



The 32nd Surrey Hills Races and Trail Challenge (navigation required)

25 May 2009 (Bank Holiday Monday)

Organised by: South London Orienteers and Wayfarers

Run under FRA Rules

Get off the road and try something different this summer! The Surrey Hills Races will take you along the footpaths of the Surrey Hills and provide a challenge to trail runners, orienteers and adventure racers alike. Depending upon the course you run you will visit the summits of Leith Hill, Holmbury Hill and Pitch Hill – and everyone will run through the beautiful and varied countryside to the south-west of Dorking.

These mass start races **REQUIRE NAVIGATION** to visit a series of checkpoints along the way. A copy of the courses is available in advance, and scouting your route beforehand (ESSENTIAL) provides a great excuse for some training runs. **(Try our guided recce runs – see below.)** A purpose-drawn map at 1:25,000 is provided to all competitors, and is available in advance from the Organiser (send 9x6 SAE). **NO MARSHALS, NO MARKERS - YOU WILL HAVE TO MAP-READ.**

The SPORTident electronic checking system is used. This ensures rapid results processing and provides finishers with a print-out of their times to each checkpoint. **All** competitors will require an SI card – if you don't have your own you can hire one on the day.

Courses: 'A' 30 km 'B' 16 km 'C' 10 km **All courses require navigation**

Start times: 'A' 10.30 'B' 10.45 'C' 10.35

Venue: The Nower Recreation Ground, OS Map 187 GR TQ 160 486.

Registration: From 9.30 a.m. at The Priory School, West Bank, Dorking, Surrey RH4 3DG

Travel directions: See below

Facilities: Toilets, showers, supervised bag storage.

Prizes: Trophies are awarded in memory of Byron Davies and Kate Thomas to the winner of the 'A' course and to the first lady on the 'A' course respectively. The Michael Murray trophy is awarded to the winner of the 'B' course. There are also trophies for the 'C' course and for the first lady on the 'B' course. Also Age Class prizes. Results: Contact organiser or visit www.sloweb.org.uk

Entry in advance (enter on-line <http://www.fabian4.co.uk/default.aspx?EventID=154> or send form to organiser): Seniors £8. Juniors (16+17) and students (18-21) £4. Form to be post-marked 18 May or earlier to qualify for £2 discount off EOD price

Entry on the Day: Seniors £10. Juniors (16+17) and students (18-21) £5.

Cheque payable to 'South London Orienteers and Wayfarers'.

Time keeping: Event uses electronic punching: SI card hire £1

FRA rules: U-18s may not run Courses 'A' or 'B'. No under-16s accepted. Limit: 100 in each race. Competitors take part at their own risk and are responsible for their own safety, and are required to sign a disclaimer to this effect on the entry form.

***Guided recce runs, Saturday 25th April. Meet at 9.45 a.m. on The Nower recreation area, at westmost junction of Hampstead Lane and West Bank. Cost £2, which will be deducted from the cost of the race entry.**

Organiser: V. Catmur: e-mail: virginia@catmur.co.uk.

Tel: 07977 142510. Web: www.sloweb.org.uk

Also District orienteering event on The Nower; go to <http://www.mvoc.org/>

Travel directions:

Car park: Parking at The Priory School, West Bank, Dorking, Surrey RH4 3DG. Follow 'Hill Race' sign from south end of Dorking one-way system. Parking will be tight - please share cars.

Train: London Victoria/Waterloo: As it's a Bank Holiday, a Sunday service will be in operation. Trains run every half hour from London Victoria to Dorking Main, calling at Clapham Junction for those coming from London Waterloo. The journey takes around an hour from Victoria. (There is no direct train from Waterloo to Dorking on Bank Holidays.)

Reading/Guildford: Trains run every half hour from Reading to Dorking Deepdene; this service also calls at Guildford. The journey takes 50 to 70 minutes from Reading and 15 to 20 minutes from Guildford. Some (slower) trains also call at Dorking West, which is slightly closer to the race start – see directions below.

Gatwick/Redhill: Trains run once an hour from Gatwick Airport to Dorking Deepdene; this service also calls at Redhill. The journey takes around 20 minutes. An additional train runs once an hour from Redhill and also calls at Dorking West, taking around 15 minutes.

Bus: Kingston/Surbiton: The 465 runs once an hour from Kingston via Surbiton and Chessington: <http://www.londonbusroutes.net/times/465.htm> The journey takes around an hour. Stay on the bus until the stop at the bus stand at the top end of South Street – see directions below.

From the stations/bus stop: From **Dorking Main** station: exit the station and walk out to the main road (dual carriageway – A24.) Turn left and walk up to **Dorking Deepdene** station (at railway bridge). Cross dual carriageway using pedestrian crossing and walk up London Road ahead of you. Keep going until you reach the High Street. Turn right along the High Street. At the Y-junction bear left following the main road (South Street) around the one-way system. At the **bus** stand at the top end of South Street, cross over Coldharbour Lane and up the pedestrian footpath ahead of you (behind the railings). To reach the race HQ at the Priory school, follow this footpath across two roads, turning right at the second road, and follow it round to the school. To reach the race start, turn left at the second road and follow it to the end, crossing through the trees onto the Nower.

From **Dorking West** station: exit the station from the westbound platform. Turn left and walk down Station Road, bearing right at two junctions to join the main road. Continue to your right on the main road to the T-junction. Turn right and take the second left (crossing at the traffic lights) up Vincent Lane (caution – no pavement on the left side of the road). About 150m after the DIY store turn right up the pedestrian footpath and continue as above.

The Surrey Hill Races and Trail Challenge Entry form

Please complete and send to V. Catmur, 73 Claygate Ln, Esher, Sy KT10 0BQ, in order to claim £2 discount off 'entry on the day' price. Forms to be post-marked 18 May or earlier to qualify for pre-EOD discount.

first name:																				
surname:																				
age <small>(on race day):</small>			M / F	Club:																
phone number:																				
e-mail address:																				
car registration:																				

Travelling alone? *Yes* *No*

Course (please ring) *A (30k)* *B (16 k)* *C (10k)*

Sport-Ident card number (leave blank if hiring)	
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Data Protection Act: Details may be stored on computer. It may not be possible to process an entry for anyone who objects to having their details so recorded.

FRA rules: I take part at my own risk and am responsible for my own safety.

Signed: