

COMPASSSPORT CUP HEAT: **ESHER COMMONS**

18TH FEBRUARY 2024: FINAL DETAILS V1

REMEMBERING OUR FRIENDS AND CLUB MEMBERS

ED CATMUR AND CHRIS MORRIS.



READ THIS IF NOTHING ELSE

This is a CompassSport Cup match! Make sure that you know your **COURSE NUMBER**, because that is all that will be displayed on map boxes, maps and control descriptions. All competitors **MUST** run the course for which they have been entered by their club captain, which may not be the one you normally run, so double check. If you run the wrong course, you **WILL** be disqualified.

Note: Due to safety issues with the road crossing, no one under the age of 16 on the day of the event may run anything other than courses 8(A&B) or (9A&B)

Water NOT provided— bring your own please.

- Start Times: 10:30-12:30
- Distance to Starts: South 600m. North 1400m
- Course closing time: 14:30. You must have finished by then.

Control units, including the finish, will be SIAC ("touch-free") enabled but with a punching Start.

The following courses have more than 30 controls:

- Course 1 and Course 2.

It is the competitor's responsibility to ensure that their SI card can handle this.

Map Scale 1:10,000. Contour Interval 5m

YOU MUST DOWNLOAD AT ASSEMBLY, EVEN IF YOU ABANDON YOUR RACE

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

TRAVEL

BY CAR

Car Parking will be at the Fairmile Inn, Portsmouth Rd, Cobham KT11 1BW, on firm, flat grass fields in front of the pub. The Inn faces the Portsmouth Road and is clearly visible when approaching. There will not be any orienteering signposting.:

What3Words: [///fight.yappy.palm](https://www.what3words.com/#!/en/0G8G-8888-8888) (entrance)

Postcode: KT11 1BW

Upon entering the approach road leading to the pub follow marshals' directions to park on one of the two fields that will be in use. Note that there may be parking for the local rugby club taking place on the other side of the Portsmouth Road – don't end up in the wrong car park!

Note: Due to roadworks, exiting the M25 at junction 10 for the A3 can be very slow – allow time

BY PUBLIC TRANSPORT

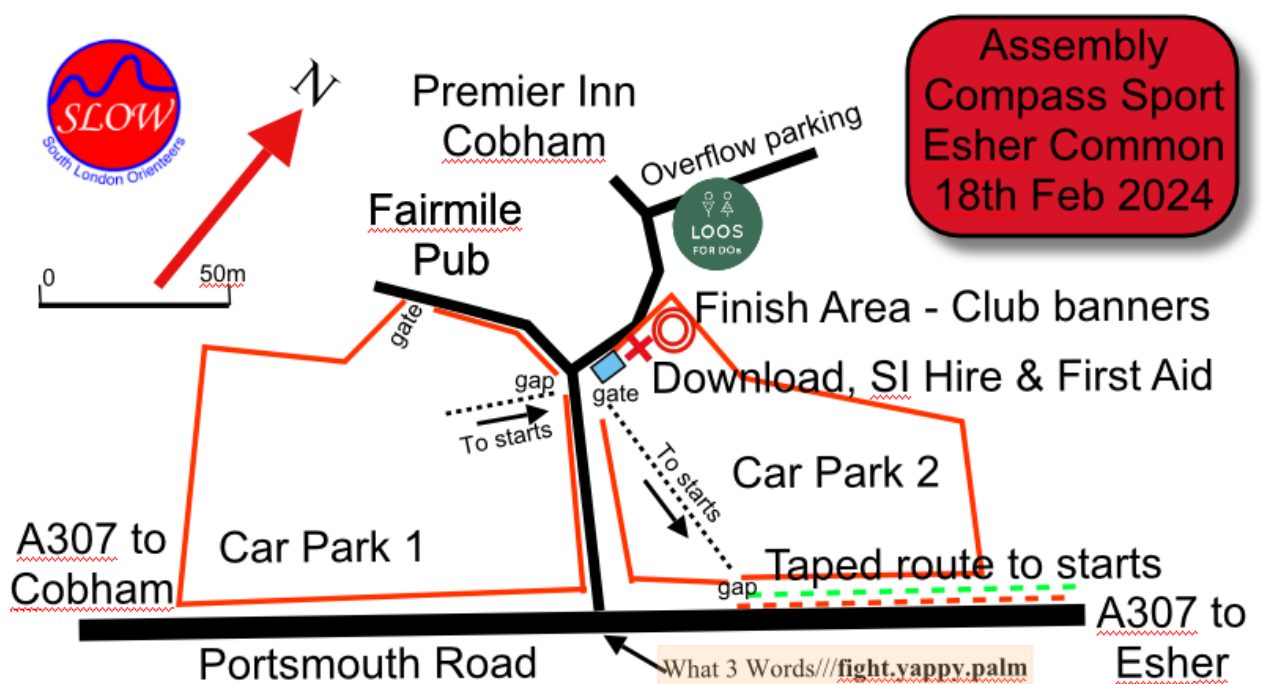
BUS: The 715 stops right outside the pub, but only runs every 1½ hours on a Sunday(!)

