

SLOW OK Nuts Regional Event and Army Inter-Corps Championships Bramshott Common - 29th November 2009

FINAL DETAILS

The OK Nuts Trophy is awarded in memory of Mike Wells-Cole to the first man on the Black course. Mike was twice British Champion, but died in 1976 at the peak of his orienteering career, aged 32. Following the disbanding of Mike's club, OK Nuts, SLOW was formed in November 1976

The Heather Monro Trophy is named in honour of Heather's distinguished international career and her loyalty to South London Orienteers. In 2005 Heather won the World Championships Sprint Bronze Medal in Japan and announced her retirement from international orienteering. For the first time in 2004 Heather competed in and won the OK Nuts Women's Trophy. The trophy will be awarded to the first woman on the Short Brown Course.

The Margaret Loveless trophy is awarded for the best performance by a junior. Margaret was a popular and loyal member of SLOW, who died in 1993, after being knocked off her bike at the tender age of 76 years young. The award will be a subjective judgement and allow for anyone under 21 who is "running up".

OK Nuts souvenir coasters will be awarded to the first in each age class (L and A only) according to the table listing courses.

It is hoped to present as many of these as possible on the day between 1.30 and 2.00. Please stay and enjoy the sunshine.

SLOW are pleased to share this event as part of The Army Inter-Corps Championships. This is both a team and an individual event which includes the Southern Night Championships the night before. Runners from all corners of the Army will be representing their Corps and will be sharing the start and courses with us so please make them welcome

Travel Directions

The only approach to the event will be from the A3 heading North from the Liphook junction. Competitors approaching from the North will need to effectively U-turn (not literally!) by using the junction to join the North-bound carriageway. The approach to the event is via a minor road turning off the A3 just before the bollards start to restrict the carriageway to one lane. A 500m marker will warn you of your approach followed by 300/200/100 m countdown. The A3 can be a very fast road so please take care to position yourself in the near-side lane in plenty of time. If you miss the turning you will have to travel North to the next roundabout; there is no scope for turning round earlier nor is there alternative road access to the car park. Competitors travelling South on the A3 should be aware of major roadworks approaching Hindhead and long delays are possible especially for later arrivals.

When leaving the event take care of fast-moving traffic on the A3

The HQ is at GR SU858334 and should only be approached as indicated

Parking

Please park as directed. The Car Park will be signed after you have left the A3 and is in a large field by the access road. Contrary to earlier information there will be no car park charge. Dogs are permitted both in the car park area and on the courses. Please clean up after your dog in the HQ field if not elsewhere. Dog walkers, horse riders and mountain bikers use the area, care is to be taken. Please respect other forest users.

Registration & Enquiries.

Registration will be in the parking field. Anyone who has pre-entered and paid may go straight

to the Start which is a short walk from registration. Runners who have pre-entered and require hired dibbers will have pre-allocated dibber numbers and these will be issued from Enquiries. All others (EOD entrants) should complete the registration form, which will be handed out as you enter the car park.

EOD Fees are £12.00 except for Juniors, Students & Seniors on Long Orange, Orange, Yellow, White where the fee will be £5.00

SI electronic punching will be used for all courses. Dibber hire (£1.00) at Registration. Lost dibbers will be charged at £29.00. Registration will be open from 09.30 to 12.00. Starts from 10.00 to 12.30. If you wish to be checked back in please leave your car keys at Enquiries and put your name on the list provided.

Safety

First Aid cover, provided by the St John Ambulance will be located adjacent to Registration. Whistles are advised and the Organiser may insist on protective clothing being worn if the weather is particularly inclement. Bramshott is a military training area. Watch out for any barbed wire, other military paraphernalia and deep holes. **Do not touch suspicious objects**. The courses use both sides of the A3 but there is an access tunnel which must be used for all crossings. Anyone seen crossing the A3 at road level will be disqualified; courses will be designed to use the tunnel. Some courses do not cross the A3 but may have controls close to the road; access points will be taped to assist runners in not straying onto the verge or road. Orienteering is a hazardous sport and competitors take part at their own risk. Longer courses cross the public road you will use to arrive at the event centre. Drivers and runners please take care. Crossings will be highlighted on course descriptions.

Facilities

Traders and Tom's Catering Wagon will be located in the Car Park field. Toilets will be located close to registration en route to the Start. Results will be displayed adjacent to Registration/Download. Squash and water will be available at Download.

On the day Orienteering Hotspot

As part of our ongoing experimentation with providing innovative services at our events we shall be providing a free wireless events service at this event. By using any wireless device (PC, MacBook, iPhone etc.) you should be able to connect to our results network from within the Assembly Area. Course results, splits and a real-time view will be available. More details of how to use this facility are on the event page, accessed via www.sloweb.org.uk

Terrain & crossing points

As part of the A3 improvements associated with the Hindhead Tunnel, an underpass now joins the military training areas to the north and south of A3 and thus providing a new and different challenge to competitors. There is a mixture of heathland and wooded areas with some steep slopes in both the north and the south.

