

IOK welcomes you to the Oxford vs Cambridge Varsity Match
2012

10th and 11th March Buckinghamshire/Hertfordshire



Ruth Holmes: rholmes03@gmail.com 07825 424 737.

Individual Varsity Match – 10th March, Burnham Beeches and Egypt Woods

Travel Directions

Parking will be at the Burnham Beeches East Car park, Lord Mayor's Drive, Burnham SL2 3PS, grid reference SU 953 850. See **Location map on page 3**.

If approaching from the north leave the M40 at Junction 2 and take the A355 south towards Slough. Once in Farnham Common take a right turn onto Beeches Road signed to Burnham Beeches with brown road signs. From the South leave the M4 at junction 6 and take the A355 North through Slough and Farnham Royal until you reach Farnham Common. Take a left hand turn onto Beeches road and follow the brown road signs to Burnham Beeches. There will be an orienteering kite at the entrance to the car park.

It is a public car park and charges will apply to orienteers. Car parking charges are £2 per car and £16 vehicle with more than 17 seats – this charge and any resulting fines are the responsibility of the competitor.

Food and Drinks

Beeches café in the assembly area provides very good quality hot and cold food, drinks and amazing cakes! The café is kindly supporting the event by allowing us to use their toilets, providing the bottled water at the finish and giving a free hot drink to every competitor. You will be given a voucher when you finish - please support the café by buying some post-race food and cakes there.

Terrain description

The area is an ancient beech forest used extensively by the public. Deciduous woodland provides extremely fast running conditions whilst areas of extensive rhododendron and holly growth and complex area of knolls and depressions produce an interesting challenge.

Technical Info

Course	Class	Distance(km)	Climb(m)	Controls	Spectator Control	Technical Difficulty
1	Men's A	11.4	150	27	Yes	Hard
2	Women's A / Men's B	8.4	140	22	Yes	Hard
3	Women's B/ Men's C	4.6	60	11	No	Moderate

Map & Course Notes

All courses will run on a 1:10,000 map updated in 2012 by Susan & Keith Marsden. Control descriptions will be printed on the map and loose copies available in the start lanes.

The start for all courses is 600m from the assembly area. The route to the start leaves the west corner of the assembly area past the café and passes through the competition area so please follow the tapes and do not leave the main paths. There are areas to warm up near the start.

The courses are planned with spectator value in mind, so the last control, finish and a spectator control (for courses 1 & 2) will be visible from the assembly area. Guest runners are strongly encouraged to stay to watch the climax of

the Varsity Match races. In the interest of fair play, it is requested that guest runners do not show their maps to Varsity Match competitors – we will not be collecting maps after your run.

There are a number of sensitive conservation sites in the competition area, which are out of bounds. These are mapped as such but will not be marked in the terrain. Courses are planned to avoid OOB areas where there are no obvious boundaries. Any competitor found crossing these areas will be disqualified. The road to the south of the area is out of bounds and will be marked as such on the map. Hides are not mapped.

Course 3 is planned to be TD3/4 and is suitable for novices. Members of JOK will be available to assist any competitors new to orienteering.

Timings

Start lists are available at <http://www.jok.org.uk>.

10:00 - 11:19 Guest start block

11:33 - 12:33 Varsity Match competitors start block

12:00 – 13:45 Expected time block for Varsity Match competitors at spectator control and finish.

12:42 - 12:51 Limited Guest starts

15:00 - courses close

Safety

There are some 3-string barbed wire fences on the map. These are marked as crossable and are low enough to cross safely with care. Full leg cover is required for all competitors. There are a number of lakes, ponds and sinkholes in the area, please ensure that care is taken when close to these features.

It is advised for competitors to carry a whistle, however it is not mandatory. Please report to download even if you retire.

Please be aware that Burnham Beeches is a busy forest, which will have a large number of visitors especially in good weather. Please be courteous to members of the public on foot, horse and on bikes throughout the area. Also note that you may cross the public car park during your course and due care and attention must be exercised.

The Nearest Hospital is Wexham Park Hospital (Wexham, Slough, Berkshire, SL2 4HL)

Acknowledgements

Many thanks to Happy Herts Orienteering Club - for the use of Burnham Beeches and Egypt Woods. Specifically to Keith & Susan Marsden and Neil Gostick for their kind help and advice throughout.



1. Burnham Beeches Car Park
2. Showers at Slough Town FC
3. Hedgerley Memorial Hall

Showers

Showers will be available at Slough Town Youth Football Club after your run on Saturday. The Club is in Farnham Park. Enter through green gates signed South Bucks District Council, a left turn off the A355 about a mile south of Burnham Beeches. Postcode SL2 3BP. The Men's changing room is inside the club pavilion, the women's is around the back of the building. **The Football club is kindly allowing us to use their showers free of charge so please be courteous to the volunteers there and leave the changing rooms clean and tidy. There will be other users, football players etc in the pavilion at the same time as us.**

Accommodation

Overnight accommodation will be on the floor of Hedgerley Memorial Hall, please bring sleeping mats and bags. The hall is at Hill View, Hedgerley, SL2 3UY and is just a 5-minute drive from Burnham Beeches. Return to the A355 and go north from Burnham Beeches. At a set of traffic lights after the Esso garage, turn right onto One Pin Lane. Continue on this road across a crossroads and into Hedgerley. The road will go down a steep hill in a small wood, at the bottom of the hill take a sharp left to Hedgerley Memorial Hall. The hall will be open from 3pm.

