



SOUTH LONDON ORIENTEERS

OK Nuts Trophy and Blood Races

Richmond Park Sunday 21st January 2018

Welcome to Richmond Park, a National Nature Reserve, London's largest Site of Special Scientific Interest, a European Special Area of Conservation and the largest of London's Royal Parks.

There will be three mass start loop races and shorter colour-coded individual start races. The mass start races are called "Blood Races" in a reference to the annual 'Blodslitet' races of Fredrikstad Skiklubb in Norway, which use this format. "Blood" in the name is a metaphor for the increased physical challenge, compared to a typical orienteering race.

Assembly Location, Facilities and Travel

Assembly is based at Broomfield Hill car park in the south of the park, between Kingston Gate and Robin Hood (pedestrian) gate. Grid Reference: TQ204717.

Lat/Long: 51.4319,-0.2686



For a more detailed map, including all access gates and bus stops, see the following link: http://www.frp.org.uk/pdf/richmond_park_map.pdf

A club tent will be provided for bag storage and changing for those not arriving by car.

Toilets (portaloos) will be available in the car park. Public toilets are also available for 20p in or near the car parks at Roehampton Gate, Robin Hood Gate and Kingston Gate.

There is a kiosk serving a variety of drinks and snacks.

Traders will not be present due to the conditions of staging a race within Richmond Park.

Limited first aid cover is provided. Kingston Hospital is the nearest A&E - Galsworthy Road, KT2 7QB.

If you have travelled alone, please leave at Enquiries your ICE (In Case of Emergency) contact details. Car keys can also be left.

Please use caution crossing the road between the car park and registration/start, be especially alert for cyclists.

Cars

Please car-share where possible. The nearest road entrances into the park are Kingston Gate (KT2 7SS, turn right on entry) and Roehampton gate (SW15 5JP, turn left). Signage will only be displayed in the vicinity of Broomfield Hill car park. The car park is large, however we do not have exclusive use and will be sharing it with the general public. On entering the car park please proceed to the far (south) side to park.

In the unlikely event that the car park is full, you will need to make your way to an alternative car park - shown on map below. Note that these are some considerable distance from Broomfield Hill. Do not under any circumstances park on road verges.

Public Transport

The nearest pedestrian gates into the park are Ladderstile and Robin Hood - both approximately 900 metres from assembly. Buses 85 and K3 run past both of these gates. Norbiton is the nearest station (2.6km). See TfL journey planner for further public transport information <https://tfl.gov.uk/plan-a-journey/>. If entering the park by any other gate, please follow the perimeter paths and do not cut across the park.

Cycles

Three double cycle racks are available in the SW corner of the car park. Numerous wooden fences are also present in the vicinity of the car park.

EOD

There is Entry on the Day subject to map availability. Blood races will have limited availability due to the additional printing requirements. To reserve your place after pre-entries have closed, please contact the organiser and pay on the day.

Blood Races:

- Senior BOF £12 / non-BOF £14
- Junior - BOF £5 / non-BOF £6 (M/W16 eligible for Very Nearly an Armful only. Blood race entry not available to M/W14 and below)

Colour Coded:

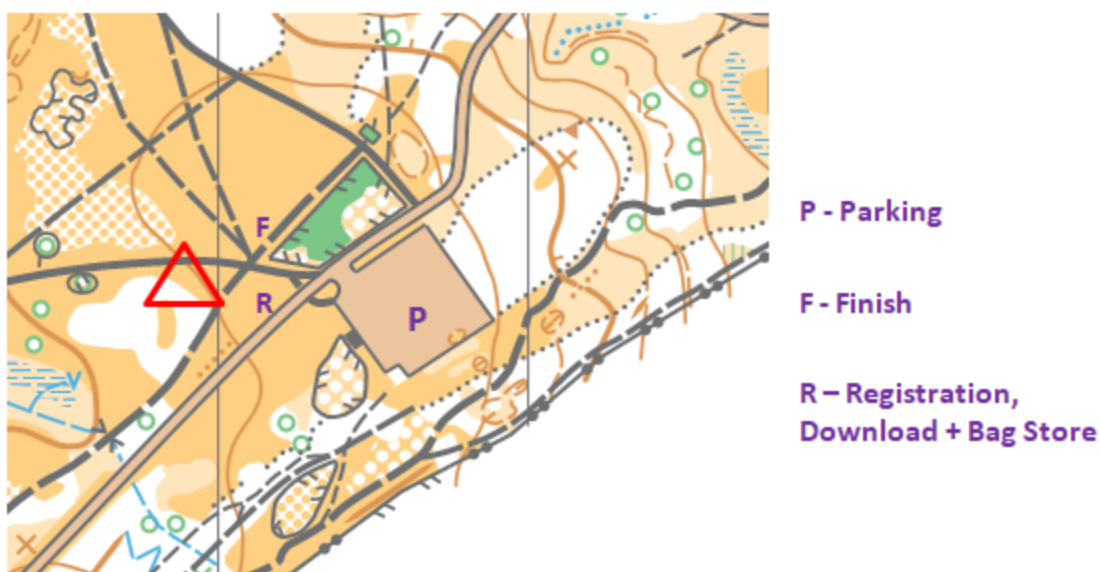
- Senior on Green/Short Green - BOF £10 / non-BOF £12
- Senior on White/Yellow/Orange - BOF £6 / non-BOF £8
- Juniors - BOF £5 / non-BOF £6

Punching System

The event is using 'mixed' SI punching - both SIAC contactless and traditional SI. SI and SIAC cards can be collected for those who are hiring from registration.

