

SOUTH LONDON ORIENTEERS & WAYFARERS

OK NUTS TROPHY level B competition

incorporating

selection race for the junior team for Interland 2016

the Army Inter Corps Championships

Sunday 22nd November 2015

WINTERFOLD & PITCH HILL



FINAL DETAILS

IMPORTANT YOU MUST READ THIS even if you do not read everything else!

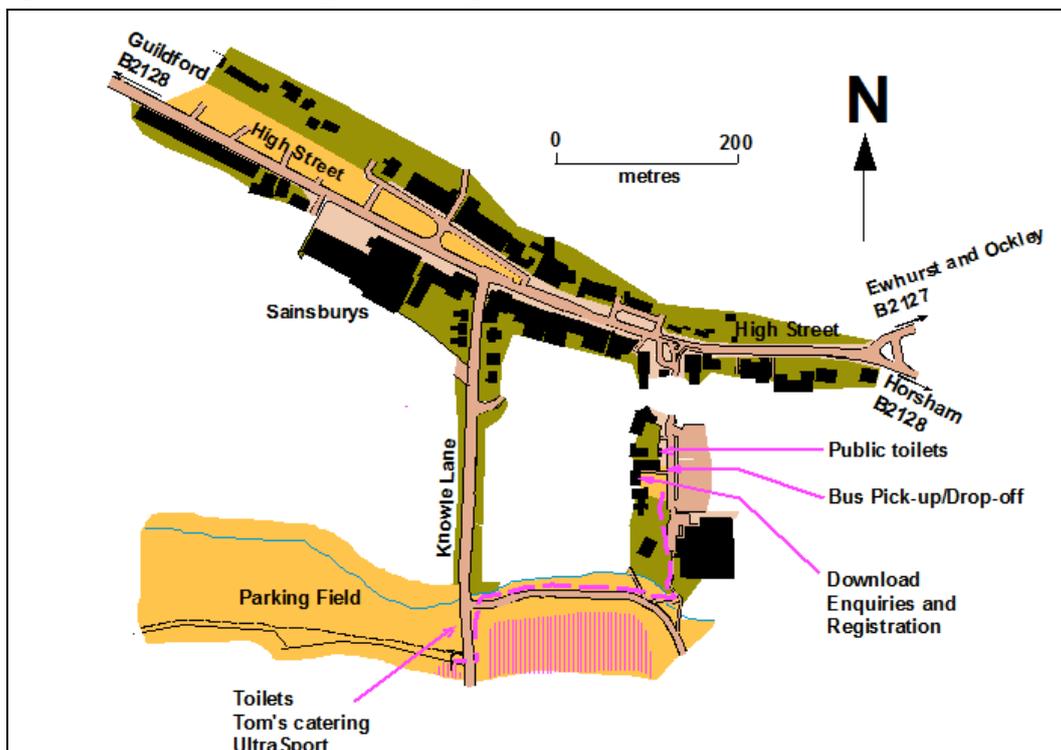
- The car park is no longer at the Leisure Centre as previously advised - see below.
- No metal studs in the Scout room or Guide hall

DIRECTIONS

Please do not approach using the road through the middle of Winterfold, from the A25 at the north via Shere/Gomshall as this road is narrow and orienteering traffic on this road could cause delays to the bussing. Please only approach from the south, west or east.

The car park will be signposted from the junction of the High Street and Knowle Lane.

The nearest post code is GU6 8JL (TQ056387)



Based on Ordnance Survey Mapping with permission from the Controller of Her Majesty's Stationary Office
© Crown Copyright 2015 OS 10001528 Event number 65766 Grid ref: TQ056387

CAR PARKING

The car parking area is accessed by a solid based track into a level grass field. The entrance to the field is 350m from the event centre/bus pick-up/drop-off point. The field has a very long frontage to the track and if heavy rain makes normal use of the field difficult, parking may be over a long length at right angles to the track. There will be enough parking for everybody. Allow enough time to get to the bus pick-up.

There is a £1 charge. The collection is for The Cranleigh Village Hospital Trust.

UltraSport, Tom's catering and portaloos will be in the car park.

EVENT CENTRE

This is in a building 350m from the entrance to the car park. Two adjoining rooms are used for Enquiries, Registration for entry on the day, SPORTident hire, Results, Downloading and army prize giving.

