

SOUTH LONDON ORIENTEERS & WAYFARERS
OK NUTS TROPHY
Sunday 27th November 2005
Esher Common and ACS Cobham International School



FINAL DETAILS

South London Orienteers and Wayfarers are pleased to welcome you to the OK Nuts Trophy, a BOF ranking event incorporating the South Central Orienteering Association Championships and the Inter-Services Championships, and the first orienteering event in the United Kingdom to include Micr-O.

Travel directions From all directions leave the A3 at the junction with the A245 (the first exit towards London from M25 J10). Follow A245 east towards Cobham. At second roundabout turn left on to A307 towards Esher. After 2.2km turn left on to a private road leading to the ACS Cobham International School. The event will be signed from the A307.

Parking Cars will be parked at several different areas within the ACS campus. Parking space is limited – please share transport. A parking fee of £1 will be collected at the campus entrance (except for ACS students, parents and staff). We might also have to use overflow parking areas outside the campus, up to 1km from assembly. Cars with single occupants are most likely to be directed to park further away.

Security There is a security barrier at the entrance to the campus. Please show the security guards a copy of the event flyer/final details or a BOF membership card as this will speed up entry to the campus.

Site layout Enquiries, registration, download and results display are all in the school sports hall. Orienteering shoes must not be worn inside the building. Areas of the campus to the north of the sports hall are part of the competition area and are out of bounds to competitors before their run. The free string course will be at the southern end of the campus, about 300m from the sports hall.

Entries/registration Registration will be open from 09.30 to 12.00. There will be limited entry on the day for badge courses while map stocks remain. White, yellow, orange, light green and red colour coded courses are entry on the day only. SI cards will be available to hire at registration. EOD fees: badge courses – Seniors £9.00, Juniors/Students £3.50. Colour coded courses – Seniors £5.00, Juniors/Students £2.00. SI card hire – Seniors £1.00, Juniors/Students £0.50. If you enter on the day you will be provided with a start slip which you must take to the start.

Control descriptions Printed control descriptions for each course will be available in the sports hall. Control descriptions are pictorial for courses 1-9 and text for courses 10-14. Descriptions will also be printed on the maps.

Starts Start lists for pre-entries will be displayed on the SLOW website www.sloweb.org.uk and in the sports hall. There are two starts. The red start is 800m and the blue start 300m from the campus entrance. The walk to both starts is initially along the private road to the school which will be used by event traffic. The walk to the red start also crosses the A307. Please take care. The red start is close to houses – please do not use the private drives for warming up. There will be no toilets at the starts. Call up will be at -3 minutes. Clear and check units for SI cards will be at the starts, and blank maps will be on display in the start boxes. It will be a punching start. If you are late you will be started at the next vacant start time on your course, and you may have a long wait.

Finish There are two finishes. Finish 1 is within the ACS campus. Finish 2 is outside the campus, about 100m from the entrance. Please go to download your SI-card in the sports hall as soon as you have finished your run. Squash will be available outside the sports hall. All courses will close at 14.30. You must go to download even if you do not complete the whole of your course – this is a safety check so that we know everyone has finished.

Facilities There are toilets, showers and changing rooms inside the entrance lobby of the sports hall. Ultrasport are expected to attend.

Dogs No dogs are allowed in the ACS campus.

Safety Courses 1-7 and 12 cross the A307 Portsmouth Road. Courses cross a straight stretch of road with good visibility in both directions, but this is a busy main road on which vehicles may be travelling in excess of 50mph, and you must take extreme care and stop for traffic if necessary. Courses 1-4 additionally cross a minor road on which there may also be fast moving traffic. Neither of the crossings will be marshalled.

Esher Common is well used by the general public including pedestrians, cyclists and horse riders – please act considerately towards other users of the common.

First aid cover will be provided by Medical Despatch. They will be located in front of the sports hall.

