

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



LOCATION Parking at DZ Huts, Hankley Common. Grid Ref SU 896407.
 Nearest postcode GU8 6LW.

MAP 1:10,000 for all courses. Map fully revised spring 2011.

TERRAIN Mixed heathland and runnable woodland, well-contoured.

COURSES **Blood Races:** 2 Mass start gaffled races, length approx. 15-16 km ("Full Blood") and 10-11 km ("Half Blood") designed to challenge your endurance and technique under the pressure of head-to-head racing. Mass Start times: Full Blood 10:15, Half Blood 10:30.

Colour Coded courses: White, Yellow, Orange, Short Green, Green, Short Blue, and Blue.
 Start times: 10:00 – 12:00 (start times will be allocated in 30-min blocks). Also 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 table below. Additional prizes will be awarded for the Blood Race courses.

ENTRIES Online advance entries only at <http://www.fabian4.co.uk> Closing date is Sunday 20th November. Any entry queries please to [oknuts \[at\] sloweb.org.uk](mailto:oknuts@sloweb.org.uk)

Full Blood	M20, M21, M35, M40	-
Half Blood	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 advance entries:* Senior – £12 (but £2 discount for British Orienteering members). Junior (M/W20-), full time students, and all on Orange/Yellow/White – £4 (no B.O. discount).

Entry on the day (subject to map availability): Senior £14 (but £2 discount for British Orienteering members). Junior, full time students, and all on Orange/Yellow/White – £5 (no B.O. discount)

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

FACILITIES Parking is on hard-standing (no charge). Ultrasport and Tom's Burger Van are expected to be in attendance. Start and the finish will be close by. Dogs are allowed.

OFFICIALS *Organiser* – Don McKerrow. *Planner* – Scott Collier. *Controller* – Dave Chapman (SN).

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.