

South London Orienteers & Wayfarers present the

# SOUTH EAST CHAMPIONSHIPS WEEKEND 10<sup>TH</sup> & 11<sup>TH</sup> APRIL 2010



## Final information

### Sunday: SE Middle Distance Championships – Wimbledon Common

**TRAVEL AND PARKING.** Parking is in car park 3 of the All-England Lawn Tennis Club, Somerset Road, Wimbledon, SW19. For sat-nav users, a nearby postcode in Somerset Road is SW19 5HP. The only O signs will be at the entrance. There is no parking charge. The AELTC car park has Portaloo's but no registration, download or other facilities.

**There is a walk, mainly uphill, of 1500m from car parking to Assembly. Allow at least 20 minutes.** The assembly area is actually next to a public car park, but one of the conditions for us using Wimbledon Common is that we do not use this car park because we would over-crowd it, particularly on a sunny Sunday morning. Please respect this and use the AELTC car park.

Anyone travelling by public transport or bicycle should go straight to the Assembly Area. Cars may also drop off passengers at the Assembly Area but should then park at the AELTC.

**ASSEMBLY.** The Assembly Area is on Wimbledon Common near the The Windmill, Windmill Road, London SW19. The nearest postcode is SW19 5NR. The Finish is in the Assembly Area and the Start is 150m away. Registration, Download, Toilets, and a Café are in or adjacent to Assembly.

**ENTRIES.** On-line entries are now closed. Entries will be available on the day if there are enough maps. Fees will be £7 for BOF and SLOW members (add £2 for non-members). For all juniors and students the fee is £3. Sportident cards will be available for hire at £1 each.

**START TIMES.** From 10.00 to 11:40. Competitors have been allocated starts in blocks (40 minutes for the first 2 blocks and 20 minutes for the last block); within these, all courses will have a minimum 2 minute interval between starts. To make this easier for all concerned courses 1, 3, 5 & 7 will start on odd minutes past the hour and 2, 4, 6 & 8 on even minutes. A punching start will be used. There will be flexibility for those needing split start times, and/or shadowing responsibilities. In order to remain competitive a shadow must compete first and shadow later.

## COURSES

Course	Class(es)	Course Length	Climb	Number of Controls	Control Descriptions	Colour Equivalent
1	M20-40	6.7k	95m	23	IOF Pictoral	Black
2	M18, M45/50, W20-40	5.6k	80m	17	IOF Pictoral	Brown
3	M16, M55/60, W18, W45/50	4.4k	70m	18	IOF Pictoral	Blue
4	M65+, W16, W55/60	3.9k	65m	16	IOF Pictoral	Green
5	M14, W14, W65+	3.3k	65m	15	IOF Pictoral	Light Green
6	M12, W12	2.3k	30m	11	English Text	Orange
7	M10, W10	1.6k	30m	8	English Text	Yellow
8	-	1.6k	30m	9	English Text	White

**COURSES CLOSE** At 13:30. You must report to Download even if you fail to complete your course.

**TERRAIN.** This comprises a fast and highly runnable semi-open plateau contrasting with re-entrants featuring a variety of woodland (mainly a mixture of mature deciduous and low visibility holly) to provide a surprisingly challenging mix.

- Due to the recent weather conditions there is more standing water than usual and some features mapped as 'dry' currently contain water.
- There are many rootstocks mapped on the map, some of which have broken down whilst new ones have been created. The map has not been updated to reflect the latest changes so you should use them with caution. They are not used for any control sites.
- The hard winter means that undergrowth is generally less significant than mapped. 'Slow Run' undergrowth generally offers little barrier to progress, although 'Walk' should still be avoided.

**MAP.** Updated Winter 2009/10. The scale is 1:10,000 with 5m contours. Size is A3 for all courses  
Control descriptions will be printed on the front of the map and also available separately in the start lanes. For courses 1 & 2 (only) the descriptions will obscure part of the legend. Both maps and control descriptions will be on waterproof paper of course.

## **COURSE SPECIFIC INFORMATION**

### **Courses 1 & 2**

- These courses cross a minor road accessing a car park on the Common. Speed bumps ensure that cars do not travel excessively fast but take care when crossing.
- These courses also cross through the golf course on the Common following a taped route. Make sure to follow the taped route onto and along a track across one golf fairway. Also, for your own safety, look right to check that golfers are paying attention.

### **Course 8 (White)**

- There will be tapes between the penultimate and last controls on this course.

**PRIZE-GIVING.** Medals will be awarded for all classes. We aim to have the prize giving at 1:30pm near the Assembly Area.

## **OFFICIALS**

Organiser – Nigel Saker (SLOW) T: 020 8942 0771. M: 07920 848416 E: nsaker@blueyonder.co.uk

Planner – Alan Leakey (SLOW)

Controller – Simon Ling (MV)

SportIdent wizard – Chris Fry (SLOW)