



**Mole Valley Orienteering Club present a Level B  
South East League event at  
South Ashdown  
Sunday 11<sup>th</sup> February 2018**

## Final Details

Mole Valley Orienteering Club welcomes you to this Level B South East League event.

### Key Points

Parking to Assembly – 0 to 1km      Assembly to Start – 500m      Finish to Assembly – 450m  
Clothing dump at finish      Cagoules/ Whistles may be compulsory if weather conditions require it

### Location and Travel

The event centre is at Pippingford Park, Nutley, East Sussex (GR TQ437303, Post Code TN22 3HW).

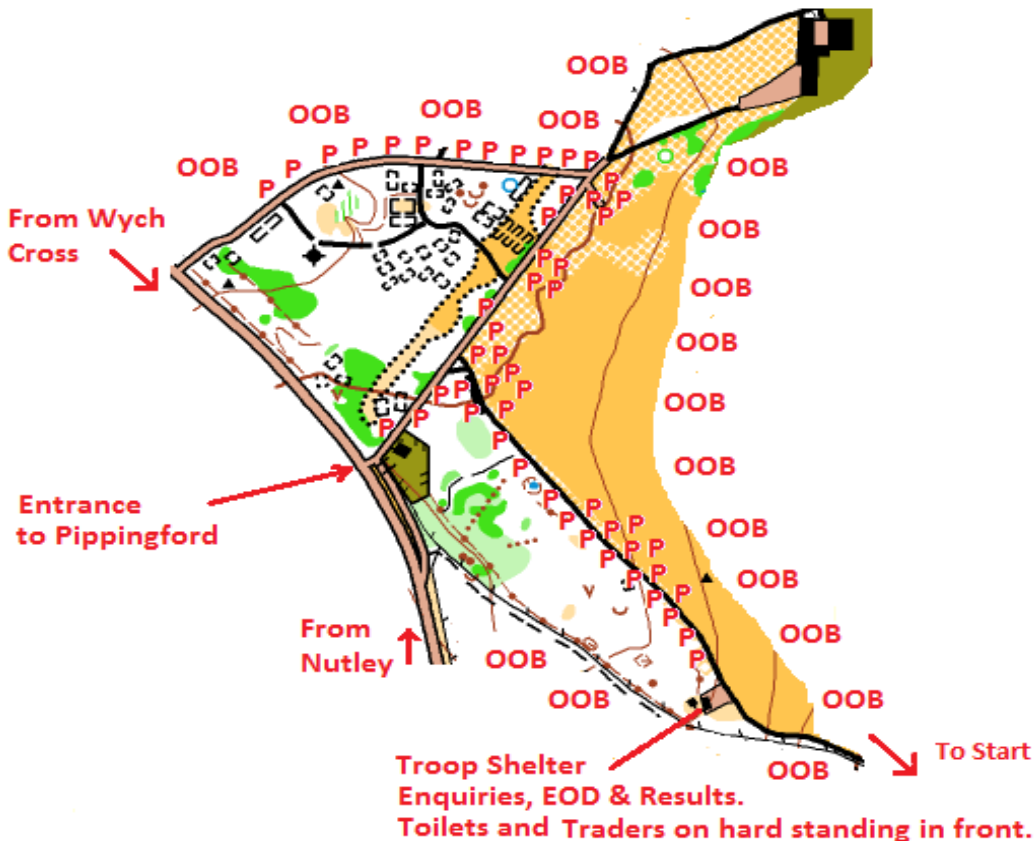
**By Car:** From the North (East Grinstead and Forest Row) follow the A22 towards Nutley (and Eastbourne). Pippingford is approximately 1.5 km South of Wych Cross. The entrance will be on your left and O-signed from 400m – don't be fooled and take the first turn labelled Pippingford Park, we are using the main gate. This is a fast road, please signal your intention to turn early to allow following cars to slow appropriately.

From the South (Uckfield and Nutley) follow the A22 towards Forest Row (and East Grinstead). Pippingford is approximately 1.5 km North of Nutley. The entrance will be on your right O-signed from 400m. This is a fast road, please signal your intention to turn early to allow following cars to slow appropriately – take care turning across the oncoming traffic.

**Public Transport:** Trains to East Grinstead – see [www.southernrailway.com](http://www.southernrailway.com). Unfortunately, there are no buses on a Sunday to South Ashdown – please bring a bike, take a taxi or arrange a lift from the station.

### Assembly Area and parking

Assembly is situated to the north west of the competition area. Car parking may be somewhat scattered depending on the firmness of the grass along the side of the drive, but will be on hard standing as much as possible, as shown on the map below. Please park as directed by parking marshals. Late arrivals may find they have up to 1km to walk to Assembly – see map. Please email the organiser if you need to park near to Assembly e.g. if you have a young family.