TRAIN:

- ***Oxshott and Cobham & Stoke d'Abernon Stations*** are each 2.3 miles away. Note trains on this line are only every hour on a Sunday with a shuttle service to/from Surbiton operating before midday (i.e. no direct trains from Waterloo). If you come from Oxshott station you must not cross the competition area.
- ***Hersham Station*** is 3.6 miles, with trains every half an hour.

ASSEMBLY

- 6 portable toilets in overflow parking area
- Enquiries
- SIAC Hire
- Download
- Key Drop
- There will not be any water provided before or after the event
- Club banners can be erected in the assembly area near the Finish but not club tents.
- There is no clothing dump
- Finish
- Download
- First Aid - next to Download tent
- There will be no food traders, but the [Fairmile Inn](#) would welcome your custom – advance booking is recommended.



ENTRIES

- Entry to CompassSport Cup Courses is only through club captains. If you have an issue with your entry, then contact them.
- Entry to the two non CompassSport Cup courses is via Si Entries. [Use the link here](#). Entries close at 12.00 on 18 February 2023

COMPASSSPORTCUP RULES

This is a CompassSport Cup match! All competitors MUST run the course for which they have been entered by their club captain, which may not be the one you normally run, so double check. Map boxes at the Starts will only have the course number on them, but there will be Start lists available. If you run the wrong course you WILL be disqualified.

A full set of competition rules can be found [here](#)

Special Event Rule: Due to safety issues with a major road crossing, no one under the age of 16 on the day of the event may run anything other than courses 8(A&B) or (9A&B)

STARTS

If parked in Car Park 1 (early arrivals) head for the gap in the fence toward the Download /Enquiries tent, then go through the gate into car park 2 (later arrivals). Head across car park 2 for the gap in the fence by the main road (see assembly diagram on page 2) The taped route to the start is on the pavement of the main road. **Green tapes** are for the North start and **red tapes** for the South start

Start times are from 10:30 to 12:30.

- There will be two Starts (refer to Course Chart for detailed information):
 - **South Start.** Approximately 600m from Assembly (10 min walk). Used by the longer courses 1 to 6. The route to this Start crosses the A307 at pedestrian / traffic lights. **Follow the red and white tapes.**
 - **North Start.** Approximately 1400m from Assembly (20 to 25 min walk). Used by the shorter courses 7 to 21 – including non-CSC Light Green and Yellow. The route to this Start crosses one minor road and is on pavement until last 100m, which is on a forest path. This route is suitable for pushchairs. **Follow the green and white tapes.** People using this route may encounter competitors running towards them on the pavement at one point – you must give way to oncoming competitors.
- There are NO toilets at either start and NO clothing transfer
- Make sure that you know the **COURSE NUMBER** that your team captain has entered you, because that is all that will be displayed on map boxes, maps and control descriptions. All competitors MUST run the course for which they have been entered by their club captain, which may not be the one you normally run, so double check. If you run the wrong course, you WILL be disqualified.
- It will be a **PUNCHING START**. Competitors should ensure that they get there in time –some courses are VERY full and, because of the competition seeding rules, if you miss your slot you may have a long wait for the next gap.
- Call Up will be at -4 minutes. There will be loose control descriptions in the Start lanes.

FINISH







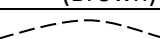

In car park 2. The Finish unit will be contactless enabled. **FOLLOW TAPES TO DOWNLOAD**

MAP

Scale 1:10,000, 5m contours

Surveyed & drawn 2021/22/23 by Alan Leakey. Based upon LiDAR data to ISOM2017-02; A3 or A4 depending upon course.

