

THE NORFOLK ORIENTEERING CLUB

invites you to the

NORFOLK DUMPLING DOUBLE REGIONAL EVENT

NORTH NORFOLK
ON
SATURDAY
27TH MARCH 2004

&

SOUTH-WEST NORFOLK
ON
SUNDAY
28TH MARCH 2004



Day 1: Saturday 27th March 2004. REGIONAL (BADGE) EVENT
Roman Camp and Charles Wood, Beeston Regis, North Norfolk. TG 186 413

Day 2: Sunday 28th March 2004. REGIONAL (BADGE) EVENT &
EAST ANGLIAN CHAMPIONSHIPS.
Hockham, Thetford Forest, South West Norfolk. TL 938 920
A new area, not previously used for orienteering.

Co-ordinator: Alan Bedder, 01603 424589, alan.bedder@virgin.net

Courses: Courses offered for all adult age classes and the new junior badge classes. Limited entry on day. Limited colour-coded courses: white, yellow and orange.

E Punching: SportIdent electronic punching equipment will be used on both days. If you have your own E-Card, please give the number on the entry form; if you leave this box blank we will assume that you wish to hire an E-Card.

Maps: Both events will use new maps, surveyed 2003/2004.

Fees: Seniors: £6.50 per day or £12.00 for both days.
Juniors: £3.00 per day or £5.00 for both days.
Late entry and EOD: Seniors: £7.50 per day or £14.00 for both days.
Juniors: £4.00 per day or £7.00 for both days.
Colour Coded: £4.00 seniors or £1.50 juniors.
Hire of E-Cards: 50p per day. Results: £1/copy.

Starts: Saturday: 11:30 – 14:00; Sunday: 10:30 – 13:00
There will be a punching start, so specific start times will not be given before the events. Instead, you will be allocated to half hour start blocks and started in turn as you arrive at the start. You are invited to select a preferred start block for each day when completing the entry form. Should your preferred start block be full, you will be placed in an adjacent block.

Entries: Please detach and complete the above entry form and, with your cheque, made payable to Norfolk Orienteering Club, send it to:

Pam Jermy, 84, Bush Road, Hellesdon, Norwich, NR6 6UD
 telephone 01603 482773 (between 7 and 9pm only),
 email: pidg@freenet.co.uk

Closing date for entries: postmarked Sunday 14th March 2004. Final details, control descriptions and allocations to start blocks will be published on the NOR website, www.noroc.co.uk. If you want a hard copy of this information, please enclose a 9" x 6" SAE marked 'Final Details'.

NOTE: YOU PARTICIPATE IN THESE EVENTS AT YOUR OWN RISK

Results: Results will be published on the NOR website, www.noroc.co.uk, hopefully during the evening of each day. If you want to receive a hard copy of the results, please enclose with your entry a 9" x 6" SAE marked 'Results' and add £1/copy to your cheque.

Accommodation: Can be found through the Norwich Tourist Information Centre, 01603 662661

Dogs: Allowed! On lead only, please.

Terrain: Roman Camp and Charles Wood: The competition area runs along the North Norfolk ridge; both areas are strongly contoured. Roman Camp is mainly deciduous woodland with open areas of heath. On the south side are blocks of pine forest with grid like tracks. Charles Wood is all pine forest. Both areas were used for JK86; Roman Camp was used for the start of the longer courses at BOC92.

Hockham: The area is fairly flat and predominantly forested. The forest is generally coniferous plantation at all stages of runnability from newly planted to mature and recently felled. Some areas are mixed deciduous forest, with smaller areas of rough open. The whole area is virtually bramble free. Interest is added to part of the area by the presence of many small ponds or 'pingos' (relics from the last ice age).

**ENTRY FORM FOR NORFOLK DUMPLING
 DOUBLE REGIONAL EVENT, 27th - 28th MARCH 2004**

Name _____

Address _____

Post Code _____

Telephone _____ Email _____

BOF NUMBER	E-CARD NUMBER	AGE CLASS eg M21L	NAME (20 letters max., forename first) BLOCK LETTERS, PLEASE	CLUB	YEAR OF BIRTH	PREFERRED START BLOCKS										FEES (both days)			
						DAY 1					DAY 2								
						11.30 - 12.00	12.00 - 12.30	12.30 - 13.00	13.00 - 13.30	13.30 - 14.00	10.30 - 11.00	11.00 - 11.30	11.30 - 12.00	12.00 - 12.30	12.30 - 13.00				
NOTE! Entries will normally be stored on disc. If you object strongly to this please indicate your objection. Should either of the events be cancelled for any reason the organising club reserves the right to withhold part of the entry fee to cover committed expenses.												RESULTS@£1/COPY							
												TOTAL ENCLOSED							