



Mole Valley Orienteering Club

Navigating for 40 years 1966 - 2006

South East Relays and Mole Valley's 40th anniversary celebrations

21 May 2006

Balcombe Waterside

FINAL DETAILS

Please take the time to read these details in full. They contain information you need.

Welcome

Welcome to the 2006 South East Relays. Mole Valley celebrates its 40th anniversary this year, and we invite you to join our celebrations today. In particular:

- Watch out for the spot prizes - one could come your way at any moment
- Enjoy the spectator controls - there are plenty of them, on all courses, and all visible from the assembly area
- Claim your free drinks at Registration if you have brought a barbecue for four or more people
- Stay after your run to picnic and party

Prizes

Please stay for the prize giving. This will be at approximately 1.30pm. We will be awarding the relay prizes and spot prizes. We are expecting the certificates for the SE Galoppen (individual league) to be available for collection by club representatives.

Finding Balcombe

Parking, Registration and Assembly are at Grid Reference 323292, 6km south of M23 Junction 10A and 1.5km from Balcombe Station (services every hour on Sundays). Signed from B2036 through Balcombe Village (please respect the speed limit). Please note that dogs must be kept in the car park or assembly area and on a lead at all times. Dogs are NOT ALLOWED in the forest.

About the area

The area includes parts new to orienteering which will be visited by all courses. We expect the races to be tiring but with the potential for fast running. Save something for the spectator controls and the run in! During your run you may encounter any or all of the following: crags, boulders, pheasant pens, pheasants, deer, open fields, steep ascents (and descents), horse jumps, distracting views, an old pleasure garden and a million bluebells.

Map and courses

The map is at 1:7,500. It has been updated and extended in spring 2006 by Mike Elliot.

Control descriptions for Orange courses are written. All other descriptions are pictorial. Control descriptions are printed on the map and no additional copies are available. Maps are bagged.

Fields are in bounds. If you enter a field with crops please stay on its edge to avoid damage.

Fences can be crossed at gates and gaps. Courses have been planned so you do not need to climb fences. If you find yourself doing so, you have made a navigational error! There are two compulsory crossing points near the assembly area overprinted on the map for the Blue and Green courses. One other optional crossing point is overprinted.

Pheasant pens have uncrossable fences but you can enter and leave them by gates/gaps shown on the map. Some have controls inside! To ensure map clarity it has not been possible to highlight the entry/exit points on the overprint.

There are some small unmapped temporary structures for pheasants on the area.

The Green and Blue courses criss-cross the area with some early and late controls in close proximity to each other. Care needs to be taken to ensure that the controls are visited in the correct sequence. Competitors on Blue and Green courses should also take care of barbed wire in the south of the area if descending a horse jump.

Blue course only – your course is in two parts, printed back to back in your map unit. Double check you start with your first part.

Horse jumps

These are shown as an X on control descriptions and as a squashed H on the map.

Registration

Registration opens at 9.30am for collecting team numbers and pins, making any last minute changes to runners, hiring dibbers (£1 each, free for juniors, £17.50 loss charge), claiming free drinks for barbecues and paying any fees outstanding. Please send one delegate per club to ease congestion.

All team members must wear their team number on their front. The numbers are colour coded: first leg Red, second leg Green, third leg Blue.

You can only use your SI card (dibber) once during the competition. If you are running a second course (non-competitively) then you will need to use a different SI card.

Handicap teams will be informed separately about the order in which they run the Blue, Green and Orange courses. This will not be publicised on the Mole Valley website.

Relay classes

There are three classes with three runners each:

SE Open Championship	(Numbers 1-29)	Blue, Green, Blue (in that order)
SE Handicap Championship	(Numbers 30-69)	Blue, Green, Orange (in any order)
SE Junior Championship	(Numbers 70-79)	Orange, Orange, Orange

Course lengths/climbs are approximately: Blue (6.1km, 175m), Green (4.1km, 150m), Orange (2.3km, 60m).

Start times

	Call up and map issue	Start
Open Championship	10.15	10.30
Junior Championship	10.30	10.40
Handicap Championship	10.40	10.50

Mini mass start

There will be a mini mass start at 1.00pm for anyone whose first or second leg runner has not returned. Courses close at 2.30pm.

Changeover, spectating and club tents

See diagram for the map issue and changeover system, toilets, spectator area and area for club tents. This is not to scale.

On the run-in first and second leg runners should bear right to hand over to their outgoing runner, then punch to record their own finish time. Third leg runners should bear left to cross the finish line and then punch. Final positions will be decided on the basis of who crosses the finish line first, not who punches first. Maps will be collected in boxes marked with your club name. These can be retrieved by a single club representative after the mini mass start at 1.00pm.

There will be no announcement of incoming runners. It is your responsibility to identify your incoming team member and prepare to start your run. Handover is by touch.

Please do not look at any maps until after you have started your run.

The planners have been liberal with their use of spectator controls, and have provided a nice (!) uphill finish. Spectators will have plenty of opportunity vociferously to encourage team members and clubmates. Add the spectacular views over Ardingly Reservoir and a host of spot prizes and we fully expect the spectator area to be busy and noisy. Don't let us down!

You can set up your barbecue wherever it looks sensible. Please keep it clear of your fellow competitors and club tents.

First aid

A first aid box will be kept in the download tent. The nearest A&E (24 hours) is Princess Royal Hospital, Lewes Road, Haywards Heath, W Sussex 01444 441881 x8341. You compete in this event at your own risk.

Officials

Organisers – Tony Burton and Jackie Olive

Planners – Tony Burton and Sandra Vogel

Party organiser – Mark Rowe

Controller – Steve Jarvis (SO)

Enjoy your run and the party!

- CO** CHANGE OVER
- RO** REGISTRATION + MAP ISSUE
- OT** DOWNLOAD TOILETS

