



Mole Valley Orienteering Club

(Affiliated to British Orienteering)

www.mvoc.org

ST LEONARD'S FOREST SE FAMILIES AND VETERANS CHAMPIONSHIPS

Sunday 10th December 2017

Mole Valley Orienteering Club welcomes you to its annual Level C Families and Veterans event.

Parking: Mannings Heath Golf Club and Wine Estate, Hammerpond Road, Horsham, RH13 6PG. Grid reference TQ210297. Car parking charge £2 per vehicle. Please share transport if possible.

Directions Signposted from A281 SE of Horsham at Mannings Heath TQ193284 and at junction with Doomsday Lane TQ190296, and from B2110 SW of Handcross at TQ239285.

Registration: Entries will be via Fabian4 (www.fabian4.co.uk) or by post to George Engelhardt, 27 Hare Lane, Claygate, KT10 9BT. Entries by midnight on Sunday 3rd December BOF seniors £8, non-BOF seniors £10. Under 21s & full time students & White/Yellow/Orange entrants £3. Late entry online until midnight Wednesday 6th December - £2 surcharge for seniors. Entry on the day from 10:00 am to 11:30 am at £12 for seniors, subject to map availability. SI conventional (i.e. not contactless) electronic punching (dibber hire £1).

Map: Updated by James Crawford and Linda Pakuls January 2017 and used for JK with further recent revisions by Mike Elliot. 1:10000 scale, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions at the start.

Terrain: Mostly undulating mixed woodland, with a scarp slope and intricate pitted areas visited by the longer courses. Largely runnable, with some undergrowth and a good path network. Slow-draining clay soil is likely to be very muddy.

Courses: Brown 9.3k 180m, Blue 6.3k 115m, Green 4.5k 80m, Short Green 3.5k 60m, Light Green 3.2k 60m, Orange 2.8k 50m, Yellow 2.4k 45m, White 1.4k 25m (subject to final controlling). There will be no string course.

Competitions:	SE Veterans M/W40+	Men run Blue, women run Green
	SE Super Veterans M/W 60+	Men run Green, women run Short Green
	SE Families	Parents & 2 children enter the courses of your choice & declare your team at registration

Starts: 10:00 to 12:00. Courses close at 2:00 pm. Start and Finish 500 m from Registration/Download. Clothing dump near Start.

Courtesy to others: The area is well used by horse riders, walkers and mountain bikers. Please show them consideration.

Dogs: Dogs are allowed but must be kept under close control. Please clean up after your dog.

Facilities: There will be Portaloos near registration and a tap for filling water bottles. For further refreshment after your run, Mannings Heath Golf Club offers good value light lunches and snacks in its Spike Bar as well as full Sunday roasts in its Benguela Brasserie (advance booking required). Note that the Golf Club dress code is smart casual.

Safety: Whistles strongly advised and cagoules may be compulsory in inclement weather. All courses, and the route from registration to the start and finish, involve traversing areas of slippery and sticky mud. Choose suitable footwear and take care when running.

Kit As a measure to limit the spread of ash die-back disease, please fully clean all kit before and after the event.

Event Officials:	Organiser:	George Engelhardt (MV) engelwalk@hotmail.com
	Planner:	Keith Masson (MV)
	Controllers:	Helen and Ian Marsden (HH)

Updates and Results: Check our website before travelling for Final Details and for results www.mvoc.org.

You are responsible for your own safety and you take part in this event at your own risk. British Orienteering 3rd Party insurance does not cover any non-member of a British Orienteering affiliated orienteering club at this event if that person has taken part in three or more British Orienteering registered events.