

SOUTH LONDON ORIENTEERS & WAYFARERS
SOUTH-EAST MIDDLE DISTANCE CHAMPOINSHIPS
Incorporating the OK Nuts Trophy
Sunday 5th October 2008
Glovers Wood



FINAL DETAILS

DIRECTIONS

The entrance to the car park field is at TQ222410. See map link on SLOW website or click here: <http://www.multimap.com/s/RGIITMTJ>. There will be road signs from the west of Charlwood and the east of Newdigate.

CAR PARK/ASSEMBLY

The car park is a grass field immediately adjacent to the assembly area and finish. Toilets and UltraSport will be in the car park. There is a £1 car park charge – please have your money ready as you enter the field. This money is being donated to charity by the owner of the field.

MAP

Map scale is 1:7,500 with 5m contours, A4 size for all courses. All maps will be pre-printed on waterproof paper with course details and control descriptions. Course 1 has back-to-back maps printed double-sided. There are a couple of special/less commonly used symbols on the map: a blue cross indicates a water tank, a green cross is a wood pile, a green circle is a distinctive tree, a black circle is an abandoned vehicle or machinery, and a black cross is a hide. There is a full legend printed on the front of the map.

OUT OF BOUNDS

There are a number of fields on the northern, eastern and southern edges of the area which are all out of bounds to competitors - these are clearly marked on competition maps but there will be no tapes in the area (all of these fields are bounded by fences). The only field you should enter on your run will be on the run-in!

The road along the southern edge of the map is out of bounds to competitors during the competition, and is marked with purple X's on the map – please do not run along this (optimum routes avoid such any need).

TERRAIN

Glovers Wood consists of mainly runnable mature woodland, although there are some areas of denser forest. Runnability is generally good for the time of year and there is very little in the way of undergrowth or bracken. There is a large stream running through the area, from the south-west to north-east edges. In the northern part of the area the stream is surrounded by fairly steep slopes with some interesting contour detail.

Glovers Wood is substantially a SSSI. The woodland lies on slightly acid clays across the incised Welland Gill supporting a rich ground flora. The habitat surrounding the gill is considered to be sensitive to disturbance. Courses have broadly been planned to minimise the number of stream crossings, in particular at what are expected to be sensitive points, and to offer the potential of bridge crossings on many courses.

SAFETY

The stream running through the area may be crossed by competitors at any point, but you should take care when crossing. The stream can be tricky to cross in places, particularly if there is wet weather in the week leading up to the event. Courses have been planned to minimise the number of stream crossings required, particularly for the shorter courses. There are three bridges over the stream (in the south, middle and north of the areas), but these are not always on the optimal routes. The northern one of these bridges is fairly rickety so care is needed when crossing this. These bridges are obvious on the map (these are when large tracks cross the stream), but they will be highlighted on the blank maps in the start lanes.

There are a few very small bits of ruined fencing in the very northern edge of the area which competitors could run into – these will be marked with yellow/black tape to alert competitors of its presence. This only affects runners on courses 1-3.

The area is not extensively used by the public, but there are occasional walkers and cyclists - please give due consideration to them. Whistles are advisable for your own safety.

CONTROL DESCRIPTIONS

These are available in the pre-start area for regional courses, and will also be overprinted on the front of the maps. (Colour coded descriptions will be available at registration.) Please note that the control descriptions

will be pictorial for courses 1-7 (and light green/orange), but course 8 (and the yellow/white courses) will have written descriptions. A cross (X) symbol on the control descriptions indicates a hide.

START

There is one start for all courses and it is approximately 450m from the car park. The route to the start leaves from the SW corner of the field. The route to the start and the run-in from the finish both use the same gateway into the field. They will be separated by tapes. There is no clothing transfer from the start.

Start times will be allocated in 30-minute blocks, which are published on the Fabian4 online entries page (linked from the SLOW website). The time quoted is the start of the 30-minute block (e.g. 10:30 indicates a start block of 10:30-10:59) and you will be free to start at any time within this period. Please keep within your allocated block in order to reduce congestion at the start. There will be a 2-minute start interval on all courses. A punching start will be used. Course 8 and the yellow and white courses will get their maps with 1 minute to go in the start lanes.

FINISH AND DOWNLOAD

The finish is in the assembly area. All competitors must download after their run even if they retire. Courses close at 14:00. Provisional results will be displayed on the day, thereafter on our website <http://www.sloweb.org.uk>

LATE ENTRIES/ENTRY ON THE DAY

Online late entries are available until Thursday 2nd October. There will also be limited entry on the day for both middle distance and colour coded courses (Light Green, Orange, Yellow and White). Registration opens at 09:15 and closes at 12:00. Starts 10:00 -12:30. The late entry and EOD entry fees are:

Middle Distance: BOF members senior £10 Non BOF members senior £12 juniors/students £5
Colour coded: BOF members senior £4 Non BOF members senior £5 juniors/students £2
Sport-Ident hire: Seniors £1, Juniors No charge. There will be a charge for lost dibbers.

COURSES

The details of the Regional courses are as follows:

Course	Classes	Length	Climb
1	M20, M21, M35, M40	6.0km	150m
2	M18, M45, M50	5.3km	140m
3	W20, W21, W35, W40	4.8km	120m
4	M16, M55, M60, W18	4.4km	110m
5	M65, M70, M75, W16, W45, W50	3.8km	95m
6	M14, W14, W55, W60, W65, W70, W75	3.2km	70m
7	M12, W12	2.7km	60m
8	M10, W10	2.3km	50m

STRING COURSE/NAUGHTY NUMBERS

A string course is located adjacent to the route to the start and a "Naughty Numbers" course is located in the car park field. Both are free and will be available from 10:00 to 12:30.

SHADOWING OF JUNIOR COMPETITORS

This is not allowed on the Middle Distance Courses. Anyone wishing to remain competitive must have completed their own course before shadowing a competitor on a Colour Coded Course.

PRIZES

Medals will be awarded to the first 3 SEOA members in each of the following age groups: M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+. **Coasters** will also be awarded to the winner of each individual age class. The **OK Nuts Trophy** (Mens open course 1 winner) is in memory of Mike Wells Cole, former British Champion and member of Nutfielders OK, who died in 1976. The **Heather Monro Trophy** (Womens open course 3 winner) and the **Margaret Loveless Trophy** for best Junior are also awarded. Prize giving will be held at around 1:30-1:45pm – it would great to see as many of you there as possible!

OFFICIALS

Planner: Paul Nixon (SLOW)
Controller: Keith Tonkin (GO)
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COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY