

# OK NUTS 2021 FINAL DETAILS

## WINTERFOLD

### Sunday May 9<sup>th</sup> 2021

Version 3 (May 4th 2021)



## ABSOLUTELY VITAL POINTS

1. We are not providing water.
2. Abide by the COVID Code of Conduct, keeping social distancing at all times.
3. Toilets are only in the car park. Don't go anywhere else.
4. The whole competition area is used by mountain bike riders, who may appear suddenly and be fast-moving.
5. Please look after your own safety as you would with any running outdoors. You take part at your own risk.
6. Take care crossing roads and do not run along them. Many courses use a crossing manned by race officials, where your time to cross (up to 2 minutes) does not count as running time.
7. Aim to reach the start just a few minutes before your time. There are two starts, each can accept a maximum of two people per minute. If you are late no problem we will slot you in. It is a punching start so your time is measured from when you actually start.
8. You must download in the car park, by 3pm (course closing), or it's a big issue.
9. All courses except white and yellow, *including orange and light green*, have a two part map, with the parts printed back-back.
10. Orienteering event food traders Tom and Julie will be attending.

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## WELCOME

Thanks for entering the OK Nuts Trophy Races 2021. We are delighted to have runners in 35 of the 36 age classes, from those for ages 10 and under, to those for the over 80s. As these details are completed the largest entry is for the M21 OK Nuts Trophy class's 12km and 500m of climb. Whichever course you tackle we hope you have an enjoyable day.

## THANKS

We are very grateful to The Hurtwood, Mr Jim McAllister and Peaslake Village, who have facilitated and given permission for the event to be held at short notice.

## GENERAL DESCRIPTION

The event is prepared and will run in accordance with government approved COVID Guidelines published by British Orienteering (the latest version April 13th).

As a part of the COVID Guidelines all taking part must review and abide by the individual Code of Conduct. Following these ensures that the sport works well for maintaining social distancing and having no contact with shared equipment.

Our event is British Orienteering Level C (Regional) and is included in the 2021 South-East Leagues.

In line with the COVID protocols there will be no prizegiving. We will publish a list of the top three in each class on our website.

As well as these final details, we invite you to review [the event invitation](#). The invitation has background on the terrain and the history of the races, and explains why entries and results are based on age classes.

## COVID

You must not attend if you or a member of your household has COVID-19 symptoms, or if you have been asked to isolate by NHS Test and Trace. Please get in touch with the Entries Secretary who will organise a refund of your entry fee.

Please abide by the [Participant Code of Conduct, documented on the British Orienteering Site](#).

The principle is for us all to enjoy the outdoors safely. Some points in the code:

- Be patient, courteous and respectful of others.
- Observe social distancing requirements at all times, including in the car park, when going to the start, while on the course, after you've run, and when you leave.
- Move quickly away from controls after you have punched.
- Give way to members of the public such as ramblers, dog-walkers, horseriders, and bikers on narrow paths, and at gates or stiles.
- Only share closed transport with other members of your household / support bubble.

## FIRST AID, INJURY

A first aid kit will be near download, to allow us to provide limited assistance.

If something serious happens out on the course such as a disabling fall or a snake bite, please move as little as possible and seek help from other competitors. There is an emergency phone number on the map that will reach the organising team in the Car Park.

The nearest A&E hospital is in Guildford. The Royal Surrey, Egerton Rd, Guildford GU2 7XX.  
A map is at Download.

## SAFETY

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition area, and put in place mitigation of found risks, please be aware that you take part at your own risk.

Parents are responsible for their children. Please ensure children are aware of appropriate COVID conduct and the particular safety issues described in these details.

Wear clothing suitable for running in woodland, and the day's weather. Full leg and torso cover is required.

You are recommended to carry a whistle.

If you have travelled alone, please leave ICE (In Case of Emergency) contact details clearly visible behind your windscreen.