The Hall must be vacated and clean and tidy by 10am on Sunday 11th March. Breakfast will be provided for those staying overnight at Hedgerley Memorial Hall.

Social

The Varsity Beer Race will take place at 6pm at the Memorial Hall – teams from OUOC, CUOC, JOK, Drongo are expected and spectators welcomed.

The Social will be held at The White Horse in Hedgerley at SL2 3UY. This is just a few hundred meters walk north along village lane from the accommodation. The social will begin at 6:30pm with the prize giving, with food served at 7:15pm.

If you are attending the social please park at Hedgerley Memorial Hall even if you are not staying overnight. There is a large car park at the hall and it is just a short walk to the social.

Dinner will be £12.50 per head for two courses – menu choices must be made in advance. All drinks will be purchased at the bar. If you wish to attend and are not currently booked to do so please contact Ruth Holmes (rholmes03@gmail.com). **If you are down to attend (see start list) and are not planning to do so – please let me know by Wednesday 7th March or you will have to be charged.**

You are of course welcome to attend for drinks and the prize giving without eating.

Relays 11th March – Whippendell Woods

Timings

Mass start for relay at 10.30am.

Travel

Whippendell Woods are on the NW edge of Watford. From Hedgerley, make your way to the A355 and join the M40 at Jct. 2. Head East, join the M25 heading North and leave at J20. Head South on the A41; at the first set of traffic lights turn right onto Langleybury Lane. After about 1 mile, follow the road as it takes a sharp right; after a further km or so, turn sharp left into Rousebarn Lane – this junction will be marked with an O kite - and follow the single track lane down to the parking, at TQ072976.

Parking

The standard car parking area is quite small, and its entrance will not allow larger/wider vehicles access. Minibuses, and some cars (depending on volume/other users), will need to turn in the car park entrance and reverse down the no-through lane, to park along the lane. Details for the CUOC coach drop-off/pick-up have been communicated separately.

Assembly is in a large clearing, 250m from the small Rousebarn Lane car park - follow the main track downhill east from the car park. No facilities.

Format

Traditional 3-person mixed ability teams, formed after the Individual Race and posted in the village hall. Any non-runners should inform the organiser as early as possible on the Saturday evening.

Each team will run 5 laps: 1 long, 2 medium and 2 short - Laps 1 and 4 by runner A, Laps 2 and 5 by runner B and Lap 3 by runner C. All laps are gaffled. A spectator control, close to the end of the courses (500-750m, 3-5 mins), is visible from the south of the assembly area.

Lap	Length	Climb	Controls	Runner(s)
1 (Long)	3.5 km	90 m	14	A
2, 3 (Medium)	2.6 km	70 m	10	B, C
4, 5 (Short)	1.8 km	50 m	7 or 8	A, B

Terrain

Whippendell is fairly typical Chiltern mixed woodland, with similar nature/runnability to Burnham, with some areas of lower visibility. Sub 5 min/km is normally possible for the leading runners. There are many small knolls and rootstocks, which are not shown on the map, and numerous transient mountain bike tracks; these features should not be relied on for navigation.

Significant thinning has been carried out in the NE of the map, which has resulted in some brashed areas; these should not impede the majority of runners and will only be encountered on the short laps. The undergrowth screen is used as a general indication of the extent of these areas.

Map

1:10000, 5m contours, minor updates for the event.

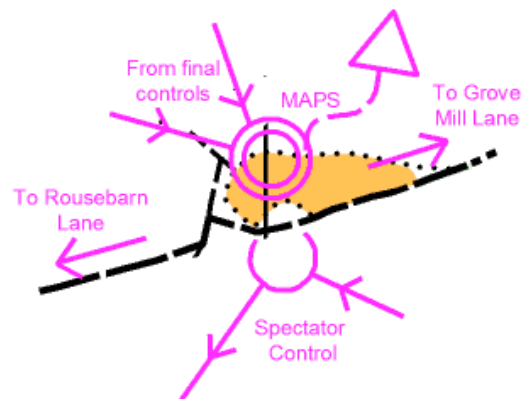
Punching

SI punching, remember to clear before entering changeover pen.

Changeover

Incoming runners should punch the finish before tagging their outgoing runner, and then proceed to download.

Maps will be numbered on the reverse, and attached to fallen trees on the route to the start. The outgoing runner should pick up their map and follow the tapes to the start. Mini-mass starts will take place if/when necessary.



Safety

Whippendell is hosting the cycling section of a Scout triathlon on the day of the event - please be aware of riders, especially when crossing major paths. The woods are also popular with the public, and on a sunny day there will be many dog-walkers, mountain bikers, horse riders and families out and about - please be courteous to anyone you encounter

Costs for the weekend

For all OUOC/CUOC/JOK/DRONGO members (and their partners/family) costs for each element of the weekend will be divided by those taking part in accordance with standard procedure for the Varsity Match. You will be asked to send a cheque after the weekend.

Officials

Organiser – Ruth Holmes (JOK)

Varsity Match Planner – Tim Beale (JOK)

Varsity Match Controller – Susan Marsden (HH)

Relay Planner – Ian Webb (JOK)