

# SOUTH-EAST MIDDLE DISTANCE CHAMPIONSHIPS

## FINAL DETAILS

Sunday 23 April 2017

Level C ranking competition

British Orienteering Registered event no. 71499



**LOCATION** **WIMBLEDON COMMON.** Registration/download etc is at the Thames Hare and Hounds Clubhouse at Richardson Evans Memorial Fields. Post Code SW15 3PQ. Grid Ref TQ214722

**DIRECTIONS** We only have use of about a quarter of the car park (footballers have the rest). So read this section, follow it precisely and do some research beforehand.

In order to minimize car use please do one of the following:-

- 1) Take a bus. Nos 85 and 265 stop about 200 metres before at the Roehampton Vale Campus stop – that’s the one after Asda
- 2) Cycle. The bike rack outside may well get full but there are plenty of other things to lock it to.
- 3) Car share.

You might park somewhere just before by either turning off at Asda and using one of those roads (although I do find they are usually quite full) or inside Richmond Park, but note that the Park gate there is not open to cars so you would have to drive in at another gate.

The car park entrance will have a big O sign and the SLOW feather flag. There will be no other signage.

If there is no space the official on the gate will wave you on. In that case you have 2 choices.

- 1) Keep in the left lane and turn left IMMEDIATELY after the footbridge into Vale Crescent.
- 2) Move over to the right hand lane and take the A308 towards Kingston. Use the first or third left turn and look for a space (the second turn is a short cul-de-sac).

If you don’t have a car immediately outside (or even if you do) you can leave a bag (or maybe just car keys) inside the clubhouse.

We are providing an extra long start window (10.00 -12.30) so that early starters might leave before late starters arrive.

**CLUBHOUSE** Besides bag storage, there is also entry on the day, download, running water and we may even have the kettle on. Toilets are downstairs. I’m told that they have just given it a good spring clean and so muddy shoes are definitely not allowed inside.

### ENTRY ON THE DAY (EOD)

EOD (subject to map availability) fees are:

	Seniors	Juniors
British Orienteering members	£11	£5
Not members of British Orienteering	£13	£5
All Seniors on Orange, Yellow or White	£5	
SPORTident timer hire	£1	Free
SIAC hire	£2.50	Free
Lost SPORTident timer	£30 (but £65 for a SIAC!!)	

Please note that **if you have competed in three orienteering events** registered with British Orienteering **and not joined an orienteering club** which is a member of British Orienteering, **you are not covered by our public liability insurance.** If you are not a British Orienteering member, for insurance purposes please leave your contact details with the entry team.

## COURSES

	Length (k)	Climb (m)	Controls	Classes eligible for prizes
Black	5.5	75	25	M20-40
Brown	4.7	70	19	W20-40 M18 M45-50
Blue	4.1	50	17	W45-50 M16 M55-60
Green	4.0	125	14	W16 W18 W55-60 M65+
Short Green	3.4	95	14	W14 W65+ M14
Orange	2.5	55	13	W12 M12
Yellow	2.3	40	15	W10 M10
White	1.8	40	16	

**You may enter any course; listed are suggested classes and these will be used for awarding medals.**

## FREE NAUGHTY NUMBERS

For young children this will be just outside the clubhouse. It will be available from 10:00 to 13:00.

## COMPETITION MAP

1:7500 with 5m contours. A new survey by Tom Edelsten over the winter using Lidar data. All maps A4 size and on waterproof paper with course details and control descriptions on the front.

## TERRAIN

All courses use only the western part of the Common and so are in forest the whole time. The longest courses get close to the golf course which is out of bounds and shown as such on race maps; it is not the optimum route anyway. There has been much clearance work in the northern part of the area (closest to start/finish) which makes it now a real pleasure to run through. However further south the going is tougher and the mild winter has not been kind to us with undergrowth (the nettles are growing as I write!). For the younger and/or the less confident there are plenty of tracks and paths.

## CONTROL DESCRIPTIONS

Control descriptions will be available in the start lanes and printed on the maps. English text for White and Yellow courses. IOF pictorial descriptions for all other courses:

## START AND START TIMES

The Start is 400m from the clubhouse along the right hand side of the playing fields and just into the forest. Start times are from 10:00 to 12:30. There will be no allocation of start times. Just turn up and go. We are not expecting queues, but hope to keep 2 minute interval between runners on each course. The finish is very near the start.

## SI UNITS

SPORTident timing is being used. Clear and Check boxes will be at the Start.

## SIAC USAGE.

- 1) If you have a SIAC please ensure that it has enough battery power by using the battery test box placed just before pre-start. If the test box beeps that confirms your SIAC is OK. If it makes 5 beeps it is good for about 4 more races. If it makes no noise your SIAC battery is dead – please return to SIAC hire for a replacement.
- 2) Then use clear and check at the start in the usual way.
- 3) Then go past the SIAC Test box in the start lane – if your SIAC does not flash red and beep (as it does at a control) please go back to do clear and check again and then try the SIAC test box again. If your SIAC still does not work again, please approach a start official for assistance.
- 4) Then you must “dib” at the start box as it is a punching start.

- 5) Thereafter at each control you can “waft” your SIAC within 50 cm of the SI box to record your “punch”, but you should check each time that the SIAC is flashing and beeping.
- 6) Do the same at the finish and that switches it off.
- 7) Then “dib” in the End Box after the Finish after your SIAC has stopped flashing and beeping from the finish.

### **WHITE and YELLOW COURSES**

You may study your map in the Start lane, before you begin your course. Maps must not be shown to any other competitor still to run his/her course.

### **COURSES CLOSE at 13.30**

To avoid useless search operations:

**YOU MUST REPORT TO DOWNLOAD EVEN IF YOU DO NOT COMPLETE YOUR COURSE.**

### **SAFETY**

- Full leg cover is required by all participants but you may wear short-sleeve tops. It is recommended that you carry a whistle for emergency use.
- If completely lost and wishing to return head north-west. You will probably be able to hear the traffic on the A3 from nearly everywhere in the competition area. Just head towards it.

### **LONE RUNNERS**

If you have travelled alone, please leave your car keys or some other memorable item (marked with your name and contact number for a close friend/family member) at Registration so that we can confirm you are back safely.

### **COURTESY TO OTHER PEOPLE**

Please be courteous to members of the public who frequently use the woodland for walking, exercising dogs, MTBing, horse riding etc. Continued use of this area relies on keeping the public happy.

### **DOGS**

Allowed but must be well-behaved and under control at all times.

### **RESULTS**

Provisional results will be displayed on a TV screen and later on our website [www.slow.org.uk](http://www.slow.org.uk)

### **SOUTH-EAST CHAMPIONSHIPS**

There will be medals awarded to the first 3 South-East members in each of the above classes. We hope to present as many as possible at around 1.30pm. Others will go to the Long Distance Champs on 14<sup>th</sup> May.

### **PERSONAL DATA**

The **personal data** you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover.

### **OFFICIALS**

Organiser	Andy Robinson (SLOW) 020 8255 7176	<a href="mailto:andyloofa@blueyonder.co.uk">andyloofa@blueyonder.co.uk</a>
Planner	Dmitry Adamsky (SLOW)	
Controller	David Dawson (DFOK)	

### **CANCELLATION OR LAST MINUTE CHANGES**

Check website [www.slow.org.uk](http://www.slow.org.uk) prior to travelling **in case of any last minute changes**.  
In the event of cancellation some or all of your entry fee may be retained.