*If you did not complete the medical section on SiEntries we invite you to download and complete the standard British Orienteering form ([officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](#)). Place the completed form in a sealed envelope with your name on the outside and leave it at Download. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.*

## Mountain Bikes

The whole area, and particularly Pitch Hill, the most easterly section of the map (reached by the three longest courses after an unmarshalled road crossing), is very popular with mountain bike riders. Please stay alert throughout your run, and take extra care when crossing tracks - especially when you are on a slope below a track bend - **bikes can appear suddenly**.

## Timed-Out Road Crossing, Other Road Crossings

There are no road crossings on White, Yellow, Orange, Light Green or Very Short Green.

A marshalled road crossing is used once on Black, Brown and Short Brown, and twice (out and back) on Blue, Blue M16, Short Blue, Green and Short Green. Your time between the controls either side of the crossing is excluded from your overall time for the course - provided it is less than two minutes. That is a generous allowance; you will not need to rush. Please heed the marshals as traffic can be fast-moving.

This road is overprinted with a solid purple line and may only be crossed at the marshalled crossing.

The longer courses have some other road crossings too. These roads have lighter traffic. There are three roads overprinted with purple crosses; these may be crossed anywhere but not run along. Other roads are not overprinted and so not restricted, but you must still take care.

## ENTRIES

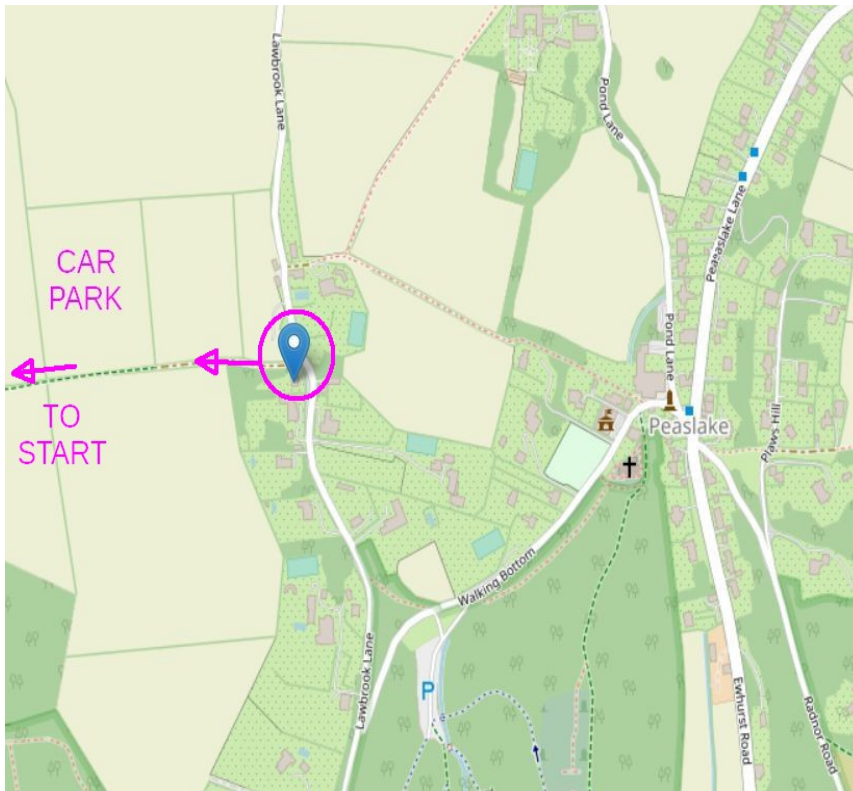
Entries are handled through [SiEntries](#), where you can look up your entry and start block, and see who else is running.

There is no entry on the day.

## TRAVEL

Access roads in the area are narrow, often single track, with bends that restrict visibility. There will be many cyclists on a Sunday morning – please give them room and don't rush.

We judge the final approach to be unsuitable for motorhomes or very large vans.



