

Sunday 25 September 2016

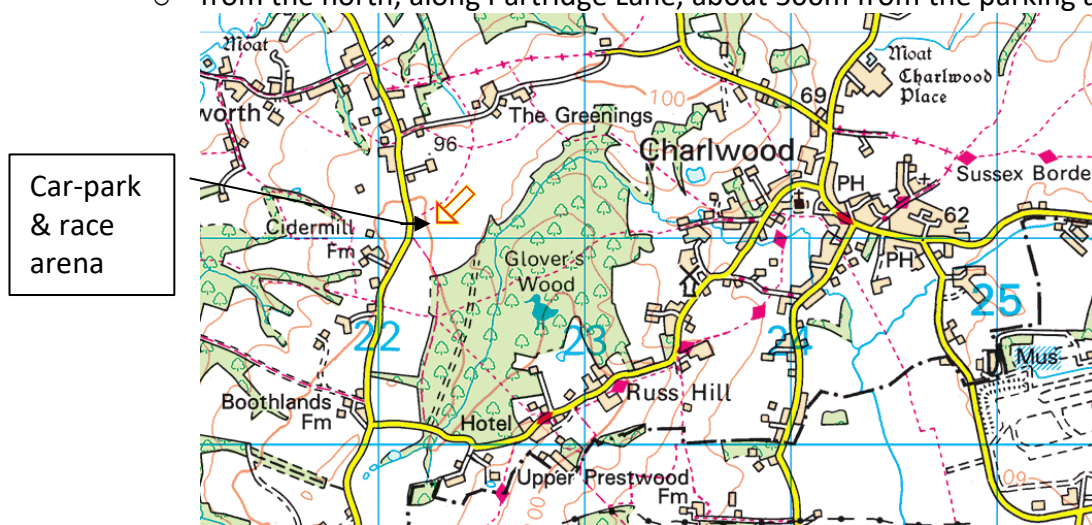
Level C competition



LOCATION **Glovers Wood**, 10 miles south of Dorking. Nearest post code centred on RH5 5BP: parking/race arena is 350m to the north, along Partridge Lane. The field is on the east side of Partridge Lane at TQ223410.

DIRECTIONS Parking/race arena will be signposted:

- from the south, at the junction of Charlwood Lane/Russ Hill and Partridge Lane
- from the north, along Partridge Lane, about 500m from the parking area



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RACE ARENA is a level grass field adjacent to the competition forest, containing:

- CARPARKING (£1 charge to the landowner)
- TOILETS (portaloos)
- Ultrasport and Tom's Catering
- RUN-IN, FINISH and DOWNLOAD
- room for club tents and flags along the run-in
- NO WATER/SQUASH - please bring your own
- REGISTRATION from 08:45 to 11:30

ENTRY ON THE DAY (EOD)

EOD (subject to map availability) fees are:

| | | |
|--|-------------|--------------|
| British Orienteering members | Seniors £11 | Juniors £5 |
| Not members of British Orienteering | Seniors £13 | Juniors £5 |
| All Seniors on Orange, Yellow or White | £5 | |
| SPORTident timer hire | Seniors £1 | Juniors Free |
| Lost SPORTident timer | £30 | |

Please note that **if you have competed in three orienteering events** registered with British Orienteering **and not joined an orienteering club** which is a member of British Orienteering, **you are not covered by our public liability insurance**. If you are not a British Orienteering member, for insurance purposes please leave your contact details with the entry team.

COURSES

| | Length (k) | Climb (m) | Controls | Maps | Technical Difficulty | Classes eligible for prizes |
|-------------|------------|-----------|----------|------|----------------------|-----------------------------|
| Black | 10.1 | 250 | 30 | 2 | 5 | Open |
| Brown | 8.6 | 200 | 30 | 2 | 5 | M35 M40 |
| Short Brown | 6.6 | 190 | 26 | 1 | 5 | W21 M18 M20 M45 M50 |
| Blue | 5.5 | 165 | 21 | 1 | 5 | W35 W40 M16 M55 M60 |
| Short Blue | 4.5 | 135 | 20 | 1 | 5 | W18 W20 W45 W50 M65 |
| Green | 4.0 | 125 | 14 | 1 | 5 | W16 W55 W60 M70 |
| Short Green | 3.4 | 95 | 14 | 1 | 5 | W65+ M75+ |
| Light Green | 3.0 | 85 | 13 | 1 | 4 | W14 W16B* M14 M16B* |
| Orange | 2.5 | 55 | 13 | 1 | 3 | W12 W14B* M12 M14B* |
| Yellow | 2.3 | 40 | 15 | 1 | 2 | W10 W12B* M10 M12B* |
| White | 1.8 | 40 | 16 | 1 | 1 | W10B* M10B* |

You may enter any course; listed are suggested classes and these will be used for awarding prizes.

***Prizes are not awarded for Junior B classes.**

FREE STRING COURSE

For young children, this is in woodland, located 75m from the race arena/parking and is on the route to the Start. The string course is available from 10:00 to 13:00.

COMPETITION MAP

1:7500 with 5m contours. Based on 2008 map by Roger Maher, with updates by Charlie Turner summer 2016. All maps A4 size and on waterproof paper with course details and control descriptions on the front. Black and Brown have 2 maps printed back to back; just turn over the map at the appropriate moment.

TERRAIN

The area is compact with a steeply-sided valley which has many contour features along its western side. Elsewhere there are some smaller valleys and gentle slopes, with various earthwork features. It is mostly natural woodland with trees widely spaced in the valleys and little undergrowth so runnability is good. There are many scattered thickets, mostly small holly bushes, which may not be easily seen while running. Thickets used as control sites are all of a reasonable size.

