of bounds. Again, please respect the privacy of the occupants and keep out of these areas.

Finally, it is forbidden to run along the B1106 on the eastern edge of the area, including along the verge on the side of the road. This route will be marked with purple cross ‘forbidden route’ symbols on all maps.




## Course details

Given the terrain, you will not be surprised to learn that courses have been planned towards the upper end of guideline lengths (or even a little beyond in some cases). You should also note that, due to the terrain, the hardest courses are only TD4+ at best.

Course	CSC/T Classes	Length	Climb	Descriptions
Brown	Men’s Open	9.9km	65m	18 x 6cm symbols
Blue Women	Women’s Open	7.6km	45m	15 x 6cm symbols
Blue Men	M45+, M20-	7.6km	50m	14 x 6cm symbols
Green Women	W45+, W20-	5.0km	20m	13 x 6cm symbols
Green Men	M60+	5.0km	60m	12 x 6cm symbols
Short Green	W60+, M75+	4.1km	40m	12 x 6cm symbols
Light Green	M/W18-	3.9km	45m	12 x 6cm symbols
Orange	M/W14-	3.4km	25m	11 x 7.5cm text
Yellow		2.9km	25m	11 x 7.5cm text
White		1.7km	15m	11 x 7.5cm text

## Maps

All maps will be 1:10,000 with 5m contours, pre-printed with course and control descriptions, and bagged. None of the maps will have a legend on them. Symbols will be ISOM standard plus:

Pale yellow + green dots		Rough open with young trees (runnable but with low visibility)
Black cross		Hide
Black circle		Tall concrete post

Rootstock banks are mapped using either the linear thicket (dark green line) symbol, or earth wall (brown line with dots) symbol, depending upon their height and ease of crossing.

## Safety

Most courses, apart from White, Yellow and Orange, cross the access road into Brandon Country Park and Brandon Park nursing home. **Please take care crossing this road** (the relevant point on each course will be noted in the control descriptions). NB This road is occasionally used by emergency ambulances accessing the nursing home.

Whilst the official mountain bike trail through the forest is on major paths, there are numerous unofficial bike trails through the forest. Please be aware of the possibility of encountering mountain bikes during your run, and take particular care if you run along any narrow paths through the forest – look out for mountain bikes coming up behind you as well as in front.

**Finally, please note that competitors take part entirely at their own risk.**

## Officials

Planner: Graham Louth (WAOC)  
Controller: John Ward (NOR)  
Organiser: Caroline Louth (WAOC) on behalf of EAOA  
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