



# Interland 2020 – Bulletin 1



Dear fellow orienteers

The English Orienteering Council is pleased to invite Nederlandse Oriënteringsloop Bond (NOLB), two Belgian federation teams (Orienteering Vlaanderen (OV) and Fédération Régionale des Sports d'Orienteering (FRSO)), and the French Ligue des Hauts de France de Course d'Orienteering (LHFCO) to race for the Interland Cup on the edge of the Chiltern Hills in Buckinghamshire on Sunday 1 March 2020. The host English region is the South East Orienteering Association and the organising club is the Hertfordshire Orienteering Club (Happy Herts (HH)). Dartford Orienteering Klubb (DFOK) are arranging the Saturday training.

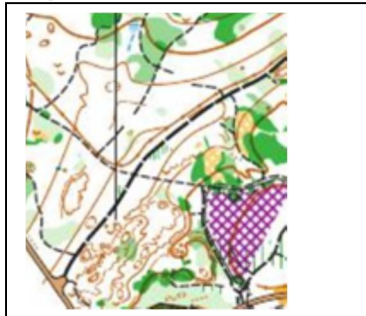
## Programme

Saturday 29 February – 1400-1600 starts: Training event near Westerham, Kent (TN16 1PS)  
Sunday 1 March: Interland and 'Ace of Herts' open event, Burnham Beeches and Egypt Woods (SL1 8PL). Starts 0930-1030; Prizegiving 1300.

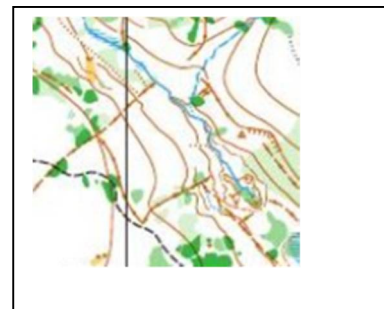
## Terrain description

Burnham Beeches is an ancient, predominantly deciduous woodland with some complex contour features and vegetation detail on both sides of a valley. Egypt Woods is mixed commercial woodland with a main valley, plenty of 'brown' features and few paths. Both areas are highly runnable with some areas of thick trees which runners can avoid.

## Map extracts



*Burnham Beeches*



*Egypt Woods*

## Map

Map survey revisions in 2019. 1:10,000 with 5m vertical interval for all courses. Maps will be digitally printed on waterproof paper. A previous map is [here](#).

## Entries

Teams of 42: 3 athletes in each of 14 classes: M14, M17, M20, M Open, M40, M50, M60, W14, W17, W20, W Open, W40, W50 and W60. Entries for Interland teams and reserves are to be made by team leaders using the entry form supplied. SportIdent timing; SIAC will be enabled. **Team entries are required by 10 February** with payments to be made by bank transfer, payable in pounds sterling – details from EOC Treasurer.

Entry fees are:

Interland: 20 and under - £9; 21 and over - £19

Saturday: 20 and under - £5; 21 and over - £8

Entries by other orienteers may be made direct via the event website: <https://www.herts-orienteering.club/events/event/200301-burnham/>

## Courses

**Provisional** course lengths:

Black	M21	12.9 km
Brown	M20, M40	10.9 km
Short Brown	W21	9.4 km
Long Blue	M50, W20	8.4 km
Blue	M17, W40	7.4 km
Short Blue	M60, W17	6.6 km
Green	W50, M14	5.1 km
Short Green	W60, W14	3.9 km

On the Saturday there will be training courses 3km - 4.5km; no allocated start times.

## Accommodation and Meals

**Pre-reservation** of accommodation and meals is **required by 18 December** specifying the number of beds required. Cost for dinner, bed (linen/duvet provided) and breakfast, and packed lunch: £42 per person. **If a bus** is planned, indicate that (by 18 December). Detailed requirements for accommodation and meals (including dietary matters) is part of the entry, by 10 Feb.

Teams will be accommodated at one of two YHA youth hostels:

YHA London-Thameside (SE16 5PR): <https://www.yha.org.uk/hostel/yha-london-thameside>

YHA London-Lee Valley (EN8 9AJ) <https://www.yha.org.uk/hostel/yha-london-lee-valley>



Interland, YH Lee Valley (Cheshunt), YH Thameside (Rotherhithe), Training (Westerham)

## Interland Officials

Planners	David Frampton and Dawn Figg (both HH)
Organisers	Frances Goldingay and Gill Hanson (both HH)
Controller	Tim Pribul (CHIG)
Training	Andrew Evans (DFOK)
Coordinator	John Rye <a href="http://orienteeringengland.org.uk">http://orienteeringengland.org.uk</a>
EOC Treasurer	Lesley Ross <a href="mailto:treasurer@orienteeringengland.org.uk">treasurer@orienteeringengland.org.uk</a>