Car Parking is at Peaslake Recreation Ground, accessed by a narrow track from Lawbrook Lane.

There will be a marshal at the entrance, and countdown markers, but no signs further away.

When cars are both coming and going we will prioritise arrivals to minimise waiting on the public road.

If reasonably convenient **please avoid the centre of Peaslake village**, which is busy with many pedestrians and bikes. Use Lawbrook Lane from the north (reached via Shere or Gomshall) or the south (through the competition area.)

OS Map reference of the entrance is TQ081449, nearest postcode GU5 9QW.

**What3words:** [prep.drama.native](https://www.what3words.com/#!/en/pep.drama.native)

The car park slopes down to the north, and has a good view on a fine day. Parking will be parallel to the slope to make for easier exits.

## Ash Dieback

Please come with your kit cleaned following previous use, as per British Orienteering guidelines on ash dieback precautions.

## FACILITIES in Car Park

Toilets. Sanitiser for your hands before and after a visit.

Tom & Julie's British & Continental Catering.

Download & SI Hire card collection.

There is no water or formal enquiries.

## TERRAIN NOTES

The courses were largely planned for the cancelled event in November. A bright side of the second lockdown is that we can now enjoy much more runnable conditions.

The race area is a splendid mixed forest, with high ground and steep scarp slopes to the south, and more gentle dip slopes to the north. The Start, Finish and shorter courses are contained in Bentley Copse in the centre of the area, which is the least physically demanding part. All other courses use Winterfold Forest to the west, which has a number of steep-sided valleys on the dip slope and some areas of contour detail on the higher ground. Short Brown, Brown and Black visit Pitch Hill to the east, the hilliest part of the area.

The whole area is well-used by mountain bikers, horse riders, runners and walkers. Please be courteous to users of the land, careful around horses, and vigilant for mountain bikers. Pitch Hill is the most popular part of the area for mountain bikers, but they can and do ride across the whole area, often at speed. Please stay alert.

Large parts of the forest floor are carpeted by Hurberry, the local name for bilberry. Bracken is extensive but has flattened down well over the winter. Neither bilberry nor bracken are mapped. Significant areas of bramble may be mapped but don't rely on this for fine navigation. Not all rhododendron bushes are mapped, but they are correct in the vicinity of controls. There is an extensive path network. Small paths are constantly springing up or becoming overgrown; they are mapped where they are obvious. Forestry work takes place on a regular basis.

Part of Winterfold Forest is private land. It is being used by a film production company, but not on the day of the race. We have permission to use the areas crossed by the courses. You may encounter security staff. You may see green signs 'private land – no public right of way' (example photo below). If you are on your course, you can disregard the signs. Tree stumps have been piled up along the edges of some tracks to deter mountain bikers (example photo below) - they are not generally mapped. If you need to cross them on your course, a little searching will generally find a way over them.



I've really enjoyed planning the courses on such good terrain and I hope you enjoy it as much as I have.

*Andy Jones (Planner)*

## **CLASSES and COURSES**

We have 36 age class races. There are also 13 other classes outside the age classes. These are named by the course name – other. One or more classes share a course.

## Open Classes (2)

Class	Course
M21 OK Nuts Trophy	BLACK
W21 Heather Monro Trophy	SHORT BROWN

## Junior Classes (12)

Class	Course	Class	Course
M10	YELLOW	W10	YELLOW
M12	ORANGE	W12	ORANGE
M14	LIGHT GREEN	W14	LIGHT GREEN
M16	M16 BLUE	W16	GREEN
M18	SHORT BROWN	W18	SHORT BLUE
M20	SHORT BROWN	W20	SHORT BLUE

## Senior Classes (22)

Class	Course	Class	Course
M35	BROWN	W35	BLUE
M40	BROWN	W40	BLUE
M45	SHORT BROWN	W45	SHORT BLUE
M50	SHORT BROWN	W50	SHORT BLUE
M55	BLUE	W55	GREEN
M60	BLUE	W60	GREEN
M65	SHORT BLUE	W65	SHORT GREEN
M70	GREEN	W70	SHORT GREEN
M75	SHORT GREEN	W75	VERY SHORT GREEN
M80	VERY SHORT GREEN	W80	VERY SHORT GREEN
M85	VERY SHORT GREEN	W85	VERY SHORT GREEN

## MAP

The map has been partially updated this winter by Don McKerrow.

