

EAST ANGLIAN ORIENTEERING ASSOCIATION

EAST ANGLIAN SCHOOLS ORIENTEERING CHAMPIONSHIPS 2009

HIGHWOODS COUNTRY PARK, COLCHESTER

SUNDAY 17TH MAY 2009

The 2009 East Anglian Schools' Orienteering Championships will take place on Sunday May 17th in Highwoods Country Park, Colchester. Car parking is in the public car park on Chanterelle, off Eastwood Drive. There is a height restriction on the car park, so please contact the organiser, Lyn West on 01206 322905 if bringing a coach or minibus. The event will be signposted from A1232, Ipswich Road. **Do not** follow signs to Highwoods Country Park. Registration and Assembly Area is in the car park.

Toilets are available at the Park Visitor Centre on Turner Road. Access to the toilets from the Assembly is through the competition area, so please use the toilets at the Visitor Centre (follow brown signs), Tesco, Eastwood Drive or service station on A12 before arriving.

Pre-entry is strongly advised. Please send the entry form and a cheque payable to Essex Stragglers to

Lyn West, Grove Hill House, Dedham, Colchester, CO7 6DX

Entries should arrive by Wednesday May 13th. Maps cannot be guaranteed after this date. We will do our best to accommodate on the day changes. Entry on the day (from 10 a.m.) will be possible but maps for the correct course cannot be guaranteed. SI equipment will be used. SI dibbers will be available to hire on the day at cost of 50p. Start times will be allocated on arrival and for Championship runners will be between 10.30 & 12.00. Please enclose an SAE for the results if required. The results will be displayed on the SOS web site at www.stragglers.info.

The event is being run in conjunction with a SOS colour-coded event and there will be an opportunity for accompanying adults to do a course after their runners have started but please note that no championship competitor may be shadowed and no accompanying adults (teachers, assistants or parents) will be permitted in the competition area while championship competitors are running. **Failure to comply with this risks disqualification of the whole school.** If you wish to bring less experienced pupils and to shadow them, they must start at least 10 minutes after the final championship competitor from the school.