

# SOUTH LONDON ORIENTEERS



## THE 32nd BOX HILL FELL RACE

Saturday 19th January 2013 at 11.00am

7.5 miles with 1700ft ascent under F.R.A. rules

Records: 46.55 (James McMullan 2011); 55.11 (Sarah Rowell 1989)

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Car parking, registration and changing facilities have again been kindly provided by the Friends Provident Life Office Sports and Social Club. There will be signposts off the A24 one kilometre south of the Burford Bridge roundabout (OS Grid Ref TQ172507). This will entail a walk of about 1.7 km to get to the start/finish area. Public transport to BR station Dorking Deepdene (Guildford to Redhill Line) or Dorking (Epsom to Horsham Line) are a short walk from registration. Local bus services generally stop in Dorking Town Centre, about 1km from registration.

The Club's bar will be open after the race until 2.00pm and will be selling sandwiches as well as drinks. The prize giving will be there around 1.30 pm.

There will be prizes for the leading runners in the usual categories (note that lady veterans have to be over 40) including a team competition with 4 to count.

The National Trust are the land-owners for the vast majority of the course and they have requested two conditions be met in order to avoid erosion of the chalk downland:

- i) **THERE IS A LIMIT OF 250 RUNNERS.** *Note that we expect this limit to be reached well before race day.* We will accept more entries than this expecting some no-shows, but there are no refunds.
- ii) **RUNNERS ARE NOT ALLOWED TO WEAR SPIKES.** They cause considerable erosion on steep downhill grass. Your co-operation is requested as significant damage could jeopardise future races.

Race numbers will not be posted in advance. Numbers can only be collected from registration on the day. Please note that under FRA rules people under 18 are not allowed to run.

**Entries** can be made (preferably) online at [www.fabian4.co.uk](http://www.fabian4.co.uk) or by post (**£5.00 - payable to "South London Orienteers"**) to: Andy Robinson, 85 Deacon Road, Kingston, Surrey KT2 6LS Tel: 020 8255 7176 Email: [AndyLoofa\[at\]blueyonder.co.uk](mailto:AndyLoofa[at]blueyonder.co.uk). This form can be downloaded from - [www.sloweb.org.uk](http://www.sloweb.org.uk)

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### BOX HILL FELL RACE ENTRY for 19<sup>th</sup> January 2013

Name.....

Address.....

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Telephone number..... Email.....

Club or team.....

Male/Female..... Date of birth.....

Emergency contact - Name ..... Phone number.....

I understand that this race is held in accordance with both the Rules and Safety Requirements of the F.R.A. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Signed:.....

Date:.....