[Previous map \(SLOW Routegadget OK Nuts 2015\).](#)

Courses and control descriptions will be overprinted on the map.

The map overprint includes an emergency phone number for this event.

### IMPORTANT – 2-SIDED MAPS

**All courses except White and Yellow are printed on both sides of the map, part 1 and part 2.**

We expect this will be a new experience for some runners, perhaps particularly some on Orange and Light Green.

When you have completed part 1, turn your map over for part 2.

Your start is shown on the Part 1 side, the finish is shown on the Part 2 side. There is one control shown on both sides. Example – for the Orange course Control 5 is shown on both sides. So the Part 1 side has the start and controls 1 to 5. The Part 2 side has controls 5 to 10 and the finish.

White, Yellow, Orange, Very Short Green & Light Green will use a 1:7500 map with 5 metre contours. All other courses will use a 1:10000 map with 5m contours.

## CONTROL DESCRIPTIONS

Control Descriptions will be printed on the map. Loose copies will be available in the start lanes.

## COURSE DETAILS

WINTERFOLD COURSES				Version: 1stMay		OK NUTS	
NAME	START	DISTANCE	CLIMB	CONTROLS	MAP	TIMED-OUT ROAD CROSSING	OTHER ROAD CROSSINGS
Black	WEST	11.9km	515m	29	1:10000	YES	YES
Brown	WEST	10.0km	415m	25	1:10000	YES	YES
Short Brown	WEST	8.0km	310m	23	1:10000	YES	YES
Blue	WEST	6.4km	245m	21	1:10000	YES	YES
Blue M16	WEST	6.6km	230m	24	1:10000	YES	
Short Blue	EAST	5.6km	225m	19	1:10000	YES	
Green	EAST	4.5km	175m	21	1:10000	YES	
Short Green	EAST	3.6km	100m	17	1:10000	YES	
Very Short Green	EAST	3.1km	65m	13	1:7500		
Light Green	EAST	3.2km	65m	13	1:7500		
Orange	EAST	2.7km	65m	10	1:7500		
Yellow	EAST	2.2km	50m	11	1:7500		
White	EAST	1.3km	25m	6	1:7500		

## START

The two Starts and the Finish are not next to the car park.

There are two Starts, named West and East. Their first -5 taped boxes are within sight of each other.

Each Start will have two lanes and can accept a maximum of two people per minute.

We suggest you warm up in the car park, keeping social distance. Use the loos in the car park as there are none anywhere else. Please do not go en route or in the woods at pre-start. This is important for our continuing access.

Aim to reach the Start ready to go straight into the start lanes at -5. We suggest you allow 20 minutes from car park to picking up your map. This includes a short walk from the car park (12 minutes from the nearest corner of the car park for an able 60 year-old), and five minutes to move from -5 to starting. The route to the Starts begins on wide footpaths alongside fields and then uses a slightly rising woodland footpath with sensitive out-of-bounds areas either side. Please do not leave this path.

SIAC users should use the Battery Test unit at the beginning of the route to the Starts.

Do not walk to the start in large groups.

Do not set off from the car park until 5 to 20 minutes before your start block opens; we don't want a build-up of people. Aim to be ready to go straight into the first box when you reach the start.

Example: for the 10:00-10:15 block please aim to leave the car park between 9:40 and 9:55.

Please do not start at the same time as someone also doing your course, or immediately behind someone you know doing your course.

We will set out some taped lines before the -5 box to help social distancing in the event you need to wait.

