



Sunday 21st October 2007

The **West Anglian Orienteering Club** welcomes you to our **Mildenhall North District Event (incl. Yvette Baker Trophy Qualifier)**
Please take the time to read these notes before going to Registration.
We hope you enjoy your run here today.

SPECIAL INSTRUCTIONS:

Getting from the car park to the start/finish area includes a short distance along a pavement next to a main road. Please make sure you keep well away from the edge of the pavement. Young children should be accompanied. Allow 5 minutes.

Courses Green and above have to cross a road – please pay special attention at your chosen crossing point.

Between the Car Park area and the course is a canal with steep sides please be careful.

Start times will be allocated at Registration for Courses Yellow to Green. This is to accommodate those competing in the Yvette Baker Competition. **Please arrive at the start at least 2 minutes before your allocated start time.**

Yvette Baker Competitors – Please check with your Team Coordinator to ensure that you register for the correct course.

GENERAL INSTRUCTIONS

Please complete a Registration Card for each person entering a course.

If you need to hire an SI- Card please obtain one from Enquiries before registration

REGISTRATION procedure

With your completed Registration card, go to the car dealing with your course.

White (very easy)	1.31 Km	Light Green (fairly hard)	2.72 Km
Yellow (easy)	1.99 Km	Green (hard)	4.85 Km
Orange (moderate)	2.9 Km	Blue (hard)	7.3 Km
Red (moderate)	5.26 Km	Brown (hard)	9.08 Km

The String course is located by the main start (free of charge)

Fees :

Seniors: £6 (£2 reduction for British Orienteering members on production of Membership Card).

Juniors (under 21) and Students £1.50

SI-Card hire 50p

Second Runs are free of charge (subject to map availability). You must complete a new Registration Form (marking it 2nd Run). You will have to obtain a new SI-Card as the computer system cannot handle card reuse. N.B. second runs will be non-competitive

LOST E-CARDS Take care of your SI-Card. We will charge £22 for each one not returned.

The registration official will give you a control description list. Those on White and Yellow courses get their map here. Otherwise, a pre-marked map is waiting for you at the start. **MAPS ARE NOT BAGGED.** There will be a limited number of bags available from enquiries if you want one but please try to bring your own if possible (all maps will be A4 size). **For safety reasons you must report to the download officials even if you do not complete your course.**

RESULTS will be displayed on the WAOC website: www.waoc.org.uk.

To obtain a printed copy, please address an envelope at Enquiries and leave 50p.

FIRST AID A first aid box is located at the download tent. Runners compete at their own risk and are advised to check for the presence of ticks at the end of the event.