

SOUTH LONDON ORIENTEERS & WAYFARERS
OK NUTS TROPHY AND BLOOD RACES
Sunday 19TH December 2010
LONGMOOR



- LOCATION** Parking at Longmoor Military Camp, Hampshire. Grid Ref SU 793 310
- MAP** Fully revised for the event, 1:10,000
- TERRAIN** Mixed heathland and woodland with significant contour detail. Previously used for JK and Harvester trophies.
- COURSES** Blood Races: 2 Mass start gaffled races approx. 15km (Full Blood) and 10km (Half Blood) designed to challenge your endurance and technique under the pressure of head-to-head racing. Start times: 15km 10:15, 10km 10:30. Also Colour Coded courses: White, Yellow, Orange, Short Green, Green, Short Blue, and Blue. Free String Course.
- TROPHIES** The OK Nuts Trophy is in memory of Mike Wells Cole, former British Champion and a member of Nutfielders OK, who died in 1976; this will be awarded to the winner of the Full Blood race. The Heather Monro Trophy will be awarded to the first woman on the Half Blood race and the Margaret Loveless Trophy for best Junior performance on any course. OK Nuts coasters will be awarded to the best in each BOF age class according to the course table below. There will additional prizes on the Blood races.
- ENTRIES** **On-Line Entries** <http://www.fabian4.co.uk>. Closing date for online entries and postal entries 12th December. Postal entries on a standard BOF entry form with cheque payable to SLOW to OK Nuts 2010, 33 The Ridings, Surbiton KT5 8HG enclosing 1/2 SAEs if final details and/or results required.

Full Blood (15km)	M20, M21, M35, M40	
Half Blood (10km)	M18, M45, M50	W21, W20
Blue	M16, M55, M60	W18, W35, W40
Short Blue	M65	W45, W50
Green	M70	W16, W55, W60
Short Green	M14, M75+	W14, W65, W70+
Orange	M12	W12
Yellow	M10	W10
White	-	-

- FEES** Online and postal entries received by Sunday 12th December.
 Senior £10 (£2 discount for BOF senior members). Junior, full time students, Orange, Yellow and White courses £4.

 EOD subject to map availability: Senior £12 (£2 discount for BO senior members). Junior, full time students, Orange, Yellow and White courses £5.
 Sport Ident card hire : Seniors £1, Juniors/Students no charge
- FACILITIES** Parking is on hard-standing. We have use of buildings which include toilets and showers. Starts and the finish will be close by.
- DOGS** Dogs not allowed as there are patrol guard dogs both in the camp and on the area.
- ORGANISER** Teresa Turner 01306 711201 oknuts@sloweb.org.uk

In the event of cancellation, SLOW reserve the right to retain all or part of the entry fee to cover costs already incurred. All competitors take part at their own risk.