



SOUTH LONDON ORIENTEERS
OK NUTS TROPHY AND BLOOD RACES
LONGMOOR Sunday 19th December 2010



FINAL DETAILS

DIRECTIONS

Longmoor Military Camp is located and signposted off the southern slip road of the A3 at the Longmoor Interchange (signposted Bordon / Farnham / A325). Grid Ref SU 793 310. Post code for Sat Nav GU33 6EL. **To gain access to the Camp, please bring something to identify you as an orienteer e.g. the Event Flyer or Final Details.**

PARKING

Car parking is on the parade ground (hard-standing).

REGISTRATION & ENQUIRIES

Registration is in a building 200m west of the car park and will be open from 09:15 to 11:45. Entry on the day (subject to map availability) for both Blood Races and Colour Coded courses. 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

BLOOD RACES

Blood race competitors should collect their race numbers from Registration.

COLOUR CODED COURSES

Course	Classes	Length	Climb
Full Blood	M20, M21, M35, M40	15.0km	460m
Half Blood	M18, M45, M50, W21, W20	10.6km	230m
Blue	M16, M55, M60, W18, W35, W40	6.6km	150m
Short Blue	M65, W45, W50	5.8km	180m
Green	M70, W16, W55, W60	4.7km	110m
Short Green	M14, M75+, W14, W65, W70+	3.5km	70m
Orange	M12, W12	3.4km	70m
Yellow	M10, W10	2.3km	20m
White		1.3km	10m

CONTROL DESCRIPTIONS

Control descriptions will be printed on the front of the map. Loose descriptions for the Colour Coded Courses will be available in the start lanes.

STARTS

There are two starts, one for the Blood Races (north-east corner of car park) and one for the Colour Coded Courses (approximately 200m from south-east corner of the car park). Blood Race Mass start times: Full Blood 10:15 Half Blood 10:30 Colour coded start times are from 10:00 to 12:00 and are allocated in 30 minute blocks with a punching start.

FINISH

The finish is within the military camp and close to the car park. All competitors must download after their run even if they retire. Courses close at 14:00. Provisional results will be displayed on the day, thereafter on our website <http://sloweb.org.uk/>

BLOOD RACES

These are 2 lap affairs with a few common controls and several gaffled ones. On the second lap you visit the gaffled controls you missed the first time and the common controls for a second time. There is a map exchange (as opposed to back-to-back maps) and it is situated outside the registration building which you will be passing by anyway. There you can also avail yourself of drinks and CLIF bars.

FACILITIES

UltraSport, Tom's Burger Van and St John's Ambulance will be located in a building close to Registration/Download. Toilets will be available in the car park and in a building close to Registration/Download.

NAUGHTY NUMBERS

Naughty numbers will be available free in the same building as UltraSport and Tom's Burger Van.

MAP

The scale is 1:10000 for all courses, with a 5m contour survey. This is a completely new map with survey and drawing by Mike Elliot up until just before race day!

TERRAIN

This is Army land – so do not touch strange objects. There is a strong track/path network over the whole area, but it can get confusing where the tracks are in steep gullies, which occurs in two sections of the map. Runnability varies from very fast to energy-sapping. The east-west stream in western half of the map will render those who fall foul of it an indelicate shade of orange.

DOGS

Dogs are not allowed as there are patrol guard dogs both in the camp and on the area

PRIZE GIVING

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 colour coded course table above. There will be additional prizes on the Blood races. Prize giving will be held at around 13:30.

OFFICIALS

Planners: Andy Robinson, Chris Robinson (SLOW)

Controller: Allan Farrington (BAOC)

Organiser: Teresa Turner (SLOW) 01306 711201 oknuts@sloweb.org.uk

COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

This event is supported by CLIF Bar <http://www.clifbar.co.uk/>. CLIF bars can be picked up with the drinks at the finish.