TOILETS

4 Portaloos in car park, Public toilets by bus pick-up and 2 Portaloos 150m from Start.

TIMES

Enquiries/Registration:	08:30 – 12:00
First bus:	09:00
Start times:	10:00 – 12:30
String Course	10:00 – 12:30
Courses close:	14:30
Last bus:	14:43

ENTRY ON THE DAY

The EOD entry fees are:

	Seniors	Juniors
<i>British Orienteering</i> members	£14	£7
Non members	£16	£9
White, Yellow and Orange	£5	£5
SPORTident hire	£1	No charge

Lost SPORTident cards are charged at £30.

Insurance: 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.

COURSES subject to final controlling

	Classes	Length	Climb	Controls
Black	M21	11.1	400	22
Brown	M35 M40	8.9	350	16
Short Brown	M18 M20 M21S M45 M50 W21	8.1	245	15
Blue	M16 M35S M40S M55 M60 W35L W40L	6.2	195	13
Short Blue	M20S M45S M50S M65 W18 W20 W21S W45 W50	5.5	100	13
Green	M55S M60S M70 W16 W35S W40S W55 W60	4.6	150	11
Short Green	M65S M75 M80 M85 M90 W18S W20S W45S W50S W65 W70	3.1	105	9
Very Short Green	M70S M75S M80S M85S W55S W60S W65S W70S W75 W80 W85 W90	2.9	85	9
Light Green	M14 M16B W14 W16B	3.1	100	10
Orange	M12 M14B W12 W14B	3.4	105	11
Yellow	M10 M12B W10 W12B	2.4	75	11
White	M10B W10B	1.7	60	13
ARMY Brown		8.8	335	17
ARMY Blue		6.0	215	14
ARMY Light Green		3.6	130	12
ARMY Orange		5.5	185	17

MAP

Surveyed 2013 and updated autumn 2015. All maps will be pre-printed on waterproof paper with course details and control descriptions on the front of the map.

White and Yellow: 1:7500 with 5m contours, A4 size, with legend.

Main courses: 1:10000 with 5m contours, size 430 x 310mm. The map has no legend. These will be available at enquiries.

PLANNER'S NOTES

Winterfold was last used for British Championships 2013 and the Harvester in 2014. It is an area of great variety with some technical terrain, together with some hills and reentrants which offer route choices. The bracken is beginning to flatten down and courses have been planned to make the best of the terrain.

There are numerous mountain bike tracks and where possible these have been mapped but new ones appear almost weekly and will not be on your map. Some pits and depressions, together with small knolls have been incorporated into the mountain bike tracks and generally it has not been possible to include these on the map.

Forestry thinning work has just started (12th Nov) over a wide area, covering some of the small paths and mountain bike trails. If control sites are affected the kites will be hung in an obvious manner.

There are "private" signs on some tracks in the NW part of the map. We do have permission to use all the forest.

BUSSING to START and RETURN

Buses will be used to transfer competitors to and from a drop-off point in the competition area. Buses will leave the car park every 10 minutes from 09.00. Journey time is approximately 12 minutes to the drop-off. The route to the Start has an initial steep section and is followed by a minor road crossing. From the drop-off point it is 650m to the Start. If there is a queue for the return buses please have spare clothing to keep warm.

The return bus route passes close to the clothing dump. Do not try to board the bus at this point. The bus operator is using a large gateway area here for a safe turnaround and the landowner has requested that the gateway is not blocked. Please follow the route back to the same place that you were dropped off by the bus.

CLOTHING DUMP

There will be an unsupervised clothing dump on the route to the Start, about 150m from the Start. This point is passed on the way back from the Finish. Please bring your own plastic bag.

WATER

No water is being provided at the event.

START

This is a punching start with allocated start times. Call up will be at -4 minutes. It is your responsibility to get to the start on time. Should you arrive at the start late, we will try and fit you in at the earliest opportunity, when there is a suitable gap. Please note that there may be a long wait on some courses for the next available slot.

There will be 2 portaloos on the route to the Start near the clothing dump.

SI UNITS

The Clear and Check boxes will be at the Start.

SI boxes will have 'back-up' punches. If SI failure occurs, punch the box on the right corner of your map.

CONTROL DESCRIPTIONS:

Control descriptions will be available in the start lanes.

White and Yellow courses: written descriptions on map and loose

Main courses: pictorial descriptions on map and loose

SHADOWING OF JUNIOR COMPETITORS

Anyone wishing to remain competitive must have completed their own course before shadowing a competitor.

