



Mole Valley Orienteering Club

www.mvoc.org

**Nut Wood and Gatton Park
South East Middle Distance Championships
Sunday 21st August 2011**

FINAL DETAILS

Directions: Parking and assembly will be at St. Bedes School, Carlton Road, Redhill, RH1 2LQ; grid ref. TQ274517. Hard standing car park. Car parking fee - £1. Signposted from the A23 (grid ref TQ280513) and the A242(grid ref.TQ267514)

Nearest public transport: Redhill bus and railway stations – 1.5km

Parking: A one way system operates in the school. Parking is in an enclosed court area on RHS 50m after entering school. Please exit by turning right out of the court area and following road round to right past assembly. A gate in the opposite corner to entrance of court will be open for pedestrian access to assembly/toilets.

N.B.: A church service will be taking place in the school during the event. When the church service finishes around 12:00 there will be a lot of traffic exiting the school passing close to assembly.

Registration: Registration will open from 10:00 – 12:00am. Starts run from 10:30-12:30. Courses close at 2:00pm. Entries will be available on the day for all courses subject to the availability of maps, at the same rates as the late entries in advance, i.e. BOF and MV members: Seniors £9.00; Juniors/Students £3.00; Non BOF Members: Seniors £11.00; Juniors/Students £3.00. Yellow and Orange course entry on the day will be £5.00 for seniors; £3.00 for juniors. SI dibber hire charge £1, charge for lost dibber £30.

SportIdent: All courses will use SportIdent (SI) electronic equipment. Dibbers will be available for hire at registration. If you are not familiar with the SI system please ask for assistance at Registration or at the Start.

Facilities: Toilets available in sports building near assembly. Orange squash and Water will be available near the Finish.

Map: The map is 1:7500 with 5m contours newly surveyed and drawn for this event by Mike Elliot and Bill Alexander. The map will be A3 size for all courses. Maps will be laser printed on waterproof paper with courses overprinted. The map will not be bagged. It is a forest map, not an urban/sprint map - for the technically minded, ISOM rather than ISSOM. This could cause some confusion in Gatton Park to those used to ISSOM maps, for example, roads have black edges, but may still be crossed.

Many of the mapped features in Nut Wood are knolls and root-stocks. Most of the knolls have been created by trees falling over, and might be shown as root-stocks on another map. The following convention has been adopted:

Root-stocks, mapped with a brown cross, have to be 2m tall to be mapped. Anything smaller will not be mapped as a root-stock.

Large mounds of soil are mapped as knolls (brown dot). This is true even if they have roots sticking out of them (unless they are 2m high and mapped as a root-stock). The minimum height for a mapped knoll varies

across the map according to their frequency, but anything less than 0.5m will not be mapped anywhere, and anything of 1m or higher will definitely be mapped.

The planner comments that the boundaries between a knoll and a root-stock and between a mapped knoll and one too small to be mapped are not easy to determine at running pace.

The following have not been mapped: - piles of logs; seats; posts and notice boards; very short fences, including those with gates. Some of the paths in Nut Wood have barriers across them which are intended to deter horses without significantly impeding pedestrians. These are very obvious features, but cannot satisfactorily be mapped at this scale and have therefore been omitted.

Control descriptions: Control descriptions will be printed on the maps and loose copies will be available at the start. Text descriptions will be available for Yellow and Orange courses.

Terrain/Planner notes:

The competition uses two contrasting areas.

All courses will use Nut Wood, which is semi-natural deciduous woodland on the scarp slope of the North Downs. Although not as precipitous as some other parts of the scarp, there are still moderately steep slopes. Chalk shows through on some of the paths, and this is a notoriously slippery surface, especially when wet. Footwear with a good grip is therefore strongly recommended.

Light Green, Blue, Brown & Black courses have controls in an old quarry, which has particularly steep slopes (although no vertical crags). Some of the mapped paths in the quarry area have been created by mountain bikers looking for an exciting descent route. These "paths" can be fairly exciting to descend on foot too, and are extremely hard work to ascend.

Nut Wood is mostly very runnable, but it does contain large patches of Dog's Mercury. This is of itself an innocuous weed, offering no impediment to progress. However, it forms a continuous green screen about 9 inches above the forest floor, concealing any holes, fallen branches, or other hazards. There are also small patches of brambles and stinging nettles. Leg protection is therefore recommended.

Courses from the East Start will also use Gatton Park. This is a former stately home surrounded by parkland, now used as a boarding school and so with additional classroom and residential buildings. There are building works in progress, and the builders may be working during the event - please divert around building works and vehicles as necessary. The areas where we expect the builders to be working is overprinted with the red hash 'dangerous area' symbol.

With a 1:7,500 map, it is hard to show small out-of-bounds areas clearly. Common sense will help you get it right: lawns are OK; flower beds are out-of-bounds; major paths through flower-beds are OK; you can run right up to the edge of school buildings, but not through a private garden to a house.

