



WESSEX ORIENTEERING CLUB

CADDIHOE CHASE 2010

Saturday 25th and Sunday 26th September, Birchwood Caravan Park, Wareham

Travel. The Event will be signed from the junction of the A35 and the minor road at Grid Ref 862942 as well as from the roundabout just north of Wareham on the A351 at Grid Ref 921884. Birchwood Tourist Park is well signed along the minor road. It is approximately 4 kilometres from Wareham Station. If you have not sorted your accommodation then camping and caravanning pitches are available at the site. Please contact them direct on 01929 554763 and mention that you are orienteering.

Parking. We have exclusive use of a separate field within the Park and this will be signed along the approach road. Parking is in this field where the Registration tents will also be located. There will be a charge of **£1 per car per day**, please have this money handy on arrival.

Facilities. Within the Parking/Assembly Field will be tents for Registration for those entering on the day and space for Club Tents. Dibber collection for those borrowing dibbers, Download, Enquiries and Traders. We anticipate having Ultrasport, Fuel Catering and the Red Baron Sausage Wagon at the Event.

Claire Brown of Massage Therapy Dorset will be on site both days providing pre and post run revitalising leg massages. Just £6 for a 15 minute session or £10 for both days. Places can be reserved by emailing clairebrown@live.com or visit www.massage-therapy-dorset.co.uk. Pre booking is advised as there are a limited number of places.

String Course. There will be a Free String Course available both days which will be around 300 metres from Assembly and will be well signed. The track to the String Course is suitable for pushchairs but the course itself is not.

Toilets. The site will still be busy with Caravanners and we have been requested to use only the northern Toilet Block. This will be clearly marked and is less than 250 metres walk from Assembly (the block will be passed by all competitors on both days on the

way to the Starts. There are no toilet facilities at either Day's Starts). There will be a Portaloo in the Assembly field but this is only for use by helpers. **Please respect these requests and only use the designated facilities.**

Entry on the Day. For those wishing to be considered eligible for the South West Championships or the overall Caddihoe Chase Trophies you will need to enter the Course appropriate to your age group. This will be possible as long as we have maps available. Fees will be Day 1 Seniors £11.00 plus £2.00 if non BOF, Juniors £3.00, Day 2 Seniors £10.00 plus £2.00 if non BOF, Juniors £3.00, both Days Seniors £19.00 plus £4.00 if non BOF, Juniors £5.00.

For those wishing to run a non Championship course we will have Entry on the Day for White, Yellow, Orange and Light Green. Fees for these courses will be Seniors £7.00 plus £2.00 if non BOF, Juniors £2.50 for either Day. Dibber loan will be available free.

Squash. The trend seems to be for events not to offer water or squash as orienteers are generally very environmentally aware and wish to reduce the impact on the environment made by using plastic cups. So please bring your own drinks which can be left very near the finish area on both days. However, in view of the fact that September can still be warm (we hope) we will have a supply of squash available in the assembly area on Day 1 and near to the Finish on Day 2 for those who have not brought their own.

Clothing Dump. On both days the Start and Finish are quite close to each other and there will be a designated clothing dump area where you can leave clothes and drinks. This area will not be manned and you will need to bring your own bag.

Day 1. The Start is approximately 700 metres beyond the toilet block (i.e. approximately 1 kilometre from Assembly) along a good path (probably not suitable for pushchairs if we have much rain before the event). Allow 15 minutes. The Finish is close to the Start.

Day 2. The Day 2 Start and Finish initially follow the same path as Day 1 but then continue a further 800 metres including a manned road crossing. The total distance from Assembly to Day 2 Start is approximately 1700 metres. We suggest allowing 25 to 30 minutes. It is your responsibility to ensure you arrive at the Start in time for your allocated chasing Start time, no allowance will be made for late starters.

