

**SOUTH LONDON ORIENTEERS & WAYFARERS**  
**Middle Distance Regional Event**  
**SOUTH-EAST MIDDLE DISTANCE CHAMPIONSHIPS**  
**Incorporating the OK Nuts Trophy**  
**Sunday 5th October 2008**  
**Glovers Wood, near Gatwick Airport**



**LOCATION** Parking Grid Reference: TQ220406

**MAP/ TERRAIN** 1:7,500 (overprinted and waterproof). New area. Mainly runnable mature woodland with several deep valleys with contour details.

**COURSES** **8 Middle Distance Courses** (NB– course lengths listed below are rounded estimates)

- 1 – M20, M21, M35, M40 – around 6.0km
- 2 – M18, M45, M50 – around 5.25km
- 3 – W20, W21, W35, W40 – around 5.0km
- 4 – M16, M55, M60, W18 – around 4.5km
- 5 – M65, M70, M75, W16, W45, W50 – around 3.75km
- 6 – M14, W14, W55, W60, W65, W70, W75 – around 3.25km
- 7 – M12, W12 – around 2.75km
- 8 – M10, W10 – around 2.25km

**Prizes** will be awarded to the first 3 in each of the following age groups: MW 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+. The **OK Nuts Trophy** (Mens open course 1 winner) is in memory of Mike Wells Cole, former British Champion and a member of Nutfielders OK, who died in 1976. The **Heather Monro Trophy** (Womens open course 3 winner) and the **Margaret Loveless Trophy** for best Junior are also awarded.

**Colour Coded:** White, Yellow, Orange and Lt Green (EOD only). We intend to provide a free String Course.

**ENTRIES** **On-Line Entries are preferred** [www.fabian4.co.uk/](http://www.fabian4.co.uk/)  
 Postal entries giving normal age class on a standard BOF entry form with cheque payable to SLOW to Mike Garvin, 30 Belvedere Place, London SW2 5TD enclosing one/two SAEs if final details and/or results are required. [entries08@sloweb.org.uk](mailto:entries08@sloweb.org.uk) Tel: 0207 7386570.

**FEES** **MIDDLE DISTANCE COURSES**

Closing Dates	Method	BOF Members		Non-BOF Members	
		Seniors	Juniors/ Students	Seniors	Juniors/ Students
25/09/2008	On-Line / Postal	£ 8.00	£4.00	£10.00	£4.00
02/10/2008	On-Line Only*	£10.00	£5.00	£12.00	£5.00
	On the day*	£10.00	£5.00	£12.00	£5.00

\* subject to map availability

**COLOUR CODED COURSES**  
 Entry on the day only. Seniors: BOF members £4, Non-BOF members £5. Juniors/Students £2

**SPORT IDENT CARD HIRE:** Seniors: £1, Juniors/Students: No charge

**TIMES** Registration: 09:30 – 12:00 Starts: 10:00 – 12:30  
 Courses close at 14:30

**OFFICIALS** Controller: Keith Tonkin (GO) Planner: Paul Nixon  
 Organiser: Teresa Turner [organiser08@sloweb.org.uk](mailto:organiser08@sloweb.org.uk) 01306 711201

**CONDITIONS** Entry details will be stored in a computer; submission of an Entry for the Event will confirm your acceptance of this procedure. In the event of cancellation, we may retain all or part of the entry fee to cover costs already incurred.

**Check web site prior to traveling in case of any last minute changes** <http://www.slownet.org.uk>  
**COMPETITORS TAKE PART AT THEIR OWN RISK**