



## Terrain

Ranmore Common runs along the wooded back slope of the North Downs and is incised by five steep dry valleys. It contains an extensive path network and a variety of ground features. You will not be disappointed by the size of some of the depressions. Large parts of the area comprise a mix of low yew trees and large holly bushes which is more runnable than it looks but will challenge those wanting to run straight on a bearing. There are some small rough open areas. This is a popular area for walkers, horse riders and cyclists. Please be considerate towards them and also avoid the various cottages located across the area. No courses cross any roads. The busy road running along the south of the area is out of bounds to all competitors.

Courses have been planned to avoid the worst of the holly!

## Courses:

Course		Length (km)	Climb (m)
Brown		7.7	325
Blue	Veteran Men	6.0	210
Green	Veteran Ladies Super Vet Men	4.2	170
Light Green	Super Vet Ladies	3.2	100
Orange		2.7	85
Yellow		1.8	40

Brown, Blue, Green, Light Green, Orange, Yellow. There will be no White or String Course

## Start, Finish and Clothing Dumps:

Approximately 1.5 km walk to the start and/ finish are approximately 1.5 km walk from assembly along good paths. They are very close to each other and a clothing dump (unmanned) will be available nearby. Starts run between 10:00 and– 12:00.

A punching start will be used. Please note that although the Call-up and Pre-Start is the same for all courses, the Yellow course uses a different start kite to the other courses

Courses close 14:00 and you must finish by this time even if you have not completed your course.. Don't forget to download at Polesden Lacey on your return (even if you do not complete your course)..

## Championships:

*SE Veterans and Super Veterans Championships:* Trophies will be awarded for the first M40+ SEOA member (i.e. someone who is a member of British Orienteering through a south-east club) on the Blue course, the first W40+ and first M60+ on Green, and the first W60+ on Light Green.

*Families Competition:* This is a Handicap competition for family groups of four e.g. parents and two children. Please ask for the special entry form at Registration, run the courses of your choice and we do the rest.

## Safety:

Basic First Aid kit and support available. Details of nearest several nearby A&E units will be available from enquiries.

It is recommended that whistles are carried. In the event of severe weather we may require that gaiters are worn and a notice will be posted before the walk to the start.

**Refreshments:**

There will be no squash or water provided. Please bring your own or use the National Trust's catering facilities.

**Traders:**

Unfortunately there will not be any traders present, however the NT shop has compasses for sale and they also have a coffee shop and cafeteria serving a wide range of food (probably including bananas).

**Toilets:**

The NT have kindly made their toilets available to us. These are located near the entrance to the public car park. Please do not use these facilities with muddy boots or metal spiked shoes. It is preferred that the toilets are not used as changing rooms. There are no toilets at the Start/Finish so please ensure you use the facilities before you leave assembly.

**Courtesy to others:**

The area is popular with horse riders and walkers. Please show them consideration. Dogs are allowed on a lead in the car park and under close control on the area.

**Results:**

Will be available at the MV web site as soon as possible after the event. [www.mvoc.org](http://www.mvoc.org). We should know the results of the Veterans and Super-veterans towards the end of the event. You will be able to see from the posted results whether you are in line for winning your class, in which case it may be worth waiting for confirmation if you wish to be presented with a trophy. All trophy winners will be announced on our club website, and the trophies will be presented at any suitable opportunity.

**Event Officials:**

Organiser: Philip Gristwood (MV) [pgristwood@btinternet.com](mailto:pgristwood@btinternet.com) 01483 721932, (before not after 9pm) please

Planner: Nick Green (MV)

Controller: Charlie Turner (SLOW)TBC

**Acknowledgments:**

Mole Valley Orienteering Club is grateful to the National Trust for the support given to this event.

**Last minute changes:**

Please visit the MV web site before travelling to check for last minute changes or new information about this event. [www.mvoc.org](http://www.mvoc.org). General information: [info@mvoc.org](mailto:info@mvoc.org)

**Results:** Will be available at the MV web site as soon as possible after the event. [www.mvoc.org](http://www.mvoc.org).

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