Course details

course	Classes	course type	start	finish	length(km)	climb(m)
1	M21L	classic/micro	Red	2	10.40	225
2	W21L	classic/micro	Red	2	7.10	125
3	M35L M40L	classic/sprint	Red	1	8.93	170
4	JM5L M45L M50L M21S	classic/sprint	Red	1	7.37	130
5	JM5M M55L M60L M35S M40S JW5L W35L W40L	classic/sprint	Red	1	5.79	135
6	M65L M21V M45S M50S W45L W50L W21S	classic/sprint	Red	1	4.72	100
7	M70L JM5S M55S W55L W60L JW5S W35S W40S	classic/sprint	Red	1	4.36	100
8	M75L M60S M65S W65L W70L W21V W45S	classic/sprint	Blue	1	3.62	80
9	M70S M75S W75L W50S W55S W60S W65S W70S W75S	classic/sprint	Blue	1	2.83	45
10	JM4 JW4 Light green	classic/sprint	Blue	1	3.20	60
11	JM3 JW3 Orange	classic	Blue	2	2.97	55
12	M21N W21N Red	classic	Red	2	4.02	90
13	JM2 JW2 Yellow	classic	Blue	2	1.98	40
14	JM1 JW1 White	classic	Blue	2	1.13	20

Maps Courses 1-2 have back to back maps: Esher Common 1:10000 and Micr-O 1:5000. See below for further details of Micr-O. Courses 3-10 have back to back maps of Esher Common 1:10000 and ACS International School 1:4000. The ACS map is drawn to sprint-O standards and includes some special symbols for sprint-O maps. A legend is found at <http://www.wcup2005.org.uk/page.aspx?id=14079> and a copy will be on display in the sports hall on the day. Courses 11-14 are entirely on Esher Common with one 1:10000 map.

Terrain Esher is made up of three distinct areas. To the west is West End Common which is used by all courses. This is mostly made up of a plateau with to the west a steep slope with contour detail descending down to the River Mole. In the centre is the main Esher forest, used by longer courses. This is a mostly open and runnable area bisected by the A3, with a good path network, some areas of intricate vegetation and other areas of intricate contour detail. To the south east is Oxshott Common which is only reached by courses 1-4. This area contains much technical contour and path detail with fast running conditions. Minor paths throughout Esher may be indistinct due to leaf fall. The competition area within the **ACS International School** campus, used for the final part of courses 3-10, includes a mix of classroom blocks, landscaped gardens and surrounding forest. In amongst the classroom blocks the orienteering can be technical with plenty of opportunity for route choice errors.

Micr-O (courses 1 and 2) The premier OK Nuts classes, M21L and W21L, will have a section of their courses being run under very different conditions from usual. A sequence of five controls will be Micr-O controls rather than normal ones. Full details are found in the document "A Quick Guide to Micr-O", which is on the SLOW website – see <http://www.sloweb.org.uk/events/20051127/A%20quick%20guide%20to%20Micr.htm> – and will be available at enquiries on the day

The M21L Micr-O section is 1.0km long with 25m of climb. W21L is similar but with a length of 0.9km instead. The route passes through very fast and runnable forest, much of which contains intricate contour detail.

As well as calculating the normal results for the full M/W21L courses, we will publish times for the Micr-O sections on their own and award a prize to the winner of each. Winning times of around 5 minutes for the men and 6 minutes for women are anticipated ...

We plan to conduct an online survey about the Micr-O courses when the event is over; details of where to find this will be given along with the results.

Sprint-O (courses 3-10) Courses 3 to 10 finish with a sprint-o section in the ACS campus. Sprint-o is designed to be 'fast and furious' with winners decided by the speed and effectiveness of the decisions they can make through complex, and often urban environments. The grounds of the ACS provide a fun location to try out this orienteering discipline in conjunction with 'classic' orienteering on Esher.

Results Will be posted on the SLOW website after the event. If you would like paper results and have not sent an s.a.e. with your entry please address an envelope at Registration and leave 30p in it.

Trophies and prizegiving There are trophies for M21L and W21L winners and the best junior. A prizegiving will be held in the sports hall at 2.00p.m.

Enquiries (other than pre-entry queries) to the organiser, Mike Garvin – tel 07952 253278 or e-mail (preferred) mike_garvin@hotmail.com Queries about pre-entries to Andrew Trimble – e-mail trimble@blueyonder.co.uk

Disclaimer All participants take part in this event at their own risk, and are responsible for their own safety.

Vote of thanks We are very grateful to ACS Cobham International School for allowing us to hold the event at their school and use their excellent facilities, and to Elmbridge Council for permission to use Esher Common.