Start Procedure. Starts are from 12.00 to 14.30 on Day 1 and from 10.00 on Day 2 based on a Chasing Start. On Day 1 you will have been allocated a Start Time Block. Early Starts between 12.00 and 12.50, Middle between 12.50 and 1.40 and Late between 1.40 and 2.30. Please try and arrive at the Start area within that block to avoid a build up of competitors. Call-up will be at 3 minutes before the clock time. Loose Control Descriptions will be available in the minus 3 pen with blank maps displayed in

the minus 2 pen. We will be using a Punching Start so when told to go ensure you punch the Start Control before collecting your map from under the appropriate box. It is your responsibility to ensure you have the correct map. Sportident will be used for both days.

On Day 2 those who are running both days will be allocated a Start Time based on their Day 1 finish time. The Senior base time will be 10.00 and the younger Junior (i.e. M/W 16 and below) base time will be 10.30. So a Senior who took 72 minutes on Day 1 will start at 11.12 on Day 2 (10.00 plus 72 minutes). A Junior who took 34 minutes on Day 1 will start at 11.04 (10.30 plus 34 minutes). We have used a different base time to ensure that the younger Juniors are involved in the Chasing Start with the bulk of competitors to enjoy the excitement that this brings.

At 5 minutes before your Start time you will be called up by name so that we can sort competitors into the correct sequence for the Chasing Start. Your co-operation in ensuring that you are there in plenty of time would be appreciated. Loose Control Descriptions will be distributed in the Start queue. You will be kept in order and told when to start. Day 2 is not a punching start so when told to go you only need to pick up your map and go. Again it is your responsibility to ensure you pick up the correct map.

For those competitors only running on Day 2 or who did not record a finish time for Day 1 they will be started as soon as possible after the bulk of the Chasing Start has been dealt with, probably around **11.30 or thereabouts with the last Start time at 12.30. These competitors will use a punching start.**

Finish. On both days the Finish will be marked by a banner and you will need to ensure that you punch the Finish Control. Then return to the Assembly area collecting any clothing or drinks on the way back. Go straight to Download to obtain your finish time. We will have a Results Display in the Assembly field which will be updated as frequently as possible. We will also display the Start times for Day 2 as soon as these have been calculated (although you do not have to wait for this, you can work out your own from your Day 1 run time). We also hope to have them on our web-site that evening.

South West Championships. The South West Champions will be decided on the Day 1 results. Could all holders of South West Trophies from 2009 please return them to Enquiries as soon as possible on Day 1 so we have them to present. We will hold the prize giving for both the South West Championships and well as the overall Caddihoe Chase winners (based on the cumulative times for both days) as soon as possible on the Sunday. It is hoped that this can be around 1.30 to 2.00 to enable you to leave in plenty of time to travel home.

Local Places of Interest. We are blessed in Dorset by having some of the most beautiful scenery in the country. We also have plenty of places to keep you amused.

There is the Bovington Tank Museum, Monkey World, the lovely town of Wareham, Corfe Castle and the Steam Train between there and Swanage, Lulworth Cove, Durdle Door and lots of areas of interest along the Jurassic Coast.

Maps and Terrain. Both areas have been resurveyed and updated this year and neither area has been used for a major competition for many years. Since the last use there has been extensive clearing and thinning by the Forest Commission. This has resulted in opening up some previously inaccessible areas but has also given some rough areas where the going will be tough.

On the longer courses on Day 1 two areas are shown as rough open as well as broken ground. These are particularly rough areas where clear felling plus tree root extraction have taken place. Progress will be very slow/walk. Also on Day 1 fences are crossable. All gates are highlighted on the map by the purple crossing point symbol. All Junior courses use gates to pass through fences. On Senior courses, where the connecting line has been bent to pass through a gate, you are strongly advised to use the gate. This will avoid one fence which is barbed except for the lowest strand. Although it is crossable by vaulting, there is often gorse at the lower level making rolling under impractical.

