

# ESHER COMMONS NATIONAL EVENT

30<sup>TH</sup> OCTOBER 2022

## FINAL DETAILS v1.3



**REMINDER: CLOCKS GO BACK THIS WEEKEND!**

### A SPECIAL WELCOME TO:

- Junior competitors in the selection race for the England team for Interland 2023
- Our friends in Park World Tours, who are bringing over 80 competitors to the event

### ASSEMBLY/CAR PARK

Assembly will be in the main event Car Park and will be on hard standing at Oxshott Station Car Park. We have 170+ spaces here, all within 200m of the Start and Finish.

- Toilets
- Enquiries
- SIAC Hire
- Download
- Key Drop
- There will not be any water provided before or after the event.
- **CompassPoint will be present**
- There will be no food traders
- Club tents can be erected in the Finish field but take care not to block public footpaths

### TRAVEL – PLEASE READ CAREFULLY

**Due to a late surge in numbers, we have had to reassess our car parking arrangements**

#### BY CAR

There will not be any signposting to the event.

##### 1. OXSHOTT STATION CAR PARK

The main event Car Park will be on hard standing at Oxshott Station Car Park. We have 170+ spaces here, all within 200m of the Start and Finish.

- Postcode: KT22 0TA
- Grid Reference: TQ142609
- What3Words: ///orders.starts.piano

Use the approach road down to the station building, where a marshal will direct you to a parking bay. These are quite tight so please park carefully.

All vehicles will have to pay the standard parking fee for the day to SWR, which is £3.50. There are no separate car park pay machines, but you can use the ticket machine by the main station building. Alternatively, you can use the Ringo app (this is car park # 2033) or phone the number displayed.

## 2. OVERFLOW PARKING ON NEARBY ROAD

When car park is full you will be directed to park on Goldrings Road, which is a wide residential road, with about a 500-600m signed walk to Assembly and the Start. We aim to have marshals there to help you park but if there are none then please start parking at the SW end of the road. There are no parking restrictions on this road on a Sunday. Please park tightly to optimise space, park on the NW side of the road (on the right as you drive down from the A road) and make sure that you don't obstruct any residents' driveways.

- Postcode: KT22 0QR
- What3words: suffer.bigger.signal

## 3. OVERFLOW PARKING AT OXSHOTT VILLAGE CENTRE

If Goldrings Road is full you will be directed to extra parking that we have secured at Oxshott Village Centre. Park as directed and follow signs approximately 600m to Assembly

- Postcode: KT22 0QJ
- What3words: common.ritual.melon

**Accessibility:** the route from (2) and (3) crosses the railway by a footbridge, if you have a pram or wheelchair and wish to avoid this then ask a marshal for alternative directions to Assembly

## MAP OF PARKING ARRANGEMENTS



P Parking on Goldrings Road

P2 Parking at Oxshott Village Centre

A Assembly

T Toilets, Trader

-> Signed routes to Start

Under no circumstances should you park in the public car parks on the Common. Doing so would be against our agreement with the Council and could endanger future use of this area.

## BY PUBLIC TRANSPORT

Unfortunately, planned engineering works mean that no trains will run to Oxshott station on the day. However, there will be an hourly replacement bus service operating between Surbiton and Effingham Junction, which will stop at Oxshott. More details [here](#).

## START

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

- There will be one Start approximately 200m from Assembly.
- The route to the Start leaves the car park on a path opposite the main station building.
- It will be a PUNCHING START. Competitors should ensure that they get there in time –some courses are VERY full and 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

Adjacent to Assembly. The Finish unit will be contactless enabled.

### FOLLOW TAPES TO DOWNLOAD







## MAP

### Scale 1:10,000, 5m contours

Surveyed & drawn 2021/2022 by Alan Leakey. Based upon LiDAR data to ISOM2017-02 standard Size A3 or A4 depending upon course

**Black and Brown** courses have double-sided maps. The last control on the first part is duplicated on the second part.

## 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
	Hides are NOT mapped, no matter how large - they are far too transitory

## CONTROL DESCRIPTIONS

Control descriptions will be printed on the front of the map, with loose copies available in the Start lanes.

