

SOUTH LONDON ORIENTEERS
OK NUTS TROPHY
Esher and Oxshott Commons 2nd December 2012
FINAL DETAILS



Parking: The Fairmile Inn, Portsmouth Rd, Cobham, KT11 1BW. Level grass. No charge.

Directions: Signed opposite the Fairmile on A307, 1 mile NE of Cobham.

Facilities: The Fairmile Inn serves food and drink from 11:30am. They have kindly allowed us to park in their grounds so please support them. Toilets are available in the Fairmile, no muddy shoes please. Ultrasport will be present. First Aid in the Registration/SI Hire/Download tent.

Registration: Open from 9.30am till 12.00pm
 EOD (subject to map availability). EOD forms available from car parking marshal on arrival.

Course	Classes	Length	Climb	Controls
Brown **	M20, M21, M35, M40	10.3km	110m	29 **
Short Brown	M18, M45, M50, W21	8.4km	90m	25
Blue	M16, M55, M60, W20, W35, W40	7.2km	75m	21
Short Blue	M65, W18, W45, W50	5.7km	55m	16
Green	M70, W16, W55, W60	4.8km	55m	17
Short Green	M14, M75+, W14, W65+	3.9km	40m	11
Orange	M12, W12	2.9km	70m	14
Yellow	M10, W10	2.5km	70m	11
White		1.2km	10m	9

**Competitors with a version 8 SI card which has just 30 records can swap to a version 5 for the day without charge.

String Course: There is a free string course, 5 mins walk from the car park.

Map: All courses 1:10,000, 5m contour interval.

Control descriptions: Control descriptions will be printed on the front of the map. Loose descriptions will be available in the start lanes.

Starts: There are two starts signed from close to the car park entrance on the A307.
North Start for White, Orange and Yellow courses, 900m from the car park. The route to the North start is on a pavement along the A307 but does not cross it. It does however cross a minor road junction with the A307. Parents may wish to accompany their children to the start.
South Start for all other courses, 700m from the car park.
 Distance between the two starts is 1km via the traffic light controlled crossing on the A307.

Exact start times will be allocated for all courses on the South Start – these will be published on <http://www.fabian4.co.uk> shortly. Late/early starters will be accommodated as far as possible, but there may be a long wait on Blue, or for Junior competitors on Interland selection race courses (4-min intervals required). All courses on the North Start will have open start times – turn up and go.

Road Crossings – IMPORTANT: All courses from the South Start cross the A307 which is a very busy road with fast traffic. There are controls either side of the road. **Your time between these controls will be entirely timed out.** There is no maximum length of time in which you must cross the road. The road crossing will be marshalled and have 'Caution runners' and a Police 'SLOW' traffic sign.

The Brown course also has an unmarshalled road crossing which is untimed. There will be 'Caution Runner' signs. There is a minor road crossing on the White, Yellow and Orange courses which will be marshalled.

Finish: The finish is in the car park. Courses close at 2.30pm. Provisional results will be displayed on the day, thereafter on our website <http://sloweb.org.uk/>

Ash dieback disease: British Orienteering advice regarding washing your own equipment at home after the event is strongly recommended.

Prizegiving: 1.45pm for trophy winners and 1st on each age class (on the courses in the table above).

Officials: Planner: Mike Murray SLOW Controller: Tim Pugh GO Organiser: Teresa Turner SLOW
 Any queries to [oknuts \[at\] sloweb.org.uk](mailto:oknuts@sloweb.org.uk)

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