

OK Nuts Trophy 2025, Pasture Wood and Leith Hill - Sunday 30th March 2025

Final Details

Remember that clocks go forward 1 hour the night before the event!

The access track to the parking field is single file and is crossed by Black and Brown course runners. Please drive carefully when entering and exiting. Please arrive no later than 11.50am and there will be no exit before 12 noon.



South London Orienteers welcome you to our Level C event on Pasture Wood and Leith Hill on Sunday 30th March 2025. The event will be our annual OK Nuts Trophy, our top forest orienteering race of the year.

The area is part of the southern slope to the Greensand ridge of the Surrey Hills and was last used for the Southern Champs in 1984 and also JK71 and JK77. Permission to use Pasture Wood has been lost for 40 years but we are now grateful to a large number of owners who have given us access. All competitors will use the compact area of Pasture Wood, which has a wealth of detail and steep slopes, and relatively few areas of bramble in comparison with many areas in the South East. The three longest courses will also use part of Leith Hill which was used for the British Middle Champs in 2016.

Location: near Abinger Common, approx. 6 miles SW of Dorking, Surrey.

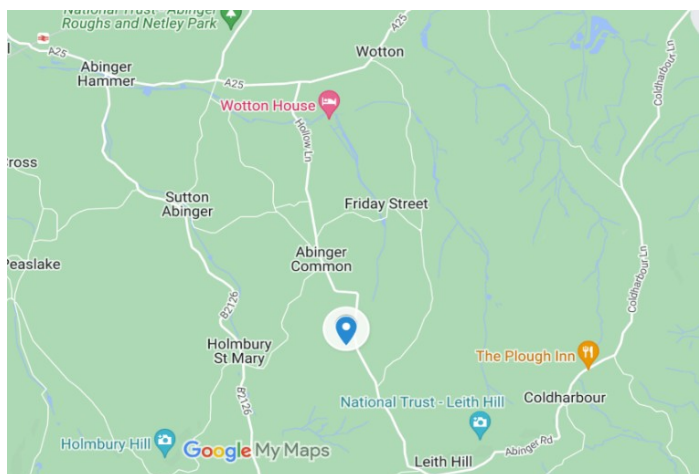
Parking is in a field, along a track off Leith Hill Road approx. 1km south of Abinger Common (shown by the blue pin on the map extract). It will be signed from Leith Hill Road.

Postcode: RH5 6LW

Grid reference: TQ125442

what3words:

///shape.music.festivity



Start and Finish

The Start for all courses is approx. 600m walk from the parking field. It will be a punching start, with call-up 4 minutes before your start time. If you miss your start time you may start at the next available time on your course. Maps will be given out before call-up for White and Yellow course runners.

There are two Finishes: the East finish for Black and Brown courses, and the West finish for all other courses. Both finishes are close to the parking field. The Finishes are SIAC enabled; it is not mandatory to punch at the finish if you are using a SIAC.

Results

Live results on the day will be at:

<https://www.sportident.co.uk/results/SLOW/2025/20250330PastureWoodOKNuts>

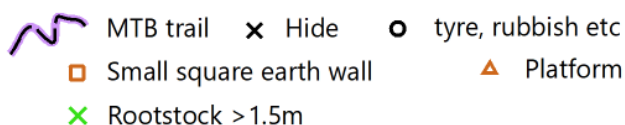
or can be accessed by scanning the QR code.



Map

1:7500 with 5m contours for all courses. Black, Brown and Short Brown courses have back-to-back maps. Mapped by Charlie Turner (SLOW) 2024-25.

- ISOM/2012-2 symbols except:



- Knolls - parts of the area are littered with small knolls, being rotten rootstocks. These are not on the map unless they are prominent.
- Vegetation screening - this is subjective, so do not use for accurate navigation! On Leith Hill there is a large amount of waist/knee high dense evergreen vegetation (Gaultheria Shallon). This is mainly impassable and is marked on the map by solid green. This invasive plant was introduced in the in the late 1800s as ground cover for game birds. Very thick impassable bramble patches are also shown by solid green. Standard vertical green stripes are used for other brambles.
- Forest encampment - located towards the end of virtually all the courses there is a small cluster of items around an unoccupied and ageing tent. We have permission to pass through this area.
- MTB trails - The Black, Brown and Short Brown will encounter numerous trails on their Part 1 map and to a lesser extent on the Part 2 map. A special new MTB symbol, which is in the process of possible adoption by British Orienteering, has been used to show the most prominent trails but please be aware that other smaller trails seem to appear on an almost a weekly basis and these have not been mapped.

Courses

Final course details are as follows.

