

Lee Valley Orienteering Competition



Is your school up for a challenge?

The Lee Valley Regional Park is hosting a regional orienteering competition for secondary school students in the River Lee Country Park.

Key Information

Date: Thursday 1st July 2010

Time: 10am to 1pm

Venue: Event site: Lee Valley Regional Park, Cheshunt Station Entrance,
Windmill Lane, Cheshunt, Herts
(Nearest postcode) EN8 9AJ

Orienteering course: Throughout the River Lee Country Park
(please see attached for directions)

Age Group: Years 9 to 13

The competition will comprise of two categories:

- a) Years 9-11 b) Sixth form

Ability: No orienteering experience is necessary

Competition Format

- Schools to identify groups of four to six students per team with a minimum of four.
- Teams will be fully briefed on the key aspects and principles of orienteering including map and compass reading, health and safety on the course and the competition rules
- All equipment will be provided
- There will be four designated 'start times' for teams – 10.00, 10.15, 10.30, and 10.45 (we will advise you of a suggested arrival time and start time on confirmation of your booking)
- Permanent orienteering posts will be the controls. Teams will be awarded points per control collected. Time penalties will be awarded for teams arriving after the designated finish time.
- Staff will be stationed around the course to book in groups at certain posts to help track their progress.
- At the end of the event there will be a presentation, with a cup for the overall winner of each category and medals for the winning team in each group.

What to Wear and Bring

We would ask that the students come with no large bags or valuables (please leave them on coaches / minibuses if required). Orienteering equipment will be supplied; however we recommend students bring water. Students will have to carry any small bags with them throughout the event.

Students should be dressed in comfortable clothes, appropriate for the weather (PE kit / shorts etc). Trainers / sturdy shoes should be worn.

If the students would like to bring a picnic lunch to enjoy in the Park following the event, you would be most welcome to do so. Alternatively YHA Lee Valley Village can provide a packed lunch (£4.15 per person for under 18s and £5.25 per person for adults) or a hot buffet lunch (from £5.50 per person for under 18s and £7.00 per person for adults). **All orders must be pre-booked please book your food requirements directly with the YHA on Tel: 01992 628392 Email: leevalley@yha.org.uk** In addition cold/ hot drinks and snacks can be purchased from the Hostel reception. Please note food and drinks purchased from elsewhere cannot be consumed on the Hostel site.

How to enter

Due to high interest in the event we are limiting schools to a maximum team of 50 students, however there is no minimum entry.

We would request a payment of £1.50 per student to assist with the provision of equipment on the day. Due to Authority regulations payment will be required prior to the event.

To secure your team entries if you have not already done so, please call the office on the number provided below or email the office on youthandschools@leevalleypark.org.uk leaving your contact details and the best time to call you.

Contact Details

Please contact the Youth and Schools Team to make a booking:

Youth & Schools Service

Lee Valley Regional Park Authority
Youth and Schools Service,
Abbey Farmhouse,
Abbey Gardens,
Waltham Abbey,
Essex EN9 1XQ

Tel: 01992 702227

Fax: 01992 702230

Email: youthandschools@leevalleypark.org.uk

This event is run in conjunction with





Directions to the Cheshunt Station Entrance

By Car/ Coach

Please note double decker buses have insufficient headroom to pass under the overhead wires at Cheshunt level crossing.

From the North, leave the M25 at junction 25 (signposted Enfield, Hertford), then at roundabout take the 1st exit onto Great Cambridge Rd - A10 (signposted Hertford).

Take the 2nd exit at the next roundabout continuing to follow the A10 Hertford

At the traffic signals turn right onto the B198 (signposted Cheshunt) - entering Cheshunt

At the next set of traffic signals continue forward onto College Road (B198)

At the roundabout take the 1st exit onto Turners Hill, B176 (sign posted Turnford)

Turn right onto Windmill Lane. Follow the lane to the end, crossing the railway.

Please park in the Lee Valley Car Park on the right.

From the South, leave the M25 at junction 26 (signposted Waltham Abbey, Loughton), then at roundabout take the 2nd exit onto the A121 (signposted Waltham Cross, Waltham Abbey)

At roundabout take the 2nd exit onto the A121 (signposted Waltham Cross)

At the roundabout take the 2nd exit continuing on the A121

At the traffic signals turn left (MacDonald's on the corner) onto Highbridge Street

Continue forward onto Station Road - A121. Entering Cheshunt

At roundabout take the 3rd exit onto Monarchs Way - A121 (sign posted Cheshunt)

At roundabout take the 3rd exit onto High Street - B176 (sign posted Cheshunt)

At mini-roundabout continue forward onto High Street - B176

At roundabout take the 2nd exit onto Turners Hill - B176 (sign posted Turnford)

Turn right onto Windmill Lane. Follow the lane to the end, crossing the railway.

Please park in the Lee Valley Car Park on the right.

Following signs for the Lee Valley Village Youth Hostel signposted (brown signs) from all major roads will also lead you to the venue.

Parking is available on site – details will be provided in your confirmation letter



Train

Cheshunt station is located 200m from the Hostel.

It is served by One Railway and is a 20 minute journey to / from London Liverpool Street.