SIGNIFICANT MAP SYMBOLS

 (Green)	Significant single coniferous tree. Only shown in open areas Although these are uniformly tall, they are also very slender with just a crown of branches. They are therefore mapped with the small significant tree symbol. Thickets are not mapped with this symbol
 (Green)	Rootstock. Only those >2m are mapped
 (Brown)	Earth Platform
 (Brown)	Depression. Small and generally shallow
 (Brown)	Pit. Small and generally shallow
 (Brown)	'Bomb crater' depression resulting from WW2 training explosions. Can be deep
	Mountain Bike Trail
	Impassable Fallen Tree Trunk
	Hides are NOT mapped, no matter how large - they are far too transitory
	Power Lines are NOT mapped, but pylons are

Only large laurel bushes are mapped as thickets; holly bushes etc are just mapped as part of the general runnability. Undergrowth and runnability rarely has definite edges - remember that vegetation mapping is for route choice, not fine navigation!

In one or two areas very large individual fallen trees impede or channel progress; they are too narrow to show using the 'significant undergrowth symbols, so have been mapped as uncrossable hedges (see chart above)

Due to several mild winters, undergrowth has spread and grown higher. Bracken has, in general, died back; where it remains significant it is usually mapped with the 'slow run' undergrowth screen. However, brambles have been particularly virulent over the past year or so and the 'walk' screen remains effectively impenetrable.

CONTROL DESCRIPTIONS

Control descriptions will be printed on the front of the map; for courses 9A, 9B and 21 these will be TEXT, for all other IOF Pictorial. In addition, there will be loose copies of control descriptions available in the Start lanes - these will be IOF pictorial for ALL courses.

TERRAIN



Esher Commons offers a wide variety of terrain. Together with the fact that this event uses a car park at the opposite end of the area from that used for SLOW's event in October 2022 only competitors on the longest courses will find areas of familiarity.

The competition area is divided in two by the A307, Old Portsmouth Road.

- **EAST** of the A307 is only visited by courses using the **South Start**. It has areas of deciduous and fast paced pine forest broken up by open heathland. This area is generally gently sloping, except for the Longy Down ridge.
- **WEST** of the A307 (West End Common) is visited by all courses. It features areas of mature woodland and open heathland, plus an area of primal woodland, known as the Ledges, by the River Mole, that is minimally managed. This is at the bottom of an extremely steep slope, so courses have been planned such that routes down using paths are a viable option. There is also a flat and extensive marshy area visited by many courses. **THIS IS CURRENTLY WET!**
- Both halves are crossed by the A3, which is motorway standard at this point and out of bounds for obvious reasons. Courses will cross this by pedestrian bridges.

Esher Commons are a popular area, and especially with dog walkers. Please be courteous to users of the land and careful around horses. Notices have been displayed advising the public of the event.

WATER

None provided. Competitors should bring their own drinks and ensure adequate hydration pre and post event.

COURSES

	Title	Classes	Distance (km)	Height Climb (m)	Controls	Start	Road Crossing	Map Size
1	Brown	Men Open	10.6	145	36	South	Yes Timed	A3
2	Short Brown	M20- M40+	9.0	140	31	South	Yes Timed	A3
3	Blue Women	Women Open	7.2	130	27	South	Yes Timed	A3
4	Blue Men	M50+	7.3	130	27	South	Yes Timed	A3
5	Green Women	W20- W45+	5.0	85	22	South	Yes Timed	A3
6	Green Men	M60+	5.2	95	22	South	Yes Timed	A3
7	Veterans Short Green	M70+ W60+	4.2	70	16	North	No	A4
8A	Junior Men Green	M18-	4.8	85	18	North	No	A4
8B	Junior Women Short Green	W18-	4.2	70	18	North	No	A4
9A	Orange Men	M14-	3.1	40	11	North	No	A4
9B	Orange Women	W14-	3.1	40	11	North	No	A4
10	Super Veterans Short Green	M80+ W70+	3.4	60	13	North	No	A4
20	Light Green	Non CWSCup	4.1	70	15	North	No	A4
21	Yellow	Non CWSCup	2.3	30	9	North	No	A4

Course 1 and Course 2 have more than 30 controls; check that your SI card can handle this. These versions do not:

- SI-Card 5 (1-499,999)
- SI-Card 8 (2,000,001 – 2,999,999)

If you are uncertain, you can also check here:

https://www.sportident.co.uk/information_sheets/SPORTident-CardComparison.pdf

It is your responsibility to ensure that you run with a suitable card.

