



South London Orienteers Sunday 10th April 2022

Leith Hill Place Wood 5 miles SW of Dorking



FINAL Details OK Nuts Trophy National and SEOA League event

Last used over 35 years ago and with also some previously unused areas

LOCATION & DIRECTIONS

Nearest Post Code RH5 6LU OS Grid ref: TQ130428 What3words hired.scrap.olive
From north and south follow brown tourist signs, marked 'Leith Hill'

- The roads to the west and east of the car parking field are narrow. Please do not use these to travel to the event.
- Directions will be signed from about 200 metres north and south of a minor road junction, heading west to the event car parking. Countdown markers will be placed before the junction.
- **From the north this is an acute right turn and is also close to another road junction. The exit route is the reverse and if turning right to the south, take great care due to the acute angle of the road junction and awkward visibility**
- **The roads in this part of the Surrey Hills are very busy with road and mountain bikes. Many of the roads are narrow and safely overtaking bikes is often difficult. Your journey time to the event may take longer than expected**
- Public Transport – trains run to Gomshall station from Guildford and Dorking. See www.gwr.com for timetables. There are no taxis at Gomshall. You will need to arrange a lift from here to the event, which is about 6 miles. The nearer station at Ockley has no Sunday service.



CAR PARKING

The main car park is 75 metres beyond the National Trust car park. Please follow the O signs and and marshals' instructions. The main car park is a grass field, which slopes down to a hard exit track.

Access into the parking field is shared with competitors walking to/ from the Starts and Finish. The gateway into the field is narrow - PLEASE TAKE CARE! If you have a vehicle larger than a campervan, please park in the NT car park.

Families with young children can use the NT car park, (free to NT members, otherwise please use the donation cairn) as they may find it helpful to be close to the Starts for White, Yellow and Orange courses. It is well used by the public and may be busy.

FACILITIES

Main car park: SPORTident timer Hire/Collection: 09.30 -12.00, Download, Toilets, Tom's Catering, Compass Point

LATE ENTRY and entry on the day

Online entries are still open (subject to map availability) and will close on 10th April (the day of the event). Late entries, including those on the day, are via <https://www.sientries.co.uk>

Late entry fees: Senior £16 Junior £5

SPORTident timer SIAC hire £2- collect from Enquiries. Lost SPORTident timers SI £30 SIAC £60

NEWCOMERS If you are new to the sport; these videos give an introduction to the basics of orienteering.

Videos <https://slow.org.uk/about/orienteering/>

Getting started <https://www.youtube.com/watch?app=desktop&v=bUm2JUeFNh4>

Get Going <https://m.youtube.com/watch?v=o7wFFY8zOZo>

Getting Confident https://m.youtube.com/watch?v=wx_3xpNT9E

Map Symbols <https://d.docs.live.net/47b0992157cc7187/Maprunner-map-symbols-2017.pdf>

When you enter, you will need to hire a SPORTident timer and on the day, pick this up from Enquiries. Please come with clothing suitable for walking/running round a wood, especially if it is wet and cold. Full cover leg protection is required but you may wear short sleeved tops. You will need a compass. SLOW club members will be on hand to answer your questions and help you get started.

COURSES These are the recommended courses for the SEOA league. You can however run any course you choose.

	Km	Climb	Controls	Start	Maps	Technical Difficulty	Timed out road crossing
Black M21	10.1	390	35	Far	back to back	Difficult - for experienced orienteers	2 crossings
Brown M35 M40	8.2	340	32	Far	back to back	Difficult - for experienced orienteers	2 crossings
Short Brown M18 M20 M45 M50 W21	6.6	290	28	Far	back to back	Difficult - for experienced orienteers	2 crossings
Blue M16 M55 M60 W35 W40	5.6	205	21	Far	back to back	Difficult - for experienced orienteers	2 crossings
Short Blue M65 W18 W20 W45 W50	4.4	160	19	Far		Difficult - for experienced orienteers	2 crossings
Green M70 W16 W55 W60	4.0	145	20	Far		Difficult - for experienced orienteers	2 crossings
Short Green M75 W65 W70	3.2	120	16	Far		Difficult – for experienced orienteers.	2 crossings
Very Short Green M80 M85+ W75 W80 W85+	2.3	95	11	Near		Difficult – for experienced orienteers.	No road crossings
Light Green M14 W14	3.0	125	12	Near		Hard – suitable for Improvers. Less physical than Green/Blue/Brown.	No road crossings
Orange M12 W12	2.3	100	11	Near		Confident adult newcomers, families, experienced juniors.	No road crossings
Yellow M10 W10	2.0	90	11	Near		Easy - All controls within sight of paths. Suitable for beginners.	No road crossings
White	1.4	75	11	Near		Very easy - All controls on paths. Generally suited to 6-10 year olds	No road crossings

UNDER 16's & ROAD CROSSINGS

Under 16's running the Short Green to Black courses must note there are two road crossings. **See below.**

The Short Green to Black courses have two timed out road crossings. The roads are minor with little vehicle traffic, and this is generally slow, however bicycles tend to be relatively fast. Road signs will be placed to warn traffic. There is plenty of time to cross safely as the time between the controls on either side of the road will be removed from your race time – up to a maximum of 2 minutes. Take care crossing the road. **There is no need to rush. Only the second road crossing will be marshalled**

BLACK and BROWN COURSES

These have over 30 controls and require a high capacity SPORTident timer (please contact the organiser prior to the day if you need to hire).

