



The East Anglian Orienteering Association
welcomes you to the

Midland Championships 2024

incorporating the

BUCS Individual races and the
East Anglian Championships

at Sandringham Royal Park, West Norfolk

On Saturday 9th March 2024



ENTRIES

Midland Championships

To be competitive in the Midland Championships you must enter on-line before the closing date. No entry on the day will be possible for the Midland Champs or EA Champs. Please see the rules (ref) for eligibility. Entry will be by age class. The courses corresponding to age classes is shown in the table below.

East Anglian Championships

To be competitive in the East Anglian Championships you must enter on-line before the closing date and be a member of an orienteering club that is part of the East Anglian Orienteering Association. Where there is an elite class, the EA Champ in that age class will be the first eligible finisher in the Elite class, and otherwise the first eligible finisher in the corresponding L class. You must enter the E, L or A class appropriate for your age class (as in the table below) or else the M21L or W21L class. Entrants to B and S classes will not be competitive in the EA Champs.

Non-competition courses

In addition to the competition courses, we are offering a range of colour coded courses (White to Light Green) which are open to all. Runners who enter colour coded classes will not be part of the championship.

BUCS 2024 individual races

BUCS competitors will be entered through the BUCS system. Any one individual can only be competitive in either the BUCS or the Midland Champs/EA Champs, not in both.

This event is part of the 2024 UK Orienteering League (UKOL).

Entry Fees: to Championship courses:

BOF Seniors ~ £14.00. Non BOF Seniors ~ £17.00 All Juniors ~ £6.00
(Independent Seniors or Groups incur a £3.00 supplement.)

Those willing to help on the day can enter at a reduced rate of £7. To obtain the discount code, contact the organiser or email midlandentries@waoc.org.uk before you try to enter.

Non-Championship courses (Light Green; Orange; Yellow; White)

BOF Seniors ~ £6.00 Non BOF Seniors ~ £9.00 All Juniors ~ £3.00

E-card Hire ~ £1.00 (loss of hired E-card will cost you £30)

Advance entry will be through Fabian 4. Entries will close at close to 11:59 pm on 25th February. Entry on the day will be available for colour coded (non-competition) courses only.

Entry classes and courses

Course	Classes	Length	Climb	Scale	Controls
1	M21E	15.1	140	1:15000 D/S*	33
2	M21L, W21E	11.7	135	1:15000 D/S*	26
3	M20E, M18E, M35L, BUCS-MA	10.5	130	1:15000 D/S*	25
4	M40L, W21L	9.7	130	1:10000	24
5	M45L, M50L	8.9	100	1:10000	23
6	M55L, W18E, W20E, W35L, BUCS-WA, BUCS-MB	8.4	95	1:15 E /1:10	20
7	M60L, M20L, M21S, W40L	8.0	100	1:10000	21
8	M16A, M35S, M20S, M40S, W45L, W50L, BUCS-WB	7.0	100	1:10000	19
9	M65L, M45S, M18L, W55L, W20L, W21S	6.3	80	1:10000	18
10	M70L, M55S, M50S, M18S, W16A, W60L, W35S, W20S	5.8	50	1:10000	14
11	M75L, M60S, M21V, W65L, W18L, W40S, W45S	4.6	55	1:10000	12
12	M80, M65S, W70L, W50S, W55S, W18S	4.2	50	1:10000	12
13	M70S, M75S, W75, W60S, W21V	3.6	40	1:10000	13
14	M85, W80, W65S, W70S	3.1	10	1:10000	11
15	W85	1.9	5	1:10000	8
16	M14A, M14B, BUCS-MC, BUCS-WC	5.3	55	1:10000	16
17	W14A, W16B, Light Green	4.4	55	1:10000	14
18	M12A, M14B, W12A, W14B, Orange	3.3	25	1:10000	13
19	M10A, M12B, W10A, W14B, Yellow	2.7	15	1:10000	11
20	M10B, W10B, White	1.8	10	1:10000	14

- D/S means double sided.

Course lengths and climb shown in table are subject to final controlling.

Course maps will include control descriptions and will be printed on waterproof paper. Loose descriptions will be provided in the Start lanes.

EA Trophy Collection

If you currently hold an EA Championship Trophy, you are requested to hand it back at the CompassSport Qualifier match at Kings Forest on 18th February or failing that, hand it in at registration at the event itself as soon as you arrive. If you are not attending the Championships personally you must make arrangements to return the trophy at or before the event.

Midland Championship Trophies

Current holders of a Midland Championship Trophy – you should be receiving an email from Hilary Simpson OD.

Prizegiving

We will be awarding trophies for the EA Champs and the Midland Champs at the event.

Directions: The event will be in Sandringham Royal Park. Sandringham is 8 miles north-east of King's Lynn and is signposted by brown tourist signs from the A149 Hunstanton Road and then A148 Fakenham Road, continue on A148 to locate B1440 and turn north. After 2½ miles turn left at the junction (Norwich Gates). Follow O signs passing the Visitor Centre continue to the south parking area & assembly.

Parking: Map Ref TF688 287; Post Code PE35 6ET; South Car Park open 08.00 – 16.30 Enter via a barrier and your registration number will be captured.

There is a charge for the parking, but this has been absorbed in your entry fee.

Terrain: The area is mixed woodland with generally good runnability and an absence of brambles. The north/west part of the area is an escarpment with areas of good contour detail. Rhododendrons have been cleared in many areas and rides have variable runnability. The northern-east corner of the area is an open heath with a network of ditches plus areas of marsh. The south most part of the map reached by the longer courses has some intricate contour areas.

There are three minor roads crossing the area. Speeds are low and there will be no timed-out crossings. Courses 1-8 cross all three minor roads, courses 9 & 10 cross two roads, courses 11-13 cross one road. Courses 14-20 (including all junior courses) do not cross any roads. The roads bordering the area to the east & west must not be crossed and are OOB.

Map: The whole area has been updated to January 2024.
Scale 1:10,000 & 1:15,000 Contour interval 5m.

Assembly Area: (North end of Car Park) Located in a large White Party Tent
From 10.00 to 12.30 ~ Enquiries: E-card Hire; Trophy Return

Starts: From 10.30 to 12.30; located 560m from assembly.

Exact start times will be allocated after entries close and will be published on the Fabian4 website. Please plan to arrive at the start in time for your assigned start allowing for 4 minutes from call-up.

Start times will be assigned in accordance with stated preferences where possible but will also follow seeding rules where relevant.

Finish: Located 100m from **Download Shelter - Courses close 14.30**
There will be no drinks supplied at the Finish. Please bring your own.

1st Aid Unit: will be in attendance.

Facilities: Visitor Centre – Shop, Restaurant, Takeaway Café & Courtyard Toilets
Open 09.00 -16.30

Dogs: Dogs welcome, but please keep on lead; other dog walkers use the Park.

Officials: Organiser: Alan Bedder equipment@norfolkoc.co.uk
 Controller: Jeff Baker (LOG) Planner: Freya Askham (SMOC)
 Entries: midlandentries@waoc.org.uk

The personal data you give will be used by the event organisers and their agents only for the purpose of processing/ publishing the event entries and results, conducting safety checks and to validate British Orienteering insurance cover.

Submission of an entry for the event will indicate your acceptance of this procedure.

Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.