There are no blank maps in the start lanes.

Maps for White and Yellow course runners will be provided in the start lanes. If you are on these courses you may study your map with the overprinted course before you begin.

Maps for the other 11 courses will be in labelled boxes shortly after the Start line. It is a punching start – all competitors punch before picking up their map from the labelled box.

If you miss your start block don't worry as it's a punching start and our friendly officials have gaps in the schedule.

**YOU MUST PUNCH THE START BOX BEFORE PICKING UP YOUR MAP  
IT IS YOUR RESPONSIBILITY TO PICK UP YOUR MAP FROM THE CORRECT BOX**

### **SIAC REFERENCE**

	<b>LOCATION</b>	<b>FOR USE BY</b>	<b>COMMENT</b>
<b>BATTERY TEST</b>	At exit from Assembly	SIAC Users only	TESTS SIAC BATTERY POWER Dib SIAC and remove it immediately – if it doesn't beep or if it beeps 10 times in quick succession, the battery needs replacing
<b>CLEAR</b>	In pre-Start area	All Competitors	CLEARs DIBBER MEMORY
<b>CHECK</b>	In Start lanes	All Competitors	CHECKS DIBBER HAS BEEN CLEARED ACTIVATES SIAC CARDS
<b>SIAC TEST</b>	In Start lanes	SIAC Users only	TESTS SIAC HAS BEEN ACTIVATED Swipe SIAC over the box - if activated it will beep and flash
<b>START</b>	At Start line	All Competitors	NOT CONTACTLESS. ALL COMPETITORS MUST DIB

The finish control will be contactless enabled.

### **ON THE COURSE**

**Courses close at 3pm. You must download by this time.**

Please note the hazards we have described under Safety: mountain bikes and the road crossings.

**Yellow course people** – we are placing some **sad face signs** for your course: **stop** if you see one, do not go past it, you have taken a wrong turning. If you see a **happy face sign** all is well.

**All runners - if a punch won't register**

If you have a SIAC that does not flash/ beep when you waft over an SI Station, please try dlobbering the station in the conventional way before concluding the SI Station is not working.

Because of the COVID rules, do not use the backup punch attached to controls if a punch does not register. Tell us at Download and, assuming we confirm that SI box is faulty after we collect it, you will be re-instated (assuming all else is OK).



Safety Bearing: If you get completely lost and have not passed the manned road crossing head NORTH, but do not cross or walk on a road. If you have passed the road crossing head east, aiming to return to the manned crossing. (Does not apply to Black, Brown, Short Brown course runners on Pitch Hill – the eastern section of their map.)

## **FINISH & DOWNLOAD**

The finish is 10 minutes walk from the car park, sharing much of the route to the Starts.

After the finish control, which is contactless enabled, there is a short taped route to a **safety control**, **which ALL COMPETITORS must punch** after finishing, and then move away from. Please cool down as you return to download in the car park.

Download is different to pre-COVID lockdown. There is **Troubleshooting** and **Self-Serve**.

If you hired a SIAC then please download at **Troubleshooting** so you can return your SIAC.

If you have your own SI or SIAC card please use the **Self Serve**. Follow instructions on the computer screen and take your splits as normal. If there is a problem it will say so on the splits print out - in that case go to **Troubleshooting**. Otherwise, all is OK and you're done thank you.

## **RESULTS**

*Online results should be available during the competition, at*  
<https://www.sportident.co.uk/results/SLOW/2021/OKNutsWinterfold>

Provisional and Full Final Results, and a Summary of top three in each class, will be published on the SLOW website [www.slow.org.uk](http://www.slow.org.uk).

## **Event Officials**

Organisers Sarah Brown and Paul Street (web@slow.org.uk)

Permissions Charlie Turner

Planner Andy Jones

Entries & Timing Gordon Parker (equipment@slow.org.uk)

Controller Susan Crickmore (Southdowns)