

South London Orienteers & Wayfarers present the

# South East Championships Weekend 10<sup>th</sup> & 11<sup>th</sup> April 2010



## Saturday: SE Sprint Championships – Ham Estates & Riverside

<b>Location</b>	Ham Estates & Riverside. A complex mixture of intricate housing estate and mixed heathland beside the Thames, mapped in detail for the first time for sprint racing.			
<b>Car Parking</b>	Thames Young Mariners, Riverside Drive, Ham, Surrey, TW10 7RX			
	<b>Course</b>	<b>Championship Classes*</b>	<b>Estimated Winning Time each round</b>	<b>Colour Equivalent</b>
	1	Open Men (M18-40) Veteran Men (M 45-55)	12-15 min	
	2	Open Women (W18-40) Veteran Women (W45-55) Junior Women (W14/16) Junior Men (M14/16) Super Veteran Men (M60+) Super Veteran Women (W60+)	12-15 min	
	3	Boys (M12- ) Girls (W12-)	12 min	Yellow (TD2)
<b>Format</b>	Two rounds of sprint races, with start times for the second round based on performance in the first. Results will be the total time from both rounds. First start 12.00			
<b>Entries</b>	On line at <a href="http://www.fabian4.co.uk/">www.fabian4.co.uk/</a> . Closing Date: Wednesday 31 <sup>st</sup> March			
<b>Fees</b>	Pre Entry (BOF Members): Adults £5 Juniors £2. Late Entry & EOD £7 & £3. £2 surcharge for adult non-members.			
<b>Map</b>	Scale: 1:4,000. Contour Interval 2.5m. New map 2010.			
<b>Officials</b>	Planner: Andy Robinson, SLOW. Organiser: Nigel Saker, SLOW. Controller: Mike Elliot, MV			

## Sunday: SE Middle Distance Championships – Wimbledon Common

<b>Location</b>	Wimbledon Common. A fast and highly runnable semi-open plateau contrasting with re-entrants featuring a variety of woodlands to provide a surprisingly challenging mix.			
<b>Car Parking</b>	The All England Lawn Tennis Club, Somerset Road, Wimbledon, SW19 5HN			
<b>Classes &amp; Courses</b>	Middle distance courses with estimated winning times of 35 minutes for courses 1 & 2. Competitors may enter any class but will only be competitive for the Championships on the designated course for their age class or if 'running up'. Starts 10.00-12.00			
	<b>Course</b>	<b>Championship Classes*</b>	<b>Provisional Length</b>	<b>Colour Equivalent</b>
	1	M20-40	6.8k	Black
	2	M18, M45/50, W20-40	5.7k	Brown
	3	M16, M55/60, W18, W45/50	4.6 k	Blue
	4	M65+, W16, W55/60	4.1k	Green
	5	M14, W14, W65+	3.8k	Light Green
	6	M12, W12	2.5k	Orange
	7	M10, W10	2.0k	Yellow
	8	-	1.5k	White
<b>Entries</b>	On line at <a href="http://www.fabian4.co.uk/">www.fabian4.co.uk/</a> . Closing Date: Wednesday 31 <sup>st</sup> March			
<b>Fees</b>	Pre Entry (BOF Members): Adults £5 Juniors £2. Late Entry & EOD £7 & £3. £2 surcharge for adult non-members.			
<b>Map</b>	Scale: 1:10,000 Contour Interval 5m contours. Updated Winter 2009/10			
<b>Officials</b>	Planner: Alan Leakey, SLOW. Organiser: Nigel Saker, SLOW. Controller: Simon Ling, MV			

Both events will use SportIdent electronic punching. Dibber hire available if required.