WHITE and YELLOW COURSES

Maps with overprinted courses will be issued at the pre-start point. You may study your course before you begin. The White course uses Smiley Faces and Sad Faces to help competitors follow the correct path.

TERRAIN and PLANNER'S NOTES

The courses from the Far Start have steep descents from Leith Hill and they then enter the central part of the area which has some intricate contour and vegetation detail. The final part of the area has less detail and is generally fast run, albeit it is uphill to the last controls. The White to Very Short Green have no road crossings.

Where your course crosses fields you **MUST** only cross at points marked on the map by purple hoops and follow the marked route on the ground.



The Green to Black courses, before their first road crossing, will pass over an official MTB downhill trail and other unofficial trails. The bikes are often fast and sometimes appear with little warning. **Do not run on the trails and only cross them with care.** The three longest courses cross a 'Byway open to all Traffic' and is used by off-road vehicles - please take care.

On the Black course there is a small patch of bluebells that the National Trust have asked competitors to avoid. This is not taped off on the ground but is shown on the map with purple cross hatching. A path runs through the middle of the area and can be used as a permitted route.





A half marathon is taking place on a small part of the competition area and Far Start competitors may from 11.30 onwards, before their first road crossing, encounter runners.

Where there are **road crossings, these have a two-minute timed out section between the controls** on either side of the road. Only the second road crossing will be marshalled. Please obey marshals instructions - they cannot control traffic, only competitors!

MAP

Scale 1:7500, 5m contours. A4 size Printed by BML. Surveyed 2020/22 by Charlie Turner.

- Symbols to ISOM2017 except

×	Old log pile, notice board, water trough, sculpture
▲	Platform
- The Blue to Black courses will in the very early part of their courses encounter a stone wall, which is visible from only one side, i.e., a ha-ha wall. This varies in height from between about 1 to 2 metres. The lower height wall is shown using a very recent addition to ISOM2017 symbols: -
The lower sections are shown as:  The taller cliff like 2 metre sections are shown as: 
- On the Far Start part of the map 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 early 1900's 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.
- Depicting vegetation runnability is in places difficult as there is a slow merge between grades. Particularly note that mapping software does not enable light bramble growth to be shown in areas of 'Vegetation -slow run'.
- Unofficial mountain bike trails are not shown.
- Rootstocks, hides, picnic tables, seats and new log piles are not mapped

CONTROL DESCRIPTIONS

Loose control descriptions will be available in the Start lanes and printed on the maps. White, Yellow and Orange courses have written and pictorial descriptions. All other courses have pictorial descriptions.

COMPULSORY SAFETY CHECKS at PRE-START and FINISH

In the pre-start do not forget to punch the SI safety 'Check'

About 30m after the Finish there is a 'Safety Control', which must be visited. **Do not avoid these checks.** These are our record of who has started in the competition and is used to confirm that all competitors are accounted for at the end of the event.

SPORTident ELECTRONIC TIMING - mixed punching

- SI Battery check on route to Starts, shortly after leaving the car park.
- Punching Start for SI and SIAC
- On the course, contactless SIAC punching or use your SI-Card to dib in the traditional way.
- If a SIAC battery fails, then use the unit and "dib" at all controls.
- If the SI box does not beep, do not use the pin punch to mark your map. The Download team will sort out the problem.
- At the Finish control punch (SI) or swipe (SIAC) to record your finish time and then punch at the additional 'Safety control'. Then proceed straight to Download. If you have hired an SI or SIAC card, please return it here.
- To avoid transmitting Covid, you should avoid touching the electronic punching units.

START and START TIMES

- Start times will be listed on SiEntries www.sientries.co.uk
- There are two Starts, located as per the map on the front page. Open from 10:00 to 12:00
- Do not walk to the Start in large groups and please social distance during your course
- **The Far Start is 950 metres** north and uphill from the main car park. The route exits the car park, via a pedestrian gate on the NE side of the field and crosses a busy road. The crossing will be marshalled but marshals will not control traffic. Please obey their instructions for a safe crossing.
- **The Near Start is 225 metres** south from the main car park, just beyond the South edge of the National Trust car park. If you are using the main car park the route leaves the field via a pedestrian gate close to its SE corner, near to the car park entrance.
- Start times will be called 4 minutes ahead of race time

FINISH

- There is one Finish for all courses, about 150 metres south of the main car park.
- Punch (SI) or swipe (SIAC) to record your finish time and then punch at the additional 'Safety control'.
- Download will be in NE corner of the car park field. **DO NOT FORGET TO DOWNLOAD**

COURSES CLOSE at 2:30pm

To avoid any unnecessary search operation, **you must report to Download, even if you do not finish your course.**

OUT OF BOUNDS

The map has a small number of OOB areas and some housing settlements – please do not enter these areas.