Mapping started when the ground was wet and the streams/ditches had running water. These are all now mainly dry. There are many small erosion gullies which have only been mapped where they are isolated and distinct. The western part of the area has a scattering of general rubbish such as old rusted vehicles, abandoned machinery and also a folding caravan! There are remnants of past 'post-war' rural retreat occupation in the form of some garden-style planting of coniferous trees and rhododendrons.

PLANNER'S NOTES

Due to the compact nature of the area the courses have a high density of controls: take care and check your control codes when punching.

The following symbols are used on the control descriptions:

- ⊙ Platform
- × Hide
- ⊗ Rootstock over 1.5m

CONTROL DESCRIPTIONS

Control descriptions will be available in the start lanes and printed on the maps

White and Yellow courses: written descriptions in English text

All other courses: IOF pictorial descriptions

START AND START TIMES

The Start is 175m from the race arena, to the south. Start times are from 10:00 to 12:00, allocated in 15min or 30min blocks as displayed on www.fabian4.co.uk Start times are flexible but please try to keep to your allocated block to avoid queues.

SI UNITS

SPORTident timing is being used. Clear and Check boxes will be at the Start.

Controls will have back-up punches: if SI failure occurs, punch the box on the right corner of your map.

SHADOWING OF JUNIOR COMPETITORS

Anyone wishing to remain competitive must have completed their own course before shadowing a competitor.

WHITE and YELLOW COURSES

You may study your map in the Start lane, before you begin your course. Maps must not be shown to any other competitor still to run his/her course.

COURSES CLOSE at 14.30

To avoid useless search operations:

YOU MUST REPORT TO DOWNLOAD EVEN IF YOU DO NOT COMPLETE YOUR COURSE.

SAFETY

- The car park field is sometimes used for sheep/cattle grazing and livestock will be temporarily removed for the event. Take care there may be some poo in the field.
- Full leg cover is required by all participants but you may wear short-sleeve tops. It is recommended that you carry a whistle for emergency use.
- The courses are almost entirely in woodland, except a small part of one field. There is no obvious need for competitors to leave the woodland/competition area. There is a small section of Out of Bounds woodland to the south-east of the competition area: the boundary line between the two areas is a stream and will be marked on the ground with occasional Out of Bounds signs.
- Using any road during the competition area is forbidden.
- Many courses have a route choice over a narrow bridge with no handrails which has a timber deck. The surface may be slippery. To reduce risk to all competitors: **YOU MUST WALK OVER THE BRIDGE - NO RUNNING PERMITTED. Please be courteous to others and only one person on the bridge at a time.**
- There are some rusted abandoned vehicles, rubbish and random lengths of barbed wire in parts of the area. Take care.
- Lost persons should take a safety bearing due West to the fields and follow these North or South-West to the Finish.

Orienteering is an adventure sport and your safety while orienteering is your own responsibility. Parents are responsible for their children and advice is available on request about what courses may be suitable for their children to participate in.

LONE RUNNERS

if you have travelled alone, please leave your car keys or some other memorable item (marked with your name and contact number for a close friend/family member) at Registration so that we can confirm you are back safely.

COURTESY TO OTHER PEOPLE

Please be courteous to members of the public who frequently use the woodland for walking, exercising dogs, horse riding etc. Continued use of this area relies on keeping the public happy.

DOGS

Allowed but must be well-behaved and under control at all times.

OUT OF BOUNDS

There are a small number of OOB areas on the map – please do not enter these areas.

FIRST AID

First Aid is provided by Southern Medical Services with two first aiders and a 4x4 ambulance. They will be located by the Finish. The nearest A & E Hospital is East Surrey A&E, Canada Ave, Redhill RH1 5RH. A map showing directions is available at Registration.

RESULTS

Provisional results will be displayed at regular intervals and thereafter on our website www.slow.org.uk

OK NUTS AWARDS

The OK Nuts Trophy is awarded to the **winner** of the tough **Black** course, in memory of Mike Wells-Cole, British Champion and founder member of SLOW, and his club Nutfielders OK which was disbanded upon his untimely death in 1976, aged 32 and at the peak of his orienteering career.

The Heather Monro Trophy is awarded to the first **woman** on the **Short Brown** course. Heather began her illustrious orienteering career as a junior in SLOW and represented the club and GB for many years. Her most notable achievement was a Bronze Medal in the 2005 World Championships Sprint Race.

The Margaret Loveless trophy is awarded for the best **Junior** performance on any course. Margaret was an early member of SLOW and a most loyal and popular team-mate, who was a sad loss to the club in 1993 after being knocked off her bike at the tender age of 76 years young.

OK Nuts commemorative coasters will be awarded to **class winners** as designated above. Please note prizes are not awarded for Junior B classes.

PERSONAL DATA

The **personal data** you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover.

OFFICIALS

Organiser Christine Robinson (SLOW) 020 8255 7176 oknuts@slow.org.uk
Planner Charlie Turner (SLOW) assisted by Charlotte Turner (SLOW)
Controller Peter Chapman (Southdowns)

ACKNOWLEDGEMENTS

Without these people, the OK Nuts Trophy event would not be possible! :

The Woodland Trust for use of much of the woodland and Bernard Howes for the race arena/car park field.

CANCELLATION OR LAST MINUTE CHANGES

Check website www.slow.org.uk prior to travelling **in case of any last minute changes**.

In the event of cancellation some or all of your entry fee may be retained.