Map

The map is 1:10,000 surveyed by Roger Maher in early 2008 and recently updated. Maps will be printed on A4 waterproof paper but not bagged. Control descriptions on the front of the map. Loose descriptions will only be available in start lanes. **Please note Black, Brown and Short Brown are double-sided maps.**

All courses that cross the A3 will have a control at one end of the tunnel which will be visited twice - remember to punch both times. Competitors on courses with single sided maps need to take care when leaving this control that they are heading for the correct next control.

Non-standard symbols:

Hide



Tunnel



Platform



Courses

N.B. Box sizes for loose control descriptions are smaller than usual on longer courses.

Course	CDs on map				Loose CDs		
	Length km	climb m	controls	type	type	box size mm	length mm
Black	11.9	170	30	IOF	IOF	5	202
Brown	10.1	190	30	IOF	IOF	5	202
Short Brown	8.2	150	24	IOF	IOF	5	161
Blue	6.6	120	24	IOF	IOF	5	151
Short Blue	5.3	110	19	IOF	IOF	6	151
Green	4.6	60	17	IOF	IOF	6	140
Light/Short Green	3.7	90	11	IOF	IOF	6	102
Long Orange	5.9	110	16	text	IOF & text	6	133
Orange	2.9	80	11	text	IOF & text	6	92
Yellow	2.6	60	13	text	IOF & text	6	103
White	1.6	20	12	text	IOF & text	6	97

Climb is rounded to nearest 10m and course length to nearest 100m.

Competitors running for Ranking Points should run the courses as detailed below:

Course	Kms	Men's Class			Women's Class					
Black	11.9	M21	M35	M40						
Brown	10.1	M45	M50							
Short Brown	8.2	M55	M20	M18	M21S	W21				
Blue	6.6	M16	M60	M35S	M40S	W35	W40			
Short Blue	5.3	M65	M45S	M50S		W20	W18	W45	W50	W21S
Green	4.6	M70	M55S	M60S		W16	W35S	W40S	W55	W60
Light Green	3.7	M75	M80	M65S	M70S	W65	W70	W75	W80	W45S
		M14				W50S	W55S	W60S	W14	
Orange	2.9	M12				W12				
Yellow	2.6	M10				W10				
Long Orange	5.9	M21N				W21N	suitable for adult beginners			
White	1.6	suitable for young beginners								

A free String Course is located close to the Car Park. The route to/from the String Course is suitable for pushchairs. Please approach the string course via the perimeter of the car park (south side) as directed

Start Procedure

There is a single start, which is 200m from the car park. You will be allocated a start time which will be published on Fabian4 from Monday 23rd November. Runners will be called forward at -3 minutes. A punching start will operate. If you turn up early or late for your time you may be permitted to start if a suitable slot becomes available. Blank maps will be available for inspection at -2 minutes. Runners on Yellow and White courses will collect their maps before the start. Start lists will be displayed at Registration and also at the exit from the car park field en-route to the starts. Loose control descriptions will be only available in start lanes

Finish Procedure, Download & Results

There is one Finish for all courses. The finish is in the assembly area and download will be close by. Download is adjacent to Registration. *Please ensure you Download before leaving, even if you do not*

complete your course. We do not want to send out search parties unnecessarily. Provisional results will be displayed on the day, thereafter on our website at www.sloweb.org.uk

Entry Queries

Any entry queries and last minute details are to be directed to the Organiser: E-mail: dickclark@ymail.com, or Tel: 01737 379 894. Last minute information will also be available on our web site. www.sloweb.org.uk

Officials

Planner: Chris Fry (SLOW)
Controller: Tim Pugh (GO)
Organiser: Dick Clark (SLOW)

Complaints

Any competitor who has a complaint should go to Enquiries to discuss it with the Organiser.

Protests

If, after talking to the Organiser, a competitor is unhappy with the decision of the Organiser, he/she may wish to raise a protest. Protests should be made in writing to the Controller at the event accompanied by a fee of £5.00 (refundable if the protest is upheld). The protest will be dealt with in accordance with BOF Rule 9.3. If required, a Jury will be convened and a written report prepared.

Cancellation

SLOW reserves the right to cancel the event at short notice should the need arise. In the unlikely event of cancellation a notice will be posted on the SLOW website. SLOW reserves the right to retain all or part of the entry fee to cover costs that have already been incurred.

SLOW are grateful to the Army for the provision of toilet facilities and water, as well as making the land available for use at this event.