**Registration:** Entry via [www.fabian4.co.uk](http://www.fabian4.co.uk) remains open until midnight on 8<sup>th</sup> February or when the map limit is reached. Entry on the day will be open from 10:00 am to 11:30 am, subject to map availability, at £15 for Seniors (+£2 for non-BO members) and £5 for Juniors, whilst map stocks last. Hired dibbers should be collected from Enquiries/EOD. Those with their own SI cards who have pre-entered may go directly to the start.

**Map:** resurveyed and redrawn by Mike Elliot, January 2018. 1:10000 scale, 5 metre contours, ISOM2017, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions at the start.

The following ISOM2017 symbols are also used with a description of their use:

- ✕ Black cross: branch hide
- △ Brown open triangle: platform
- Blue open square: water tank (disused)

**Terrain:** Mostly rough open heath on a scarp slope, with areas of mature woodland containing a variety of features. Open areas contain a network of cropped lanes/paths. Generally, the open heathland consists of heather, some bracken, tussock grass and marshy bits. There are large patches which have been made into grazing areas for sheep and cattle (marked as open grass) and these are very runnable. Elsewhere runnability is reduced in places by tussocks, heather, marshes and gorse. South Ashdown has extensive gorse cover and undergrowth screens have been drawn to try and indicate the density of the gorse in the "rough open with scattered trees/bushes" symbol. The 'Slow' vegetation screen (vertical green lines) indicates that progress requires some minor changes of direction to avoid the gorse. The 'Walk' vegetation screen indicates the requirement for serious and frequent changes of direction to get through. Solid green (Fight) indicates that the mapper wasn't even prepared to try going through the gorse. There is one area, grazed by cattle, with short grass and lots of gorse, indicated by the ISOM2017 symbol '402.001 -- Open land with scattered trees, 50% green' which is such that you can run through it at speed but not necessarily in the direction you may wish to progress (this bit only effects longer courses). There are only 2 rhododendrons on South Ashdown, and only a few trees.

**Punching:** Conventional SI electronic punching will be used. Contactless punching (SIAC) will **not** be enabled. If a unit fails, please use the pin punch to punch the map and report to download.

#### Course Details:

No.	Colour code	Men	Women	Length	Climb	Controls
1	Black	M21		10.8	325	26
2	Brown	M35, M40		9.3	265	21
3	Short Brown	M18, M20, M45, M50	W21	7.7	220	19
4	Blue	M16, M55, M60	W35, W40	6.3	185	16
5	Short Blue	M65	W18, W20, W45, W50	5.2	155	16
6	Green	M70	W16, W55, W60	4.4	140	14
7	Short Green	M75	W65, W70	3.6	125	14
8	Very Short Green	M80	W75, W80	3.0	110	12
9	Light Green	M14	W14	3.3	120	12
10	Orange	M12	W12	3.2	105	11
11	Yellow	M10	W10	2.3	85	10
12	White	M8-	W8-	1.2	45	8

Unfortunately we are not able to offer a String Course. The nearby Llama Park offers a child friendly visit option, see <http://www.llamapark.co.uk/>, or there is always Pooh Sticks Bridge and the other Winnie the Pooh related sites. See <http://www.just-pooh.com/map.html> for further details.

**Starts:** 10:30 to 12:30. Start is 500m downhill from Assembly. Clothing dump near Start. Finish to Assembly is 450m uphill and passes the clothing dump. The walk to the start and back from the finish is along a taped route. Allow 8 minutes, plus 4 for call up.

Start times will be pre-allocated and displayed at <http://www.fabian4.co.uk/start/list.aspx?EventID=1983>. We are using a punching start. If you miss your allocated time you will be slotted in as soon as possible, although on popular courses this may take some time. Last starts 12:30. Please clear your SI card as you arrive. Call up will be at -4 minutes. Your name will be checked off a list and you will be required to dib a check box. Loose control descriptions will be available in the Start lanes at -3 minutes. They are also printed on the competition maps. Blank competition maps will be on display at -2 minutes. It is a punching start. Maps will be in boxes labelled by course. It is your responsibility to pick up the correct map.

Loose control descriptions and control descriptions on the maps will be pictorial for all courses with the exception of White, Yellow and Orange which will have both written and pictorial descriptions on the map and on loose sheets. Maps for White and Yellow courses will be available for competitors to collect before call-up.

**Finish:** Courses close at 3:00 pm. All competitors should download by this time even if you have not completed your course. There will be a marshal at the clothing dump near the finish.