It is hoped that the dry weather will result in the bracken dying back earlier than usual but the worst areas of high, dense bracken have been shown with the slow run undergrowth screen. Please be aware that there are ticks in the area so please carry out a thorough check each day after your run to ensure that you do not have a tick attached to you.

At the time of preparing these details there are a couple of sets of "Travellers" based in the Day 1 competition area. These do not present a problem but you may well see debris left from previous visitors to the area.

The road running alongside the competition areas is strictly Out of Bounds (and marked as such with Purple Crosses) and anyone seen using the road will be disqualified. However on Day 1 there is a linear open/rough strip adjacent to the road for most of its length and this may be used.

Seasonal marshes are shown with the usual dashed blue screen and these may be crossed although they may be rough with tussocks. Permanent deep marshes are shown with black uncrossable boundaries and these **MUST NOT BE CROSSED**. Where a connecting line between controls passes over an uncrossable marsh the line has been bent to one side to avoid it. If there is a choice of routes either side of the marsh the line has been broken across the marsh. The competitor must avoid the marsh to one side or the other.

On Day 2 competitors on courses Blue, Short Brown, Brown and Black will cross a marsh via a narrow causeway. This causeway is very rough underfoot and the penalty for losing your footing is likely to be total immersion in mud and water. To avoid this we ask all competitors to walk at a steady pace over this section and **under no circumstances attempt to overtake**. It will be clearly marked. We had considered using controls at either end to remove the time taken but felt that this was not practical with a chasing start. Consequently we ask everyone to act sensibly and responsibly on this path.

Control Descriptions will be printed on the front of all maps and loose waterproof copies will be available in the Start Lanes. Pictorial descriptions for all courses apart from White and Yellow which will be written.

The Maps will be printed on waterproof paper and will not be bagged. Map Scale is 1:10000 for all courses. All mapping symbols are IOF/BOF. Special symbols are:

Green Circle represents a Distinctive Tree

Brown Cross represents a Rootstock

Black Cross represents a Hide

Black Circle represents a Post.

	Day 1				Day 2			
Course	Length	Climb	Controls	Map size	Length	Climb	Controls	Map size
White	1.5 km	50	8	A4	1.5 km	35	7	A4
Yellow	2.2 km	50	10	A4	2.2 km	45	8	A4
Orange	2.5 km	85	9	A4	3.2 km	55	10	A4
Light Green	2.8 km	100	10	A4	3.5 km	55	10	A3
Short Green	2.7 km	80	11	A3	3.1 km	60	13	A4
Green	3.4 km	120	12	A3	3.9 km	70	12	A3
Short Blue	3.8 km	100	14	A3	4.7 km	80	12	A3

Blue	4.7 km	160	16	A3	6.1 km	100	16	A3
Short Brown	5.3 km	160	16	A3	7.4 km	115	17	A3
Brown	7.0 km	140	20	A3	9.3 km	170	22	A3
Black	8.1 km	180	22	A3	10.4 km	205	25	A3

For clarification here are the Course/Age Group allocations for Championships based on British Orienteering Guidelines.

WHITE	M10B	W10B
YELLOW	M10,M12B	W10,W12B
ORANGE	M12,M14B,M21N	W12,W14B,W21N
LIGHT GREEN	M14,M16B	W14,W16B
SHORT GREEN	M75,M80,M85,M60S, M65S,M70S	W65, W70,W75,W80,W85, W18S,W20S,W45S,W50S,W55S,W60S
GREEN	M70, M55S	W16,W55,W60,W35S,W40S
SHORT BLUE	M65,M18S,M20S, M45S,M50S	W45,W50,W21S
BLUE	M16,M55,M60,M35S, M40S	W18,W20,W35,W40
SHORT BROWN	M18,M20,M45,M50, M21S	W21
BROWN	M35,M40	
BLACK	M21	

If you have any queries please contact the Organiser at ian.sayer68@ntlworld.com or 01202 484523 (before 9.00 p.m.).

We look forward to seeing you in beautiful Dorset in September.