

Mole Valley Orienteering Club

(affiliated to British Orienteering) www.mvoc.org

Balcombe Estate CSC/T Heats – FINAL DETAILS Sunday 13th March 2022

Mole Valley Orienteering Club welcomes you to the Balcombe Estate for the regional heats of the CompassSport Cup and Trophy competitions. The Estate is privately owned and we would like to particularly thank Simon Greenwood (SAXONS) for allowing us to use the woods today, Samantha Collins (the administrator for the estate), Jamie Kirkman (Head Forester) and Jonny Light (Gamekeeper) for their advice and assistance in all matters related to our organisation, access to the Event Centre etc.

Key points:

COVID – although the government has relaxed the rules, <u>you must not attend</u> if you or someone you have been in close contact with has recently had symptoms or tested positive for COVID 19

Map 1:10 000, 5m contours Far Start 1500m from Assembly Far Finish 1200m from Assembly

Safety bearing for Far Start courses – W to find road then SW along it (inside the fence) to regain the road crossing

Near Start 150m from Assembly Near Finish 250m from Assembly

Safety bearing for Near Start courses - W (uphill) to find fields then look NE/SE for Assembly

Whistles are strongly recommended for your own safety

Cagoules may be compulsory if poor weather SIAC will be enabled (punching Start & Finish)

Courses close 14:30 sharp – you must report to Download by then

Event Centre Location, Car Parking & Travel options:

Balcombe Estate Forestry & Sawmill, Haywards Heath Road, Haywards Heath, West Sussex (GR TQ316296, Postcode RH17 6NJ, what3words prosper.regret.geek

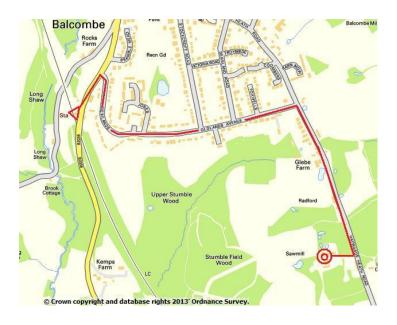
By Car: From the North exit the M23 at junction 10A and then follow the B2036 to Balcombe. From the West take the B2110 from Handcross to its junction with the B2036 and then turn South for Balcombe. In both cases, at the mini-roundabout on the village green, take the left fork signed Lindfield and Ardingly. Follow the road through to the centre of the village and go 'straight over' at the dogleg crossroads signed Haywards Heath, Lindfield and Ardingly. Continue straight on at the next mini roundabout signed Haywards Heath.

From the South and East, aim for the centre of Haywards Heath and follow brown signs for 'Borde Hill Garden' (and Balcombe). Heading North out of Haywards Heath pass Borde Hill Garden on your left, and approximately 2.5 kilometres further on you will see O-signs into the parking areas.

We would like to reserve parking at the Sawmill for elderly entrants and families with young children. Otherwise, please park at Bowders Farm 400m to the south at TQ318292, Postcode RH17 6QH, what3words obtain.flattery.neckline – follow signage/marshals' directions.

Either way, parking is limited so please share cars wherever possible.

Public Transport: Balcombe Railway Station is on the mainline between London and Brighton. See <u>Southern Rail</u> for train times and tickets. It is approximately 1.5 km from the station to the sawmill – see map below. Take care walking or cycling on narrow roads with fast moving traffic.



Entries:

CompassSport Cup (CSC) & CompassSport Trophy (CST) entries can only be made via club captains. Colour coded courses – White, Yellow, Orange and Light Green – are available for non-CSC/T competitors on racesignup until midnight on Sunday 6th March. Entries will reopen following map ordering subject to the maximum number of maps available for each course. Seniors: £8, Juniors: £4.

SIAC electronic punching will be used. SI dibbers are available for hire for the non-CSC/T courses on racesignup and can be collected from Enquiries at the Sawmill. (There is a £30 charge for lost dibbers).

Map and Control Descriptions:

The map has been newly re-drawn by Mike Elliot to ISOM 2017, using LiDAR data. 1:10,000 scale with 5m contours – overprinted and waterproof. Control Descriptions and Legend will be on the map. Loose control descriptions will be available at the start. See routegadget for previous map (March 2018).

Terrain:

A diverse hilly area split into several parts, connected by open fields or separated by railway/roads. These include steep scarp slopes with rocky features and old bracken, to slow run areas in plantation forest. Generally slow run throughout with some areas affected by brambles, although the worst of this has been avoided.