ASH DIEBACK PRECAUTIONS

Please arrive with all kit cleaned following use at any previous orienteering event, as per *British Orienteering* guidelines on Ash Dieback precautions.

COURTESY TO OTHERS

The Leith Hill section of map and Rhododendron Woods are well used by the public. Please be considerate to dog owners, horse riders, mountain bikers, walkers, etc. Continued use of this area relies on keeping the public happy. Notices have been displayed advising the public of this orienteering event.

IF YOU HAVE TRAVELLED ALONE

If you have travelled to the event alone, please leave ICE (in case of emergency) contact details, clearly visible behind your windscreen.

MEDICAL CONDITIONS

If you are an EOD entry or did not complete the medical section on SiEntries you are invited to download and complete the standard *British Orienteering* form (officials handbook safety first aid medical form 280514.doc). Place it in a sealed envelope with your name on the outside and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency. Unopened envelopes will be destroyed immediately after the event.

FIRST AID

First Aid is provided and located at Enquiries. The nearest A&E hospitals are: East Surrey Hospital Canada Ave, Redhill, RH1 5RH (10.6 miles): Royal Surrey A&E, Egerton Road, Guildford GU2 7XX (15 miles). A map showing directions is available at Registration.

RESULTS

These will be available after the event on our website www.slow.org.uk

TROPHIES

These will be awarded to the winner of M21 and W21. There will also trophies for the best male junior and best female junior. A presentation will be held as soon as possible after results are known.

DOGS

Well behaved dogs allowed on leads in the car park.

SAFETY

- **Covid:** You are reminded of the need to follow the British Orienteering Participant Code of Conduct
- **Mountain bikes:** Short Green to Brown will encounter mountain bikes in the early parts of their courses on Leith Hill. **Do not run along MTB trails and cross MTB trails quickly**
- **Route to Start for Short Green to Brown:** The route to the Start crosses an unclassified road at a point close to a shallow bend. The crossing will be marshalled but marshals will not control traffic. Please obey their instructions for a safe crossing.
- **Competition road crossings for Short Green to Brown:** These courses have two road crossings, each having a 2-minute timed out section, between the controls on either side of the road. Only the second crossing will be marshalled.
- **Emergency:** All maps are overprinted with an organiser's contact number that can be used in an emergency.
- **Clothing and whistle** - Please dress appropriately for the conditions and your level of fitness. If weather is poor, we may require you to wear a cagoule and carry a whistle. In an emergency to summon help: 6 short blasts, followed by a one-minute break.
- **Using roads between controls is forbidden.**
- **Safety bearing for lost persons:** The area is intersected by North/South and West/East roads running through the area. Find these roads and within the woodland, follow the edge of the road to the parking area.
- **Ticks** - Could be present in the area but with a low likelihood at this time of year. Check over your whole body after competing and again over the next few days, removing any (using proprietary remover) without delay. If bites develop a rash or become inflamed, obtain medical advice. Tick bites could be a source of Lyme disease.
- **Orienteering is an adventure sport.** A risk assessment for the event has been prepared and known risks have been mitigated, however **please be aware that participants take part at their own risk and are responsible for their own safety during the event.** Parents are responsible for their children and advice is available on request about what courses may be suitable. Please report any accidents and injuries on the day at Enquiries.

PROTESTS

If you have any reason to complain about your course or the event arrangements, please talk informally with the organiser in the first instance. If it is not possible to resolve the issue, please follow the *British Orienteering* rules on complaints, protests and appeals.

PERSONAL DATA

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

OFFICIALS

Organiser: Simon Moss (SLOW) SPORTident: Gordon Parker (SLOW)
Planner: Charlie Turner (SLOW) Controllers: Ronan & Julie Cleary (LOK)

ACKNOWLEDGEMENTS

Without these people, this event would not be possible!

Tom Burns of the National Trust	Mr and Mrs Ellingham for the use of the car parking field
Mr & Mrs Maltby for use of Cockshot Wood	The Wotton Estate and the owner of Harthurst Farmhouse
The Keene family for use of the NT parkland	LOK for shared use of the scarp slope of Leith Hill

CANCELLATION or LATE INFORMATION CHANGES Check website www.slow.org.uk prior to travelling in case of any late changes. If SLOW cancels the event it will offer a refund of the entry fee, less the admin charge we pay to SiEntries.



View from the top of Leith Hill

British Orienteering event no. 78012