



The 33rd Surrey Hills Races and Trail Challenge (navigation required)

16 May 2010

Organised by: South London Orienteers and Wayfarers

Run under FRA Rules

Get off the road and try something different this summer! The Surrey Hills Races will take you along the footpaths of the Surrey Hills and provide a challenge to trail runners, orienteers and adventure racers alike. Depending upon the course you run you will visit the summits of Leith Hill, Holmbury Hill and Pitch Hill – and everyone will run through the beautiful and varied countryside to the south-west of Dorking.

These mass start races **REQUIRE NAVIGATION** to visit a series of checkpoints along the way. A copy of the courses is available in advance, and scouting your route beforehand (ESSENTIAL) provides a great excuse for some training runs. **(Try our guided recce runs – see below.)** A purpose-drawn map at 1:25,000 is provided to all competitors, and is available in advance from the Organiser (send 9x6 SAE). **NO MARSHALS, NO MARKERS - YOU WILL HAVE TO MAP-READ.**

The SPORTident electronic checking system is used. This ensures rapid results processing and provides finishers with a print-out of their times to each checkpoint. **All** competitors will require an SI card – if you don't have your own you can hire one on the day.

Courses: 'A' 30 km 'B' 16 km 'C' 10 km **All courses require navigation**

Start times: 'A' 10.30 'B' 10.45 'C' 10.35

Venue: The Nower Recreation Ground, OS Map 187 GR TQ 160 486.

Registration: From 9.30 a.m. at The Priory School, West Bank, Dorking, Surrey RH4 3DG

Travel directions: See below

Facilities: Toilets, showers, supervised bag storage.

Prizes: Trophies are awarded in memory of Byron Davies and Kate Thomas to the winner of the 'A' course and to the first lady on the 'A' course respectively. The Michael Murray trophy is awarded to the winner of the 'B' course. There are also trophies for the 'C' course and for the first lady on the 'B' course. Also Age Class prizes. Results: Contact organiser or visit www.sloweb.org.uk

Entry in advance (enter on-line <http://www.fabian4.co.uk/Default.aspx?EventID=289> or send form to organiser): Seniors £8. Juniors (16+17) and students (18-21) £4. Form to be post-marked 9 May or earlier to qualify for £2 discount (£1 students and juniors) off EOD price

Entry on the Day: Seniors £10. Juniors (16+17) and students (18-21) £5.

Cheque payable to 'South London Orienteers and Wayfarers'.

Time keeping: Event uses electronic punching: SI card hire £1

FRA rules: U-18s may not run Courses 'A' or 'B'. No under-16s accepted. Limit: 100 in each race. Competitors take part at their own risk and are responsible for their own safety, and are required to sign a disclaimer to this effect on the entry form.

***Guided recce runs, Saturday 24th April. Meet at 9.45 a.m. on The Nower recreation area, at westmost junction of Hampstead Lane and West Bank. Cost £2, which will be deducted from the cost of the race entry.**

Organiser: V. Catmur: e-mail: virginia@catmur.co.uk.

Tel: 07977 142510. Web: www.sloweb.org.uk

Also District orienteering event on The Nower; go to <http://www.mvoc.org/>