Course	Length (km)	Controls	Climb (m)	Start
1 (Brown, Men Open)	9.4	26	295	Far
2 (Short Brown, M20- M40+)	8.0	24	250	Far
3 (Blue, Women Open)	6.4	18	180	Far
4 (Blue, M50+)	6.4	18	190	Far
5 (Green, W20- W45+)	4.5	12	130	Far
6 (Green, M60+) & 8A (M18-)	4.6	11	150	Far
7 (Short Green, M70+ W60+)	3.5	10	110	Far
8B (Short Green, W18-) & 10 (M80+ W70+)	3.5	13	90	Near
9A/9B (Orange M14- W14-)	2.5	9	60	Near
Light Green	3.5	13	85	Near
Yellow	2.0	12	50	Near
White	1.1	9	30	Near

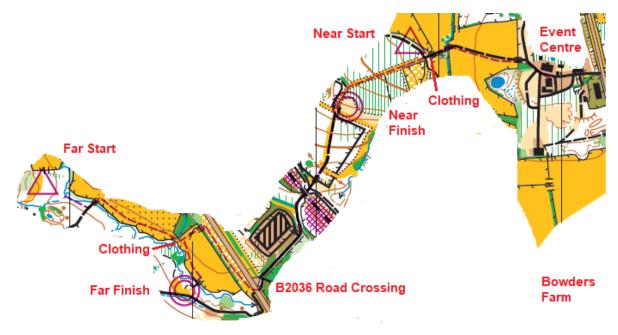
All above are subject to final controlling. Unfortunately we are not able to offer a String Course

Starts, Finishes and Clothing Dumps:

The Near Start is approximately a 150m level walk from the Event Centre. The route back from the Finish passes the Start so clothing may be left nearby. Please bring your own bag.

The Far Start is approximately 1.5km from the Event Centre across the busy, 60 mph(!) B2036 Balcombe to Cuckfield road. This crossing will be marshalled. The road is not crossed in competition. Clothing may be left where the route to the Start diverges from the route to the Finish. Again, please bring your own bag.

See map below for the locations of both Starts and Finishes.



Starts are 10:30 - 12:30. If you do not need to collect a hire dibber, you can go straight to the start. Allocated start times will be available to club captains once entries have closed. Runners turning up late may have a long wait for a slot to appear in the start list as we have to keep runners from the same club a reasonable time apart – aim to arrive in plenty of time for your start.

Safety:

Courses close at 14:30 and you must finish by this time even if you have not completed your course. Don't forget to download on your return to the Event Centre.

RJK Event Medics will be in attendance. The nearest A&E is Princess Royal Hospital, Lewes Rd, Haywards Heath RH16 4EX – details will be available from Enquiries.

The Event Centre is a working sawmill site. Children must be supervised at all times and must <u>not</u> be allowed to climb on any log piles or machinery.

The B2036 road and the railway are strictly out-of-bounds.

It is recommended that whistles are carried. In the event of severe weather we may require that cagoules are worn and, if so, a notice will be posted at the event entrance from the Car Park.

Fences – All courses except White cross fences. The Yellow course has a 60m taped route from a fence crossing down to a path. For other courses, optional crossing places will be marked on the map – these could be stiles, gates, hurdles or just a point on a barbed wire fence protected by pipe insulation. Please leave any gates as you find them.

Cattle – Courses 1-6 and 8A cross a field that is likely to have cattle in it. We are assured that they are well behaved.

Facilities:

Portable Toilets are located by the sawmill office. Please bring your own post-race refreshments.

Courtesy to others:

The Balcombe Estate have asked that you arrive with clean footwear to reduce any potential for Ash Dieback contamination.

Dogs are allowed on a lead in the car parks but <u>not</u> in surrounding woods, fields or the competition area. Please ensure that you clean up after your dog.

If you cause any damage to fences, gates etc on your run please make sure that you report it to the Download team

Results:

Will be available at the MV website as soon as possible after the event. www.mvoc.org

Event Officials:

Organiser: Mike Bolton (MV) - mikebolton2007@gmail.com or 0791 555 3282 (before 9pm)

Planner: Keith Masson (MV)

Controller: Mike Murray (SLOW

Last minute changes:

Please visit the MV web site before travelling to check for last minute changes or new information about this event. www.mvoc.org

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