

SOUTH LONDON ORIENTEERS & WAYFARERS

OK NUTS TROPHY

REGIONAL EVENT

Incorporating

The Army 2009 Inter Corps Championships



**Sunday 29th November 2009 Bramshott Common
between Hindhead and Liphook**

LOCATION Parking and HQ at Grid Ref SU858334.

MAP/ TERRAIN 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. The map will be 1-10,000 and printed on waterproof paper

| COURSES | Colour | Men's Classes | Women's Classes |
|----------------|---------------------|------------------------------|---|
| | Black. | M21, M35, M40 | |
| | Brown | M45, M50 | |
| | Short Brown | M55, M20, M18, M21S, | W21 |
| | Blue | M16, M60, M35S, M40S, | W35, W40 |
| | Short Blue | M65, M45S, M50S, | W20, W18, W45, W50, W21S |
| | Green | M70, M55S, M60S, | W16, W55, W60, W35S, W40S |
| | Light Green | M75, M80, M65S, M70S, M14, | W65, W70, W75, W80, W45S, W50S, W55S, W60S, W14 |
| | Orange | M12, | W12 |
| | Yellow | M10, | W10 |
| | Long Orange | M21N | W21N also suitable for adult beginners |
| | White | suitable for young beginners | |
| | Free String Course. | | |

Mementoes will be awarded to the first finisher in each gender/age class (Long only): The **OK Nuts Trophy** (Men's Black course winner) is in memory of Mike Wells Cole, former British Champion and a member of Nutfielders OK, who died in 1976. The **Heather Monro Trophy** (Women's short Brown winner) and the **Margaret Loveless Trophy** for best Junior are also awarded.

ENTRIES On-Line Entries are preferred: www.fabian4.co.uk by 14 November, then with surcharge till 26 November. Postal entries on a standard BOF entry form with cheque payable to SLOW. Please send to OK Nuts 2009, 22 Stratton Court, Adelaide Road, Surbiton, KT6 4SU enclosing one/two SAEs if final details and/or results are required or e-mail entries09@sloweb.org.uk by 14 November

FEES Non-BO Seniors £12, BO Senior £10 until 14 Nov, then add £2 for late On Line and EOD. Juniors, Students & Seniors on Long Orange, Orange, Yellow, White £4. All EOD is subject to map availability

SPORT IDENT CARD HIRE: Seniors £1, Juniors/Students No charge

TIMES Registration: 09:30 – 12:00 Starts: 10:00 – 12:30
Courses close at 14:30

OFFICIALS Controller: Tim Pugh (GO) Planner: Chris Fry
Organiser: Dick Clark organiser09@sloweb.org.uk 01737 379 894 / 07956 668 728

CONDITIONS Entry details will be stored in a computer; submission of an Entry for the Event will confirm your acceptance of this procedure. In the event of cancellation, we may retain all or part of the entry fee to cover costs already incurred.

Check web site prior to traveling in case of any last minute changes <http://www.sloweb.org.uk>

COMPETITORS TAKE PART AT THEIR OWN RISK