



SOUTH LONDON ORIENTEERS
OK NUTS TROPHY AND BLOOD RACES
HANKLEY Sunday 27th November 2011

FINAL DETAILS

DIRECTIONS

From the NE: Follow the A3 from Guildford for about 6 miles. Take the exit signed A283 Petworth but turn right at the exit roundabout and follow signs for B3001 Elstead. After just over 2 miles turn left at the green in Elstead immediately after the Woolpack pub (O-signs from here). Follow this road for two miles. The road bends sharply to the right then you need to go straight on rather than follow the road sharply round to the left. After 700m ignore the public car park on the left and continue on to the race car park.

From the SE: Follow the A3 through the Hindhead tunnel. Take the first exit after the tunnel, signed Thursley. After 300m turn left at the give way (O-signs from here). Follow this road through Thursley and turn right at the give way after about a mile. After half a mile turn left as the road bends sharply right. After 700m ignore the public car park on the left and continue on to the race car park.

The recommended train station is Farnham on the Waterloo-Alton line, which is 7 miles from the assembly area. Milford, on the Waterloo-Portsmouth line, is closer, but may not be practical as buses are replacing trains between Guildford and Haslemere on the day of the race.

The Grid reference of the Car Park is SU 888411.
Leave the public road at SU 896407 near to GU8 6LW.

REGISTRATION & ENQUIRIES is in a building adjacent to the car park

Registration will be open from 09:00.

ENTRIES

Pre entries are now closed.

Entry on the day will be available (subject to map availability) for Half Blood and colour-coded courses. Anybody wishing to enter on the day for the Full Blood course must email sjcollier@gmail.com in advance to ensure that they have a compatible SI card, or that one will be available for them to borrow. Senior £14 (£2 discount for BO senior members).

Juniors, full-time students, Orange, Yellow and White courses £5.

SportIdent card hire: Seniors £1, Juniors/Students no charge

COURSES

Course	Classes	Length	Climb	Controls
Full Blood	M20, M21, M35, M40	15.2km	555m	42
Half Blood	M18, M45, M50, W21, W20	11.4km	365m	32
Blue	M16, M55, M60, W18, W35, W40	7.4km	260m	21
Short Blue	M65, W45, W50	5.4km	185m	17
Green	M70, W16, W55, W60	4.2km	155m	15
Short Green	M14, M75+, W14, W65, W70+	3.6km	125m	14
Orange	M12, W12	3.2km	90m	9
Yellow	M10, W10	2.2km	60m	11
White		1.5km	35m	10

CONTROL DESCRIPTIONS

Control descriptions will be printed on the front of the map for all courses. Loose descriptions for the colour-coded courses only will be available in the start lanes. There will be no loose control descriptions for the Blood courses; however, the control code will be printed on the map next to the control number.

STARTS

There is one start, located in the assembly area.

Blood Race mass start times: Full Blood (15.2km) 10:15
Half Blood (11.4km) 10:30

Call-up for the mass starts will be five minutes before the specified start time.

Colour-coded start times are from 10:00 to 12:00. To avoid colour-coded runners being trampled by the mass starts, there will be no colour-coded starts between 10:12 and 10:16 or between 10:27 and 10:31.

Pre-entered runners will be allocated to a 30min start block. The start of these blocks can be found at www.fabian4.co.uk

FINISH

There is one finish, located in the assembly area.

All courses close at 14.30. You must download even if you do not finish your course.

BLOOD RACES – BLOOD RACE RUNNERS PLEASE READ!

Competitors on the Full Blood will need a v6 or v9 SI card. If you have an older SI card (with a number less than 500000) we will lend you a v9 card free of charge. Please allow time to collect this card from Registration.

Competitors on both the Blood courses will be required to wear numbers. These can be collected at Registration. Pins will be provided.

Both the Blood courses are gaffled. The format is similar to a two leg relay: each competitor will run two loops, returning to the start at the end of their first loop to collect the map for their second loop. The diagram below shows the arrangements for the map exchange, which will be clearly taped on the ground. **Competitors running through the map exchange at the end of their first loop should not punch the start, finish, clear(!), or any other SI unit.** Simply follow the tapes to collect your second map and then run out past the start kite and into the terrain.



FACILITIES

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

STRING COURSE

A free String Course will be available.

MAP

The map for all courses will be laser printed on A3 waterproof paper at the scale of 1:10000. The contour interval is 5m. The map has been revised for 2011 by David Rollins.

Special symbols used are a black **x** for a hide or wooden barrier, a green **x** for a rootstock, and a blue **x** for a drain cover.

OUT OF BOUNDS

The bottoms of some unpleasantly marshy valleys are marked as out of bounds on the map because of fragile flora. **Competitors must not enter these areas**, which will not be taped on the ground.

SAFETY

Hankley is an active military training episode. Do not touch any military debris or metal objects that you might see in the terrain.

TERRAIN

Hankley is a mix of open heath and mature woodland, with some small steep slopes and occasional wiggly contours. There is a complex – and often sandy – path network, and runnability in the terrain is reasonably good. Much of the open heath is covered by heather, but this is generally shallow and never reaches man-eating depth; in some areas it has been burnt away, leaving only a short coating of grass and nascent gorse. The less pleasant areas of woodland are somewhat brackeney, but this is not deep and is now well and truly dead, and so should not present much of an impediment to progress. In the more pleasant areas of woodland the forest floor appears to have been recently hoovered.

Hankley has been excavated and re-excavated by the military over several decades, leaving behind a sometimes-bewildering array of holes, knolls and ditches. In many areas small, shallower excavations are not mapped, and only the larger, deeper or more distinctive features are shown. There are also a number of mysterious concrete structures.

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

Planner: Scott Collier
Controller: Dave Chapman (SN)
Organiser: Don McKerrow

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