You will have to run on tarmac roads and similar in Gatton Park, so this may influence your choice of footwear. However, the tarmac will be less than 5% of your total course. You are unlikely to meet a car here, but take care nevertheless.

Public roads form the northern and western boundaries of the map. These are narrow and have no pavement, and in some places no verges either. The red X 'forbidden route' overprint has been used to warn you not to run along them. If you must step out onto these roads, watch out in particular for cyclists descending fast and silently.

There are lots of controls in the forest; except perhaps on the Yellow course, you **will** see controls that are not yours. The rules on control proximity have been followed, but there are controls on disparate features as little as 31m apart, and on similar features as little as 62m apart. Please check control codes, we don't want you to be disqualified.

Eligibility for SE Champs: To be eligible for a medal a competitor must be a member of the SEOA and Competitors will be only be eligible for a medal in the age class category that they entered. For example if M45 and M50 (say) share the same course and the winner is an M50 then they shall win only the M50 gold medal. The highest placed M45 shall win the M45 gold medal even if they are beaten by many M50s.

If a competitor runs a course other than that recommended for their age class then they shall still be eligible for a medal assuming that there is an appropriate class associated with the course being run.

Where there are several possible classes then they shall automatically entered into the closest class to their actual age class. For example if an W18 runs a course above that designated for W18 but does host the W20 and W21 classes then that competitor shall automatically be deemed to be entering the W20 class. If a competitor wants to run up to a particular class then they must inform the organiser of this.

There will be medals for the first three in each class.

Courses: Distance, climb, and number of controls are subject to controlling.

Anyone may run any course at this event, and be competitive for National Ranking points, these class-to-course allocations are only relevant for the SE Championships.

| Course | Female classes | Male classes | Length | Climb | Controls | Start |
|-------------|------------------------------|-------------------------|--------|-------|----------|-------|
| Black | | M18, M20, M21, M35, M40 | 5.7km | 225m | 28 | East |
| Brown | W18, W20, W21, W35, W40 | M16, M45, M50 | 4.8km | 200m | 24 | East |
| Blue | W16, W45, W50 | M55, M60 | 3.8km | 170m | 20 | East |
| Green | W55, W60, W65, W70, W75, W80 | M65, M70, M75, M80 | 3.1km | 135m | 19 | East |
| Light Green | W14 | M14 | 2.7km | 125m | 17 | West |
| Orange | W12 | M12 | 2.0km | 95m | 13 | West |
| Yellow | W10 | M10 | 1.4km | 40m | 13 | West |

Sorry, no White or String courses. Courses close at 2:00pm

Starts/Finish: Black, Brown, Blue & Green courses will use the East start in Gatton Park. Light Green, Orange & Yellow courses will use the West start in Nut Wood. All courses use the same Finish, which is adjacent to the West start. Both starts are about 1.1km from Assembly, but in opposite directions.

The West start requires walking along the A242 (40mph speed limit) on a pavement, and eventually crossing it. The crossing point for the West start & Finish will be marshaled. There will be no clothing transfer, and no managed clothing dump, although items may be left at the Finish at the owner's risk.

The East Start involves a short walk (about 500m) through housing estate roads and along the A242 before crossing the A242 in a 30 mph Zone. There will not be a marshal to assist crossing.

Punching starts will operate between 10:30 and 12:30 with start blocks. Courses will close at 14:00.

Early 10:30 to 11:10
 Mid 11:10 to 11:50
 Late 11:50 to 12:30

Safety: Will competitors, parents/guardians please be aware of the issues stated above on getting to the starts i.e.

West Start: Walk along main road(40mph), marshaled crossing

East Start: Short walk along main road(30mph), not a marshaled crossing

Building Works/Traffic: Please be aware of Building works and possible moving vehicles in school grounds(affects courses from East start only).

Deep Water: Deep water adjacent to walk to East start.

Steep Paths: All courses involve steep paths which can be very slippery, especially if wet. Grippy footwear recommended.

Hostile vegetation: Due to small amounts of hostile vegetation planner recommends leg protection

Download: Will all competitors please download before returning to their cars to assist monitoring of overdue competitors!

Other Users: Please be aware of (and considerate to) other area user – Dog Walkers; Mountain Bikers; Horse Riders.

Hospital: The nearest hospital with an A and E department is East Surrey Hospital, Canada Avenue, Redhill, Surrey, RH1 5RH Tel: 01737 768511. Map available at registration.

Dogs: Dogs are not allowed either in the car park or on the area.

Organiser: Keith Masson; email: massons@talktalk.net; tel. 01737 842759

Planner: Ian Ditchfield

Controller: Mike Murray(SLOW)

Cancellation: If the organiser has to cancel the event at short notice for any reason, information will be posted on the MVOC website as soon as possible and MVOC reserves the right to retain a percentage of the entrance fee to cover unavoidable costs.

You are responsible for your own safety and you take part in this event at your own risk