**Dogs:** Well-behaved dogs are allowed but must be kept under close control. Please clean up after your dog.

**Facilities:** There will be Portaloos near registration. Ultrasport will be in attendance at assembly, and refreshments will be available from Tom and Julie's mobile catering wagon. A Southern Medical Services unit will provide first aid cover.

**Finish:** There is only one finish, which is close to the clothing dump. The route back to Assembly is the same as the route to the start. Maps will not be collected. **You must not show your map to anybody who has yet to run.**

There are no drinks available. Please provide your own if required, or patronise Tom and Julie's Burger van, which sells hot and cold drinks as well as tasty food.

**Safety:** Full leg cover. Whistles strongly advised. Whistles and cagoules may be compulsory in inclement weather.

Competitors who travel together will be expected to operate a 'buddy' system, so that if one competitor has not returned to the finish/download within their normal expected time, his or her buddy should report their concerns to the Organiser.

Competitors who travel alone should leave their car keys at registration.

First aid will be available from a Southern Medical Services unit at download, and there will be a marshal at the clothing dump. In the case that first aid assistance is needed in the forest, please contact this marshal at the finish. Competitors with potentially serious medical conditions are encouraged to leave a named sealed envelope at registration detailing these conditions which will only be opened if the competitor presents himself or herself to the Southern Medical Services unit. All such envelopes will be returned to the competitor or destroyed after the event by shredding.

If you become disorientated or wish to retire before completing your course, a good plan is to head south uphill until you meet the Crowborough Road (minor road running E-W) or the A22 (major road running N-S). There are several car parks along these roads where you can ask for directions back to Pippingford Park and possibly call the organiser. Alternatively, if you are still able to navigate comfortably, head north/downhill to the stream, then follow the path near the stream west/downstream to the track and continue northwest/uphill on the track to Assembly / A22.

Courses close at 15.00. After this we may instigate a search *for you*. Competitors MUST report to the Finish and Download by this time whether they complete their course or not.

Nearest Urgent Treatment Centre: Crawley Hospital, West Green Drive, West Green, Crawley, Sussex, RH11 7DH Tel 01293 600300. For more serious injuries, there are A & E units at Princess Royal Hospital, Lewes Road, Haywards Heath RH16 4EX Tel: 01444 441881 or Tunbridge Wells Hospital, Pembury, Kent TN2 4QJ Tel: 01892 823535

### **Hazards**

There is a lot of water on South Ashdown at the moment. Some paths have very muddy and slippery sections. Please be careful on these sections and in the vicinity of all water features, as the main stream (the Millbrook) is quite deep in places and the banks can be both steep and slippery. If water levels are high enough to make crossing hazardous, specific crossing points marked on map will be made compulsory. The main ponds and small lakes are all marked as uncrossable. They are deep in places and contain underwater hazards. Nearly all the pits and depressions contain water, sometimes up to 1 metre deep. Most of the pits are slit-trenches, courtesy of the Canadians during WW2. There are a large number of these on the area that the mapper has yet to fall into; these are not marked!

**Courtesy to others:** The area is used by horse riders, walkers and occasional mountain bikers. Please show them consideration and give horse riders as much room as you can.

**Rules, Complaints, Protests and Appeals:** The event will be run in accordance with the relevant Rules of British Orienteering. Competitors should initially discuss any concerns they have with the Organiser, Planner or Controller, depending on the problem. If that does not resolve the issue a complaint should be made to the Organiser, either orally or in writing as soon as possible after the problem has been identified. A protest against the Organiser's decision must be made in writing to the Controller within 24 hours of the event. If the Organiser and Controller agree with the protest they will take the appropriate action. If either or both of them disagree then the jury will convene to consider the protest. An appeal is permitted against a jury's decision to the Events and Competitions Committee in writing within 14 days of the jury's decision.

### **Conditions:**

The personal data you give will be used by the event organisers only for the purpose of processing/publishing entries and results and as required by our insurers.

**Event Officials:**

Organiser:	George Engelhardt (MV)	<a href="mailto:engelwalk@hotmail.com">engelwalk@hotmail.com</a>
Planner:	Keith Masson (MV)	
Controllers:	Gordon Parker (SLOW)	

**Updates and Results:** Check our website before travelling for Final Details and for results [www.mvoc.org](http://www.mvoc.org).

**Thanks:** We are grateful to the Morris family, owner of Pippingford Park, for allowing us to park in their estate and use the Troop Shelter. Our use of South Ashdown is courtesy of the Ashdown Conservators to whom we are very grateful.

*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. If the event has to be cancelled, Mole Valley reserves the right to retain part or all of the entry fees to defray costs.*