

SOUTH LONDON ORIENTEERS & WAYFARERS



THE 30th BOX HILL FELL RACE

Saturday 22nd January 2011 at 11.00am
organised by South London Orienteers and Wayfarers
under F.R.A. rules

7.5 miles with 1700ft ascent

Records: 47.17 (Chris Beecham 1997); 55.11 (Sarah Rowell 1989)

Car parking, registration and changing facilities have again been kindly provided by the Friends Provident Life Office Sports and Social Club. There will be signposts off the A24 one kilometre south of the Burford Bridge roundabout (OS Grid Ref TQ172507). This will entail a walk of about 1.7 km to get to the start/finish area. Public transport to BR station Dorking Deepdene (Guildford to Redhill Line) or Dorking (Epsom to Horsham Line) are a short walk from registration. Westhumble Station (Epsom to Horsham Line) is closer to the start for those who do not require changing facilities. Local bus services generally stop in Dorking Town Centre, about 1km from registration.

The Club's bar will be open after the race until 2.00pm and will be selling sandwiches as well as drinks. The prize giving will be there around 1.30 pm.

There will be prizes for the leading runners in the usual categories (note that lady veterans have to be over 40) including a team competition with 4 to count.

The National Trust are the land-owners for the vast majority of the course and they have requested two conditions be met in order to avoid erosion of the chalk downland:

- i) **THERE IS A LIMIT OF 250 RUNNERS.** *Note that we expect this limit to be reached well before race day.*
- ii) **RUNNERS ARE NOT ALLOWED TO WEAR SPIKES.** They cause considerable erosion on steep downhill grass. Your co-operation is requested as significant damage could jeopardise future races.

Race numbers will be posted in advance only to those who indicate they want one by sending in an s.a.e. Otherwise numbers can be collected from registration on the day. Please note that under a strict application of FRA rules people under 18 are not allowed to run.

Entry forms, s.a.e. and cheques (**£5.00 - payable to "S.L.O.W."**) should be sent to: **Dick Clark, 20 Rose Bushes, Epsom Downs, Surrey KT17 3NX** Tel: 01737 379894 Email: dickclark@ymail.com

Other enquiries should be addressed to the organiser: Andy Robinson, 85 Deacon Road, Kingston, Surrey KT2 6LS Tel: 020 8255 7176 Email: AndyLoofa@blueyonder.co.uk

This form can be down-loaded from - www.slweb.org.uk

BOX HILL FELL RACE ENTRY

Name.....

Address.....

Telephone number..... Email.....

Club or team.....

Male/Female..... Age on 22/01/11.....

I understand that this race is held in accordance with both the Rules and Safety Requirements of the F.R.A. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Signed:.....

Date:.....