



## Mole Valley Orienteering Club

(affiliated to British Orienteering)

[www.mvoc.org](http://www.mvoc.org)

### HEADLEY HEATH South East Families & Veterans Championships

Sunday 15<sup>th</sup> December 2013

## FINAL DETAILS

### Welcome to the 28<sup>th</sup> 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. Boxhill & Westhumble station is 500m from car pick up point at Ryka's (see below). Toilet facilities provided. Bring your own water and refreshments

**Parking arrangements:** Parking is very restricted. Sole occupancy cars will **not** be permitted to park at the event centre and will be turned away. If you travel alone then visit public car park (Ryka's) at Burford Bridge and park or provide a lift to at least two other competitors. Please will all competitors be prepared to pick up and give lifts back to this car park which you pass on the way to and from the event

**Registration:** Entry on the day subject to map availability from 10.00am till 11.30am at £9 for Seniors & £2 for U21s and students. SI electronic punching (dibber hire £1)

**Map:** Updated December 2013 by Mike Elliot, 1:10000 scale, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions will be at the Start and not at Registration – *this is a change from the flyer*. Headley Heath provides an excellent orienteering challenge with a mix of woodland, semi-open and lowland heath. It has an extensive path network, myriad ground features and two steep sided valleys. There is a large area of recent clearance which has required some late course changes but is included in the updated map and offers fast running

#### Courses:

Brown	9.5km	295m	15 controls
Blue	7.1km	195m	14 controls
Green	5.2km	90m	13 controls
Short Green	3.3km	70m	10 controls
Lt Green	3.6km	80m	9 controls
Orange	2.6km	45m	8 controls
Yellow	2.2km	45m	10 controls

*Male Veterans Championship*

*Female Veterans and Male Super Veterans Championships*

*Female Super Veterans Championship*

Includes a short taped section along indistinct path across a steep valley

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

#### 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

Trophies will be awarded after the event to the winners of Veterans and Super Veterans competitions who are members of an SEOA club. 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. The Start is 800m from Registration and includes a steep downhill and steep ascent. The route passes the Finish at halfway. There will be no organised clothing dump

**Safety:** Whistles and cagoules may be compulsory in inclement weather. Nearest A&E is 4 miles away at Epsom Hospital, Dorking Road, Epsom, Surrey, KT18 7EG 01372 735 735

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

<b>Event Officials:</b>	Organiser:	Tony Burton/Simon Ling MV	<a href="mailto:clerk@mvoc.org">clerk@mvoc.org</a>
	Planner:	Tony Burton MV	
	Controller:	Philip Gristwood 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](http://www.mvoc.org)

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