Start and Finish

Both the start and finish are immediately adjacent to assembly. The start for the blood races will be approximately 50m north of the colour coded start.





Terrain and Course Notes

Richmond is a Royal Deer Park of approximately 2500 acres, covered by heath, grassland and mature woodland, with an extensive and complex path network. Runnability is extremely high throughout and the course lengths reflect this. Patches of bracken and brambles may be encountered - full leg cover is strongly recommended. The park is relatively dry underfoot although muddy patches should be expected. Full Blood race competitors may encounter one stream that can be deep following heavy rain. If this is likely to be the case, additional instructions will be issued prior to the mass starts.

Map: 1:10,000, 5m contours, ISOM 2000 specification. Surveyed October/November 1993, with substantial map updates in February 2017 (Roger Maher) and minor updates in January 2018 (Duncan Grassie). There is a legend on the map

The following special symbols are used on the map:

-  large dead tree
-  rootstock/tree stump

There are many small paths that are not shown on the map. There may also be, temporary, unmarked fences. In recent weeks there have been operations to clear Rhododendrons from Spankers Hill Wood (see map link on page 1) and there is a chance that this work will continue leading up to race day.

All Courses

Start Times:

- 10:10, 10:20, 10:30 for Full Blood, Half Blood Very Nearly an Armful respectively.
- 10:00-12:00 for colour coded. Punching start with no allocated times - turn up and go at the next available gap.

Courses close 2pm.

Wildlife and Other Park Users

Many free roaming deer are present within the park and are you are likely to encounter them at some stage during your course. The Royal Parks advise keeping 50m away from them. January is outside of the mating and birthing seasons.

Ticks could be present in the area but low likelihood at this time of year. Check over your whole body after competing and again over the next few days, removing any (recommend using an O'Tom tick Twister tool) without delay. If bites develop a rash or become inflamed, obtain medical advice. Tick bites could be a source of Lyme disease.

Richmond park is likely to be busy with a variety of other users: cyclists, runners, walkers and horse riders. Please show consideration and give priority to these other users. Give horses sufficient space so as not to cause alarm and slow-down or walk if required.

See the notes below about the road crossings encountered on each course.

Please be careful of crossing streams/ditches, steep slopes, etc that are on some courses. Parents are responsible for their children and advice is available on request, about what courses may be suitable.

Adverse Weather

Competitors should dress appropriately for the conditions. In case of adverse weather a cagoule/waterproof may be made compulsory. Please see the SLOW website for updates leading up to competition day.

Course Details

Course	Start	Distance (km)	Climb (m)	Controls
Full Blood	10:10	21.2	290	37
Half Blood	10:20	16.4	195	29
Very Nearly an Armful	10:30	10.8	125	22
Green	10-12	5.3	60	10
Short Green	10-12	4.1	50	9
Orange	10-12	3.1	35	10
Yellow	10-12	3.3	45	11
White	10-12	2.1	25	10

Blood Races: Full Blood, Half Blood, Very Nearly an Armful

Control descriptions are on the map, only.

The full blood course has more than 30 controls, therefore some older SI cards (SI5 (1-499999) or SI8 (2xxxxxx)). If you need a higher capacity card please collect one from registration.

Mass starts at 10:10, 10:20 and 10:30 for Full Blood, Half Blood and VNAA respectively.

Competitors will be allocated numbers following close of entries. These can be checked online prior to the day and a list will be available at registration. Please collect your bib from registration prior to proceeding to the start.

Please clear your SI card and enter the start pen 5-10 minutes prior to course start. Maps for the first loop will be distributed in the pen, do not look at the map until the starting shout.

The mass start courses require one or more controls to be visited more than once, with others visited between these times. Runners should take care to visit all the controls in the exact order shown on their map, which will not be the same as many other runners.

All courses comprise 3 loops, of non-equal lengths, i.e. there are 2 map exchanges. You should expect gaffling (forking) on all loops. After the last control on each of the first 2 loops, please follow the tapes to a 'map drop, and then on to collect your next map. Your map will be hanging on a fence and is identified by: competitor number/leg written in marker pen on the back of the map. E.g. 206/3 is the 3rd loop map for runner 206. It is important you take the correct map!

The Full Blood and Half Blood will cross the park perimeter roads of Queens Road and Sawyer's Hill that are likely to be busy with cars and cyclists. Very Nearly an armful crosses minor roads. Cross all roads with care and be particularly aware of cyclists, who may be travelling fast.

Water will be available after the map exchange of each loop. Competitors may also leave their own food and drinks.

Green, Short Green, Orange

There will be loose control descriptions in the start lane. They are printed on the map too. You may use these if you want - it is a punching start. When you start, punch the start control and then pick up your map from the appropriate box,

The Green and Short Green cross minor roads, Cross with care and be particularly aware of cyclists, who may be travelling fast.

Yellow, White

Maps for these courses will be available in the start box and you may stay in the box looking at the map for as long as you like. Do not forget to punch when you do start. Control descriptions (IOF symbols) are on the map and will also be loose in the start lane. The first starts are at 10 and the last at 12.

Prizes and Prize Giving

Prizes are awarded for the winning male (Full Blood), female (Half Blood) and junior (any course - judged the best performance). In addition Coasters will be presented to

the top runner in every age class on the appropriate courses. Prize giving will take place as early as possible, hopefully around 1pm.

Officials

Duncan Grassie - Planner

Steven Clelland - Organiser

Paul Todd (LOK) - Controller

Acknowledgments

SLOW thank the Royal Parks for permission to use Richmond Park.

Disclaimers

Safety and Risk: A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

Insurance: Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.