WHITE and YELLOW: You may study your map in the Start lanes, before you begin your course. Maps must not be shown to any competitor still to run their course.

FINISH AND DOWNLOAD

The Finish is 400m from the clothing dump and First Aid and a further 500m back to the bus pick-up. There will be no map collection. Please do not show your map to competitors who have yet to run.

To avoid useless search operations competitors who do not complete their course **MUST** go to the SI Download computer in the building at the bus drop-off.

Courses close at 14.30. Competitors who think that they will be not able to complete their course by this time must retire and report as soon as possible to Download.

All competitors must return to Cranleigh on the bus. When you get off the bus you will be directed to the SI Download. **All competitors must download after their run even if they do not complete their course.**

SAFETY

Road crossings: White, Yellow, Orange, Light Green, Very Short Green, Short Green and Green courses do not cross roads. The Blue course crosses a narrow unclassified road with passing spaces and has slow moving infrequent traffic. The Short Blue, Short Brown, Brown and Black cross unclassified roads with infrequent traffic, some of which can be moving fast. **There will be no road marshals or timed out sections.** Sections of road that are likely to be crossed by runners will have high viz signs to warn drivers. Please cross roads with care.

In order to comply with *British Orienteering* insurance requirements re crossing roads, if a competitor who is under 16yrs old on the day of the competition has entered the Short Blue, Short Brown, Brown or Black course they must contact the organiser and change their entry to a different course.

Roads: there are some forbidden road routes marked on the map. Please do not cross these or run along these roads; they are not on your ideal route.

Whistles: please take a whistle with you.

Mountain bikers: the area is very popular with mountain bikers. They move extremely fast and may come up on you with little or no warning. Where possible please try to give way. We do have to share the forest.

Horses and walkers: please give due consideration to them

Dogs: are not allowed to be with competitors on their course.

Lone runners: if you have travelled alone to the event, 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.

Inclement weather: given the time of year and the bussing to/from the forest, please take suitable spare clothing with you for leaving at the Clothing Dump. Goggles may be advisable.

FIRST AID

First Aid is provided by Southern Medical Services with two first aiders and a 4x4 ambulance. They will be located 400m from the Finish, close to the clothing dump.

The nearest A & E Hospital is the Royal Surrey, Egerton Rd, Guildford, Surrey GU2 7XX 01483 571122

OUT OF BOUNDS

There are a small number of OOB areas on the map – please do not cross these. There is also a small OOB area to protect a grave site. This is marked on the ground but not on the map for simplicity.

STRING COURSE near to bus drop-off

A free string course is located about 150m from the bus drop-off point and is on the route to the main start. The route from the bus drop-off is steep and not suitable for push chairs. The string course is available from 10:00 to 12.30pm.

RESULTS

Provisional results will be displayed at the Event Centre at regular intervals and thereafter on our website www.slow.org.uk.

AGE CATEGORY WINNERS

OK Nuts commemorative coasters will be awarded to age class winners on the Long and A courses. Where someone wins their own class and also a higher one, we will leave them winning their own one and give the higher class to the next eligible runner.

OK NUTS AWARDS

The OK Nuts trophy for the winner of the Black course. The trophy is in memory of Mike Wells-Cole, who died in 1976, A former British Champion and a member of Nutfielders OK, who with others formed SLOW.

The Heather Monro trophy for the woman winner of the Short Brown course. Heather was a member of SLOW for many years and represented GB on many occasions. Her most notable achievement was a Bronze medal in the sprint race at the 2005 World Championships.

The Margaret Loveless trophy for the “best” junior, based on the judgement of our event panel. Margaret was an early member of SLOW.

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

Organisers: Charlie and Teresa Turner (SLOW), 01306 711201, oknuts@slow.org.uk
Planner: Mike Murray (SLOW)
Controller: Keith Tonkin (GO)

ACKNOWLEDGEMENTS

Without these people, the OK Nuts Trophy event would not be possible!

Landowner Jim McAllister, Mark Beaumont of The Hurtwood, Nick Vrijland and the Cranleigh Village Hospital Trust.

Orienteering is an adventure sport and your safety while orienteering is your own responsibility. Parents are responsible for their children and advice is available on request about which courses may be suitable for their children to participate in.

COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

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