



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

HEADLEY HEATH South East Families & Veterans Championships

Sunday 15th December 2019

FINAL DETAILS

Welcome to the 34th running of the South East Families and Veterans

Event centre: High Ashurst Outdoor Education Centre, RH5 6DQ TQ191531. Signed only from Burford Bridge roundabout at junction of A24 and B2209 at TQ172519. Toilet facilities provided. Bring your own water and refreshments.

Parking arrangements: Parking is very restricted. We request that those otherwise intending to travel alone arrange a car share with club colleagues.

Registration: Indoors (please remove muddy shoes). Entry on the day subject to map availability from 10.00am 'til 11.30am at £14 for Seniors & £8 for Orange, Yellow, U21s & students. SI electronic punching (dibber hire £1 or £2.50 for SIAC touch free).

Map: Newly revised and updated by Mike Elliot, 1:10000 scale, overprinted and waterproof. Control descriptions will be on the map and in start lanes.

Courses:

Brown	9.0km	220m	22ctls	Back to back maps
Blue	6.4km	170m	19ctls	<i>Male Veterans Championship</i>
Green	4.6km	60m	16ctls	<i>Female Veterans and Male Super Veterans Championships</i>
Short Green	3.4km	40m	16ctls	<i>Female Super Veterans Championship</i>
Light Green	3.5km	45m	15ctls	
Orange	2.8km	45m	13ctls	
Yellow	2.4km	40m	15ctls	

A free String course around High Ashurst Education Centre is also available.

The Short Green course is suitable for the competent but less agile orienteer.

Controls are SIAC enabled but you must punch both the Start and Finish controls.

Championships:

South East Veterans

M40+ Blue, W40+ Green

South East Super Veterans

M60+ Green, W60+ Short Green

Families

Handicap competition for family groups of four. Please ask for the special entry form at Registration, run course of your choice and we do the rest

To be eligible competitors must be members of an SEOA club.

Trophies will be awarded at 2pm or winners will be contacted after the event. Please will the current holders return the trophies to Registration before they start.

Starts: 10.30 to noon – turn up and go. Courses close at 2pm sharp and control collection may begin before this. The Start is 900m from Registration. It is a flat route along an almost traffic free track that serves a small number of residences. There will be no organised clothing dump and the Finish is 500m from Download in the opposite direction. The route from the Finish to Download is along traffic free paths and tracks, steep in places.

Terrain: Headley Heath is on the dip slope of the North Downs, and therefore is in general slightly higher in the south than the north. However, there are steep valleys running northwards, so that travelling west/east across the middle of the map involves significant ascent and decent. Although the bedrock is chalk, and consequently some of the paths are flinty, parts of the Heath have been a beach in times past, resulting in a layer of sandy soil with rounded pebbles. In places it will be very difficult to get control stakes into the ground, so please be gentle when punching and don't knock them over!

There is ongoing scrub and forest clearance. All courses may encounter areas which are obviously freshly cut; treat this as an unexpected bonus as runnability will be better than indicated on the map! Be careful not to run across the ash heaps of recent bonfires; even if there is no smoke, there may still be painfully hot embers just under the surface.

At the time of writing, some paths have a temporary fence (easily bypassed) across them, and notices warning of forestry operations "today". There will in fact be no forestry operations on a Sunday, and competitors on Brown and Blue courses will need to disregard these fences & notices.

Competitors on all courses may encounter cattle grazing. These are well used to people and unlikely to take any notice of you. Nevertheless, do not run straight at them. If you are unlucky enough to find cattle at one of your control sites, it's safe to walk right up to them and punch.

Further information about Headley Heath may be found here: <https://www.nationaltrust.org.uk/headley-heath>

Map and courses from a previous event may be found here: <https://www.mvoc.routegadget.co.uk/rg2/#66>. Today's planner avoided looking at this until after he had finished planning, and was surprised how different today's courses are. Whether this is good or bad is for you to decide after you've run, but please do put your routes on the new Routegadget when it appears after this event.

Safety: Whistles and cagoules may be compulsory in inclement weather. Please come prepared. Nearest A&E is 4 miles away at Epsom Hospital, Dorking Road, Epsom, Surrey, KT18 7EG 01372 735 735. The Mole emergency phone number is 07946 775422 which will be at Download.

Dogs: We regret that no dogs are permitted at High Ashurst

Event Officials:	Organiser:	Tony Burton MV fixtures@mvoc.org
	Planner:	Ian Ditchfield MV
	Controller:	Mike Elliot MV

Acknowledgments: Our thanks to the National Trust for permission and support for this event

Updates and Results: Check our website before travelling and to find the 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. In the event has to be cancelled, Mole Valley reserves the right to retain part or all of the entry fees to defray costs.