	Km	Climb	Controls	Map	Technical Difficulty	Road crossings
Black No under 16s	10	435	35	2-sided	Difficult - for experienced orienteers	2 crossings
Brown No under 16s	8.3	350	33	2-sided	~ " ~	2 crossings
Short Brown No under 16s	6.8	315	29	2-sided	~ " ~	2 crossings
Blue	5.2	275	19	2-sided	~ " ~	
Short Blue	4.3	215	16	2-sided	~ " ~	
Green	3.7	190	16	2-sided	~ " ~	
Short Green	2.7	155	12	1 side	~ " ~	
Very Short Green	2.2	120	13	1 side	~ " ~	
Light Green	3.2	125	12	1 side	Suitable for improvers.	
Orange	2.7	105	12	1 side	Suitable for adult beginners and experienced juniors	
Yellow	2.0	75	10	1 side	Easy - All controls within sight of paths. Suitable for beginners.	
White	1.8	70	10	1 side	Very easy - All controls on paths. Generally suited to 6-10 year olds	

- **Physical challenge** - parts of the area have long and steep climbs. These combined with some areas of marsh, forest litter and few path running routes will result in the less fit and agile making slow progress in some places. The Short Green and Very Short Green standard course ratios have been reduced to reflect this physical challenge.
- **Marshes** - most courses will be in parts of the area where there are marshes on the map. Courses have in the main been planned to avoid the worst of these but if you are in an area of marsh **please adopt best environmental practice by not creating a 'desire line' and aim to scatter your route.**
- **MTB trails** - courses have as far as possible been planned to avoid these but it is impossible achieve complete separation. Always be vigilant and please be courteous to riders!
- **Road crossings** - The Black, Brown and Short Brown courses cross a road twice and due to Public Liability Insurance no M16s are permitted on these courses. The roads are minor with little vehicle traffic and this is generally slow, however bicycles tend to be relatively fast. Black and Brown courses also cross the access track used by vehicles entering and exiting the event, on the route to their final control. **The crossings will not be marshalled** - cross with care.

Entries

Entries are open at [SI Entries](#), and will remain open until 11.45 on Sunday 30 March subject to map availability. There will be no entry at the event. Start times are between 10.30 and 12.15. Select your time when entering. Courses close at 14.30.

Category	Entry fee	
	Until 23 March	From 24 March
Senior - British Orienteering member	£15	£17
Senior - non-member	£17	£19
Young adult (21-25) – member	£10	£11
Young adult (21-25) - non-member	£12	£13
Junior (20 and under)	£6	£7

If you do not have your own timing card, SIAC hire is £2 extra for Seniors and Young Adults, free for Juniors. Lost SIACs will be charged at £65.

Competitors on the Black and Brown courses with a version 5 (1-500000) or version 8 (2000000-2999999) SI card, which can record a maximum of 30 punches, need to hire a SIAC as these courses have more than 30 controls.

Trophies and prizegiving

OK Nuts Trophies will be awarded to the fastest orienteers on the allocated courses in the following categories: Men: Black, Women: Brown, M16: Blue, W16: Short Blue (amended from Green 21st March). A prizegiving will take place at 2pm, or earlier if possible.

Facilities

Enquiries, SI Collection, Download, Toilets and First Aid will be in the assembly area next to parking. Car keys may be left at Enquiries/Download. Naughty but Nice Catering will be attending.



Medical conditions

Any competitors with a pre-existing medical condition which may be affected by their participation are encouraged to provide details of their condition. This can be done either on the entry form on SIEntries, or by completing the standard [British Orienteering medical form](#), placing it in a sealed envelope with your name on the outside and leaving it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed after the event.

Dogs

Well behaved dogs, on leads, are permitted in the parking field, but no dogs are to be taken on courses.

Other users of the area

As well as mountain bikers mentioned above, parts of the area are popular with dog walkers and there are occasional horse riders. Please respect their right to be in the area and give both a wide berth.

Acknowledgements

This event has only been possible due to the generous help of Colin Grimes of the Tanhurst Estate, who owns much of Pasture Wood, together with help from Tom Morgan and Ian Elliott for their use of other parts of the wood. At their request a combined donation will be made to Peaslake Schools Trust (Registered Charity No: 1034412) which supports the Peaslake School & Nursery, a nearby village infant school.

In addition we are grateful for permissions from the Wotton Estate and the National Trust for the use of Leith Hill, and to LOK for the use of the Leith Hill scarp slope and the area to the north of Starveall car park.

Officials

Organiser: Mike Garvin (SLOW) mikegarvin1@gmail.com

Planner: Charlie Turner (SLOW)

Controller: Andrew Evans (DFOK)

Further information

The event is run under the rules and guidelines of, and sanctioned by, British Orienteering. Please familiarise yourself with the [British Orienteering Participant Code of Conduct](#) which applies to the event.

By entering the event you accept that:

- Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.
- If we cancel the event SLOW will refund your entry fee less the costs of processing your entry and refund.
- The personal data you give will be used by the event organisers and their agents only for the purposes of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover.

Results will be published on SIEntries, the SLOW and British Orienteering websites, Winsplits and SLOW Routegadget.