



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

DORKING URBAN RELAYS

Sunday 25th May 2014 – starting 10am

Mole Valley Orienteering Club welcomes you to a new urban relay event using a section of the Dorking Urban map used during the 2013 British Orienteering Championships.

Event Format: Teams will comprise 3 people. There will be 3 courses so each team member runs a different course. Controls will be orienteering kites with SI boxes for electronic punching. First runners of teams will start at a handicapped time determined by the overall age of the team (see **Teams** below). Teams will not all run the courses in the same order. The course order of each team will be pre-determined. The first team with all 3 members completing their courses will be the winner.

Event centre: The sports pavilion in Meadowbank Recreation Ground, Dorking. OS grid reference: TQ 167499. This will be open from 9.00am on the day. Parking is in the St Martin's Walk car park RH4 1DU (TQ16504955) accessed via Mill Lane off the High Street. This car park is a large multi level car park and is free on Sundays. The route from the car park to Meadowbank Recreation Ground will be taped. The nearest rail station from north or south is Dorking North, from east or west is Deepdene station. The event centre is approximately 600m walk from these stations. **Note: There is only one toilet WC in the event centre so please use the better toilet facility adjacent to the St Martin's Walk car park entrance.**

To enter the event: In order to have enough maps and to save time on the day making up teams, pre-entry is preferred by notifying the Organiser by e-mail: **the names, age class and nominated course of all 3 team members and the number of SI dibbers required.** The Organiser will acknowledge your entry. If you wish to run but cannot find 2 other team members, please let the Organiser know your name and age class so that teams may be able to be made up from other entrants. When considering the make-up of your team see **Teams** and **Courses**

Teams: For insurance reasons under 16's are not allowed to run on urban events unless accompanied by an adult. Under 16's for this event will be given a handicap age of the accompanying adult.

M75+ & W70+ = 5pts, M65 & M70 & W55 - W65 = 4pts, M55 & M60 & W40 - W50 = 3pts, M45 & M50 & W16 - W35 = 2pts, M16 - M40 = 1pt

1 point represents 2 minutes handicap. The first start time, for teams totalling **15** points, will be **10.00am**. Teams with descending points total will then start at 2 minute intervals so that the most handicapped teams start at 10:24am.

Fees: There will be no pre-payment. Please pay on the day at registration. Fees are **£3** per runner.

Map: Section of 1: 4000 scale ISSOM map of Dorking surveyed by Ian Ditchfield 2013. The map will be A4 size. Control descriptions, in text form, will be on the maps.

Courses: Start/finish next to the event centre. **A** course – approx 3.75km: **B** course – approx 3.4km: **C** course – approx 3.25km

Safety: Whilst this event has been planned to avoid crossing busy roads, the competition area is *not* traffic free so please be careful crossing roads. Nearest hospitals for A & E are Epsom Hospital, Dorking Road, Epsom KT18 7EG Tel: 01372 735735 or East Surrey Hospital, Canada Avenue, Redhill, Surrey, RH1 5RH Tel: 01737 768511

Courtesy to others: As with all urban events you will very likely come into close contact with members of the public. Please be aware of this when running, particularly when negotiating narrow alleyways, and be patient and polite when meeting or passing.

Dogs: Dogs are allowed but must be kept on a lead during competition. Dogs are not allowed in the event centre pavilion.

Event Officials: Organiser & Planner: David Fisher southey182@ntlworld.com Tel: 01372 459772

Controller: tba

General information: info@mvoc.org

Event updates: Please visit www.mvoc.org to check for any new information about this event.

Results: Will be available at www.mvoc.org as soon as possible after the event.

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