



Mole Valley Families and Veteran Event (Level C)

St Leonard's Forest

Sunday 10th December 2017

Final Details

Latest news: The Chief Forecaster of the Met Office has issued Yellow Warnings for both wind and snow for South East England on Sunday 10th December. Please take note of these warnings: dress warmly and drive carefully. There is a high probability that whistles and cagoules will be made compulsory for the event, so make sure you bring them. If the weather deteriorates significantly in the next 24 hours, there is a possibility that the event will be cancelled. Check the website before setting off.

Mole Valley Orienteering Club welcomes you to its annual Families and Veterans Event. We hope you have an enjoyable day in St Leonard's Forest.

Directions

From the north or south on the A23: Take the turning for Handcross and follow the B2110 towards Lower Beeding. The event is signposted from the junction with Hammerpond Lane at Ashford Crossways TQ239285.

From the north or south on the A24: Take the turn-off at TQ155313 on the A24 Horsham by-pass and follow the A281 for 3 km through the middle of Horsham, turning left at the T junction and passing under the railway. 900 m after the railway bridge, the event is signposted at the junction with St Leonard's Road TQ183300.

From the south on the A281: Follow the A281 towards Horsham. The event is signposted SE of Horsham at Mannings Heath TQ203284.

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. There are three separate car parks. One is the greenkeepers' yard, which is where registration and download are located. When that is full, cars will be directed to the two visitors' car parks closer to the clubhouse. Maximum distance from visitors' car park to registration/download is 300m. The route from the visitors' car parks crosses Hammerpond Road, which can be busy. The crossing will be marshalled, please take care and follow marshals' instructions. The track through the Greenkeepers' Yard is one-way, so please follow the signs for entry and exit.

Registration: Entry on the day will be open from 10:00 am to 11:30 am, subject to map availability. £12 seniors, £3 juniors. 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: Surveyed by James Crawford and Linda Pakuls December 2016/January 2017 and used for JK, updated October/November 2017 by Mike Elliot. 1:10000 scale, with 5m contours, overprinted and waterproof. Undergrowth screens are shown for significant areas of brambles/other undergrowth which may also contain bracken. Bracken on its own, or mostly just bracken, is not included.

Non-IOF symbols on the map:

Blue cross: water trough

Green cross: Large rootstock (>2m)

Green circle: distinctive tree

Black cross: man-made object, mostly hides

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.

Punching: Conventional SI (i.e. not contactless) electronic punching will be used. Competitors on the brown course should note it has 30 controls, so using a Type 8 SI card is inadvisable. If a unit fails, please use the pin punch to punch the map and report to download.

Course Details:

Course	Length (km)	Climb (m)	Controls
Brown	9.3	180	30
Blue	6.3	115	20
Green	4.5	80	15

Snort Green	3.5	60	17
Light Green	3.3	65	15
Orange	2.8	50	12
Yellow	2.4	45	10
White	1.4	25	11

There will not be a 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. Start and Finish 500m from Registration/Download. Clothing dump near Start. The walk to the start and back from the finish is along a taped route through the forest. This route is muddy and slippery, providing a good indication of what to expect on the courses, with some steep sections to negotiate. It is not suitable for buggies or for those with significant mobility problems. Allow 20 minutes.

Start times will not be allocated. Turn up and go. There will be a 3 minute call-up with blank maps and loose control descriptions available on waterproof paper in the start lane. Loose control descriptions will be pictorial for all courses with the exception of White, Yellow and Orange which will also have written descriptions.

Maps for White and Yellow courses will be available for competitors to collect before call-up. Note that the control descriptions on the maps will be pictorial only, including White, Yellow and Orange.

Finish: Courses close at 2:00 pm. All competitors should download by this time even if you have not completed your course. The finish will be marshalled.

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: Full leg cover. 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.

First aid will be available at download, but the finish will be marshalled. In the case that first aid assistance is needed in the forest, please contact the marshal at the finish.

Nearest Urgent Treatment Centre: Crawley Hospital, West Green Drive, West Green, Crawley, Sussex, RH11 7DH Tel 01293 600300. Note that mobile phone reception in and around the forest ranges from very poor to non-existent and that any urgent calls will have to be made from the golf club.

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

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

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.

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.