



MIDDLE DISTANCE RACE

Saturday 13th MAY 2006 - Banstead Heath

Jointly organised by Mole Valley (MV) and South London Orienteers (SLOW)

A set of Middle distance courses on the fast but challenging terrain of Banstead Heath. This is also the Final Race of the Southern Express Series 2006

Course	Length	Technical Difficulty	Southern Express Class
A	4.0k	4/5	Open
B	3.1k	4/5	Women's Open, Junior (M/W 18-), Veterans (M/W 45+)
C	1.9k	3/4	Junior (M/W 14-)

Note that course C is designed to provide a short but interesting course for the youngest competitors. It will be more challenging than 'Orange' standard courses. Shadowing of juniors on this course is permitted, but if the shadower wants their run to be competitive they must do that first.

Terrain. Mixture of fast open grassland and extremely intricate wooded terrain

Map. 1:10,000. Surveyed 2005

Car Parking. On Mill Road. Grid Reference 238556. 3km from Junction 8 of the M25

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=523858&Y=155599&A=Y&Z=1>

Entries: On the attached form by **10th May** to: Short-O, 16 Milner Drive, Cobham, Surrey KT11 2EZ.

Entries and results will be processed using a computer, your entry will be taken as agreement to this.

All competitors take part at their own risk.

Fees: £4.00 Senior, £1.50 Junior & concessions

Limited EOD. Contact the Organiser in advance to book a map. ✉ alanleakey@bigfoot.com ☎ 01932 864347.

Start Times: 11:00am – 12:00pm

SportIdent: electronic punching will be used. Dibber hire will be £1 if required.

Organiser: Alan Leakey, SLOW

Planner: Mike Elliot, MV

All entrants will automatically be included in the scoring for this year's Southern Express Series. Competitors wishing to score points for the Series should ensure that they enter their correct class as shown above. As this is the Final of the Series the class winner will be awarded 1200 points, with other competitors gaining points based on their comparative times using the system originally used at the Scottish 6-days,

Series Co-ordinator Alan Leakey: ✉ 16 Milner Drive, Cobham, Surrey, KT11 2EZ. ✉ alanleakey@bigfoot.com

☎ 01932 864347. Latest Information and Results on the Internet at <http://www.sloweb.org.uk>

VENUE		Name	ORGANISING CLUB:		DATE:		Fee	
Race Class O/WO/V/J	BOF Number		Club	Age Class	SI Card No. or "HIRE"	Split Start or Shadower?		
Remember to include your cheque. Also 2 9"x4" SAE's if you want event details and results posted to you.							TOTAL	
Contact Name & Address:								
Telephone:				Email:				