



Mole Valley Orienteering Club

(Affiliated to the British Orienteering Federation)

National Ranking Event

**South East Veterans and (New!) Super Veterans
Championships
South East Families Competition**

Sheepleas and Effingham Woods

Sunday 14 November 2010

MVOC invites you to run at Sheepleas and especially encourages families (2 plus 2), Veterans (40+), and SuperVeterans (60+) to compete for the annual South East Championships. This year is the inaugural South East SuperVeterans Championships and we will be awarding newly commissioned trophies.

Terrain: Sheepleas consists of undulating deciduous woodland with an extensive path network. Effingham Woods (longer courses only) has commercial forestry plantations with some steep slopes.

Map: 1:10,000, A3 size, waterproof, overprinted.

Parking: Four hard-standing car parks will be used, signed from the A246/B2039 junction at East Horsley. Map reference TQ095526. Postcode KT24 2AA.. Please share rides as far as possible as car parking space is limited.

Registration: EOD only, 9:30am – 12:00pm, located near to car parking.

Starts: 10:00am – 12:30pm, located about 1 km from registration. Courses close 2:00pm.

Fees: £8.00 Seniors, with discount of £2 for National & SEOA BOF Members, £3.00 Juniors & Students.

Punching: SportIdent electronic punching (hire charge £1.00).

Courses: Brown, Blue, Green, Light Green, Orange, Yellow, White (sorry no String course).

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

Families Competition: 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 will do the rest.

First Aid: Basic kit and support at event. Nearest A&E unit at Royal Surrey County Hospital, Guildford at GU2 7XX, phone 01483 571 122.

Dogs: Welcome if under control.

Officials:
Mapper : Mike Elliot
Planner: Nick Green
Organiser: Ted McDonald (07855 789 625)
Controller: Philip Gristwood

Please check the MV web site for any last minute information before travelling: www.mvoc.org.

**IN THE INTEREST OF SAFETY ALL COMPETITORS MUST REPORT TO DOWNLOAD
Competitors participate in this event at their own risk**