

SOUTH LONDON ORIENTEERS

THE 35th BOX HILL FELL RACE

Saturday 23rd January 2016 at 11.00am

12 kilometres with 520m of ascent under F.R.A. rules

Records: 54.08 (Andy Greenleaf 2015); 67.36 (Sarah Pemberton 2015)



This will be over the same course as 2015, with the start/finish area just over the stepping stones. Being longer (or at least tougher) than the old course, last year's winners are the new course record holders. Also as that means the race now finishes with that much more exciting descent, we will be increasing the first aid cover for 2016!

Car parking, registration and changing facilities have again been kindly provided by the Aviva (formerly Friends Life) Sports and Social Club. This will be signposted off the A24 one kilometre south of the Burford Bridge roundabout (OS Grid Ref TQ171507). 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 all afternoon 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.** We will accept more entries than this expecting some no-shows (330 in all). Note that when entries opened last year they sold out in 64 hours.
- 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 or by post (**£5.00 - payable to "South London Orienteers"**) to: Box Hill FR, 85 Deacon Road, Kingston, Surrey KT2 6LS. This form can be down-loaded from - www.slow.org.uk Cancellations with a refund will be available up to a month beforehand via Fabian4.

BOX HILL FELL RACE ENTRY for 23rd January 2016

Name

Address

Telephone number E-mail

Club or team

Male / Female (delete as appropriate) Date of birth ... / ... / Vehicle reg no

Emergency contact name Phone number

I understand that this race is held in accordance, and that I have familiarised myself, 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 confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. 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 me or my property arising out of my participation in this race.

Signed: Date: ... / ... /