ROAD CROSSINGS

The competition area is bisected by an A road which can be busy with fast moving traffic. All courses using the **South Start** will cross this road and have a **2 MINUTE TIME OUT**. Follow the guidance of the marshals and look properly before crossing the road – beware fast, silent bicycles as well as vehicles! No junior courses cross this road.

COURSES CLOSE AT 2:30PM

This is 2 hours after the last start. If you think that you will take longer than 2 hours on your course, then talk to your team captain to make sure that you have an early or middle start time!

SAFETY AND RISK

British Orienteering rules require that you **MUST** wear full leg and body cover.

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition areas, and put in place mitigation of found risks, please be aware that competitors take part at their own risk. Each competitor is responsible for their own safety. Suitable clothing should be worn, paying attention to the weather forecast and the weather on the day. Whistles plus waterproof jackets with a head covering may be compulsory depending on the weather. If required, signs announcing this will be displayed in the Arena.

Competitors travelling alone can leave car keys at Enquiries as a safety check.

There is a mobile number printed on the maps for use in an emergency. It is 07711 771217 and will be held at Download for the duration of the event.

SAFEGUARDING/CHILD PROTECTION

Competitors are permitted to carry a mobile phone for use in an emergency (ref Rules of Orienteering 10.3) and children and vulnerable adults are encouraged to do so.

ASH DIEBACK, OAK PROCESSIONARY MOTH (OPM) & GENERAL BIOSECURITY PRECAUTIONS

The spread of invasive species is a major threat to British woodlands. Competitors should arrive with all kit cleaned following use at any previous orienteering event, as per British Orienteering guidelines on Ash Dieback precautions.

There are cases of OPM across Esher Commons. In many cases there are signs by the trees affected. The caterpillar of this moth should not be active at this time of the year. However, if present their tiny hairs contain a protein which can cause itchy skin rashes and less frequently, eye and throat irritations and breathing difficulties, in people and animals. If you do come into contact with the larvae or caterpillars by accident, follow the health advice on the NHS website. If you have an itching skin rash and/or conjunctivitis or other symptoms, contact your GP, or call NHS Direct on 111.

RESULTS

Results will be available online [here](#)

The QR code for the results site will be displayed on your results printout.

Final results, Routegadget etc., via the SLOW website, [here](#)

PARTICIPANT CODE OF CONDUCT & COVID

Anyone displaying symptoms of Covid-19 must not travel to the event. By entering this event competitors agree to abide by the *Participant Code of Conduct*, a copy of which can be found on the British Orienteering website [here](#).

FIRST AID

A professional first aid service will be provided by First Aid Cover Ltd; situated next to Download.

PHOTOGRAPHY

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with *section 4.8 of British Orienteering's O Safe Policy*. We reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography, they should raise them at Enquiries. Official photographers are required to register with British Orienteering and wear a special Hi vis vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website and hand it in to Enquiries.

EMERGENCY HOSPITAL SERVICES

WALK IN CENTRE

Woking Community Hospital (01483 846209)

Heathside Rd

Woking, Surrey

GU22 7HS

8.5 miles from Assembly. Opening Hours Sunday: 8am - 8pm

A & E

Epsom General Hospital (01372 735735)

Dorking Road

Epsom

KT18 7EG

7 miles from Assembly. Open 24 hours

Royal Surrey County Hospital (01483 571122)

Egerton Road

Guildford, Surrey

GU2 7XX

13 miles from Assembly. Open 24 hours

MEDICAL CONDITIONS

Competitors with any underlying medical conditions that may be of relevance in the event of a medical emergency may complete the *British Orienteering* form www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc, place it in a sealed envelope addressed with their name and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

AND FINALLY, THE SMALL PRINT

Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to the governing body or any affiliated organisation for the purposes of insurance, safety checks or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age group.

ACKNOWLEDGEMENTS

Without these organisations, this event would not be possible!

Elmbridge Borough Council

The Fairmile Inn. Note that 25% of the fee that we are paying for the use of the car park will be donated to Macmillan Cancer Support

JURY

- Neil Crickmore (SO)
- Hedley Calderbank (HH)
- Steve McKinley (SN)

OFFICIALS

Organiser: Andrew Trimble (SLOW)

Planner: Alan Leakey (SLOW)

Controller: Kieran Devine (BAOC)

