

SOUTH LONDON ORIENTEERS & WAYFARERS
The Winterfold “Blodslitet” Blood Races
Sunday 27th April 2008



- Venue:** Entrance to car park: grid ref TQ082448. The event will be signed from the centre of Peaslake.
- Parking:** Parking is at Peaslake Recreation Ground. There is a £1 parking fee per car which is going to Peaslake School. Please follow the directions of the marshals.
- Map:** 1:10,000 overprinted, waterproof map at A3 for all courses.
- Terrain:** Winterfold is a mixture of gentle and steep slopes with many re-entrants, gullies and paths. There are sections of detailed broken ground. Run-ability is generally good. The area offers a complete physical and technical challenge requiring both route-choice and fine navigation skills.
- The forest is actively managed and considerable felling continues to take place. The longer courses enter areas where felling has recently taken place – however on all reasonable routes you should not be particularly inconvenienced although you may find the ground underfoot a little slower than you may have expected from the map.
- The mild winter has led to an early surge in appearance of undergrowth – especially brambles – although the bracken is not going to a major problem for some weeks yet. Competitors, especially on the longer courses, are recommended to wear full leg covering and gaiters.

Information for all competitors

- Assembly:** The assembly area is in the parking field.
- Registration:** Open from 9.30am in Assembly.
- First Aid:** First Aid will be provided by SLOW first aid trained staff at Registration.
- Toilets:** Toilets will be provided in Assembly only – there are no toilets at the start/finish area.
DO NOT use the forest as a toilet – offenders will be disqualified.
- Catering:** Hot and cold food, and local beer, will be available in assembly by Peaslake School – please support them.
- SI:** SportIdent will be used for all courses. Hired SI cards (dibbers) are available to hire for £1 from Registration (a charge of £20 will be made for any dibber that is not returned).
- Starts:** The starts for the colour coded and the Blodslitet courses are adjacent to each other, aprox 900m walk from Assembly. The route will be taped. Please allow 10 to 15 minutes.
- Spectators:** Spectators who want to sample some of the atmosphere of the Blodslitet races are encouraged to walk to the designated Spectator Control which is visited twice by the competitors on both the Medium and Long races (and also once by those on the Blue course). Maps of the route to this control will be available at registration. It is about 600 metres from the starts, so a pleasant 1.5k woodland walk from registration – ideal for a Sunday morning stroll for non-competitors!
- Finish:** There is a common finish for all courses next to the Starts.
- Clothing:** An area will be marked out to leave clothing adjacent to the Start/Finish. Please bring your own bag to place clothes in. Note this area will not be supervised – items are left at your own risk.
- Download:** After your run you must report to Download which is in the Assembly area. All courses close at 14.30.
- Prizegiving:** Prizegiving for the Blodslitet courses will take place at assembly at around 12.30. Please stay around to celebrate the success of the winners.

- Results:** Full results will be available on www.sloweb.org.uk as soon as possible after the event.
- RouteGadget:** Courses will be available on RouteGadget for your post-event analysis as soon as possible after the event. Follow the link from www.sloweb.org.uk.
- Dogs:** The area is used widely by the public for dog-walking. You are asked to ensure your dog is well-behaved and does not upset any other member of the public.
- Horses:** There may be riders in the area. Please be considerate to horses and riders if encountered.
- Safety:** We will be carrying out the usual checks to establish that all competitors have returned from their courses. All competitors must punch the handheld SI Check units at the Start and report to Download after they finish or retire on both their courses. All competitors are advised to carry whistles.
- Officials:** Please use email and/or keep any phone calls to between 7.00pm and 9.00pm
Organisers: Nicola Morris (nicolajanemorris@yahoo.co.uk) 07747 866501
 and Ruth King (ruthdorisking@yahoo.co.uk)
Planner: Steve Allen
Controller: Mike Murray
- Cancellation:** SLOW reserve the right to cancel or postpone the event at short notice in extreme weather conditions. In the unlikely event of cancellation/postponement, information will be posted on the SLOW website. SLOW reserve the right to retain all or part of the entry fee to cover costs already incurred.

Blodslitet Information

- Blodslitet:** A mass start long distance race designed to challenge an individual's endurance and mental agility based on the Norwegian race of that name (the nearest literal translation is 'blood-letting'). Participants visit the same controls as their competitors, but not in the same order
- Entries:** There is no 'entry on the day' for the Blodslitet courses. Postal entries for the Blodslitet races have closed. On-line entry is available at www.sloweb.org.uk until Thursday 24th April.
- Control Desc:** Pictorial control descriptions are printed on the front of the maps for the Blodslitet courses. Loose control descriptions are NOT available in advance for the Blodslitet courses.
- Race No.s:** All Blodslitet competitors must report to Registration in Assembly to collect their race number, and hired SI if appropriate, before going to the start. Please allow plenty of time to do this. Competitors without a race number will not be allowed to start the Blodslitet race.
- Start:** 15k: mass start at 10:15
 10k: mass start at 10:30
 Competitors in the Blodslitet races should assemble at the start at least 10 minutes before their mass time. A race briefing will be given at start time -5 minutes and these races will start on time – leave yourself enough time get to the start. Late starters will be permitted but start times will not be adjusted.

Courses:

Course	Distance	Climb	No. Controls
Long Blodslitet	15.1k	595m	30 controls
Medium Blodslitet	10.6k	380m	24 controls

- Drinks point:** There is a drinks point on the Blodslitet courses only. It is at approximately half way round each course and is marked clearly on maps.
- Roads:** The Blodslitet courses have several road crossings which are not shown in the Control Description list to keep this to a manageable size. The courses are designed to cross the roads where visibility is good. Please take care though because even these are narrow country roads with little traffic on a Sunday morning some vehicles use them at speed.

Colour Coded Information

Registration: Is open from 9:30-11:30 in Assembly.

Entries: To enter all Colour Coded competitors must complete an entry form – available to download in advance from www.sloweb.org.uk or from Registration on the day. Once you've paid for your entry at Registration this will then be exchanged for either your course map (White and Yellow only) or a course-specific 'Proof of Entry' token to be handed in at the start.

Fees: Colour coded courses: entry on the day only. Entries £7 (less £2 for BO members); juniors/students £2

Control Desc: Control descriptions are printed on the front of the maps – pictorial for Green and Blue; and text for the others. Loose control descriptions are available at Registration for the colour coded courses.

Start times: Colour Coded courses start times run from 10:00-12:00. Competitors may 'turn up and run' at the start with no pre-set Start Time. Please follow the direction of the start officials.

Course Details:

Course	Distance	Climb	No. Controls
White	1.4k	30m	8 controls
Yellow	2.4k	50m	9 controls
Orange	2.8k	55m	11 controls
Red	4.8k	140m	18 controls
Light Green	3.5k	95m	12 controls
Green	4.4k	155m	14 controls
Blue	5.9k	215m	15 controls

Roads: All courses except White and Yellow cross roads. The Orange, Red and Light Green courses have 2 road crossings which will be manned at the obvious crossing points. The marshals are there to ensure that you don't take risks, not to control traffic – please obey their instructions.

The Green course has 4 road crossings and the Blue 3 or 4, depending on route choice, which are unmanned. The courses are designed to cross the roads where visibility is good. Please take good care though because even these are narrow country roads with little traffic on a Sunday morning some vehicles use them at speed.

**ALL COMPETITORS ARE REMINDED THAT THEY TAKE PART IN THIS EVENT AT THEIR OWN RISK
AND ARE RESPONSIBLE FOR THEIR OWN SAFETY.**