- All courses have IOF pictorial control descriptions, except
- White and Yellow which have text descriptions
- Orange which has text descriptions on the map but the loose descriptions will be Pictorial

## **HAPPY & SAD FACES**

Competitors on the White, Yellow and Orange Courses may encounter some Happy or Sad smiley faces. These will be put out where there is the potential to go a long way off the best route

## TERRAIN

Esher is a mixed forest with areas of fast paced pine forest broken up by open heathland and areas of bracken and bramble, which should be dying back at the time of the event. The area is generally gently sloping, with the exception of the Longy Down ridge but excavations and explosions by the Canadian Army whilst training here in WW2 have left areas of intricacy to add complexity to your run. However, we expect top runners on the longer courses to achieve close to 5 minutes per kilometre.

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 sharp edges - remember that vegetation mapping is for route choice, not fine navigation!

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.

## COURSES

Note: even though juniors will have entered a separately identified course on SiEntries, this was only done to facilitate seeding for the selection races. They will be running the normal colour course identified below for their age group. For example, an entry on Green-W16 will be running Green.

Course	Men	Women	Distance (km)	Height Climb (m)	Controls	Road Crossing	Map
Black	M21		13.1	155	36	Yes Untimed	A3 2 Sided
Brown	M35 M40		10.6	135	32	Yes Untimed	A3 2 Sided
Short Brown	M18 M20 M45 M50	W21	8.8	120	28	Yes Untimed	A3 1 Sided
Blue	M16 M55 M60	W35 W40	7.1	105	26	Yes Timed	A3 1 Sided
Short Blue	M65	W18 W20 W45 W50	6.0	90	24	Yes Timed	A3 1 Sided
Green	M70	W16 W55 W60	5.0	60	23	Yes Timed	A3 1 Sided
Short Green	M75	W65 W70	4.2	50	22	Yes Timed	A3 1 Sided
Very Short Green	M80 M85	W75 W80 W85	3.0	30	17	Yes Timed	A4 1 Sided
Light Green	M14	W14	4.0	40	15	Yes Timed	A3 1 Sided
Orange	M12	W12	2.7	40	9	No	A4 1 Sided
Yellow	M10	W10	1.8	20	10	No	A4 1 Sided
White			1.3	15	6	No	A4 1 Sided

The **Black & Brown** courses 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](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 crossed by one minor road, which will be encountered by all courses except White, Yellow & Orange. Although minor and twisty it can be busy with fast moving traffic.

Therefore, all courses that cross this road and are likely to be run by Juniors will have **1 MINUTE TIME OUTS** each time they cross it. For other courses the optimum crossing points will be in the same place but with no time out. The chart below shows which applies to your course. Your control descriptions will also tell you which is applicable. In either case take care, follow the guidance of the marshals and look properly before crossing the road – beware silent fast bicycles as well as vehicles!

**It is not permitted to run along this or any other road, with the exception given below**

The main competition area is crossed by the A3, which is motorway standard at this point and out of bounds for obvious reasons. Courses crossing this will do so by various bridges. The Black, Brown & Short Brown courses will also cross this by running on the verge/pavement alongside a main 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 please make sure that you have an early or middle start time!

## WATER

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

## 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 by the Safety Officer or Enquiries 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.

## **SAFETY BEARING**

Head south east

## **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 individual trees. 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, please 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 (only) [here](#)

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

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](#).

## **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.

## **FIRST AID**

A professional first aid service will be in attendance; situated close to Download

## **EMERGENCY HOSPITAL SERVICES**

### **WALK IN CENTRE**

**Woking Community Hospital (01483 846209)**

Heathside Rd  
Woking, Surrey  
GU22 7HS

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

## **A & E**

### **Epsom General Hospital (01372 735735)**

Dorking Road

Epsom

KT18 7EG

5 miles from Assembly. Open 24 hours

### **Royal Surrey County Hospital (01483 571122)**

Egerton Road

Guildford, Surrey

GU2 7XX

15 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](http://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

South Western Railways

## **JURY**

- Alan Rosen (HH)
- Julie Cleary (LOK)
- Tba

## **OFFICIALS**

Organisers: Diane Leakey

Planner: Alan Leakey

Controller: Sue Crickmore (SO)