

Mole Valley Orienteering Club present a high quality colour-coded event

at St Leonard's Forest near Horsham

on (Bank Holiday) Monday 28^{th} December 2009 incorporating the South-East Veterans Championship and a Families Competition

Event Centre: Horsham Rugby Club, Coolhurst Ground, Hammerpond Road, RH13 6PJ. OS Grid Reference: TQ196299. Sat Nav: N51:03:21, W0:17:43. Approach from the A281 SE of Horsham, turning off at brown "Horsham RFC" sign at OS Grid Reference TQ190295. Please have £1 parking fee ready. Nearest railway station Horsham 2km, but check Christmas timetable.

Facilities: hard-standing car park; indoor registration, toilets, changing rooms, hot showers & comfy chairs. Bar will be open, and hot food available; Horsham RFC have made us very welcome, please encourage them by spending some money.

Timings: Entry on the day only, from 09:45 to 11:45. Starts from 10:00 to 12:00. Courses close 14:00. Please don't start late if you expect to take a long time, and download as soon as possible after finishing.

Entry Fees: Seniors £7, £2 discount for National or SEOA British Orienteering members on production of membership card; Juniors £2.

Punching: SportIdent will be used. Hire of e-cards £1 (lost cards will be charged at £30).

Courses (lengths provisional): White 1.8km; Yellow 2.6km; Orange 2.7km; Long Orange (Red) 5.5km; Light Green 3.7km; Short Green 3.3km; Green 4.5km; Blue 6.3km; Brown 9.3km; Black 10.9km. It is hoped to provide a String course in the Rugby Club grounds.

The White & Yellow are on the long side, but restrictions of the path network make it impractical to shorten them.

Access to forest: Walk to the finish is 800m, flat, including a section of narrow road with no footpath. Clothing may be dumped at the finish at your own risk in your own bag. Start is a further 200m including a muddy descent and ascent to cross a stream which may be deep.

You may feel a need to escort your children. Alternatively, the youngest and oldest competitors may be chauffeured to a car park adjacent to the start; however this will not help them return from the finish, and will bypass the clothing dump. Competitor's cars must not be left in the car park near the start.

South-East Veterans Championship: Trophies for first M40+ SEOA member (i.e. someone who is a member of British Orienteering through a south-east club) on the Blue and W40+ on Green.

Family Competition: for teams of four, one of whom must be related to all the others, each person running an appropriate course of their choice. Ask for an entry form at Registration, and we will calculate the points to find the winning family.

Terrain: Woodland, mostly Forestry Commission, with a good mix of age and species. Stream valleys and old iron workings provide contour detail. Visited by Brown and Black courses from Holmbush in April, otherwise unused for over a decade.

Map: by Roger Maher, 2009, 1:10,000, waterproof paper. Size A3 or smaller.

Dogs: Welcome in the car park and the forest, but not on playing fields nor in the clubhouse. Please avoid fouling rugby club premises, especially when walking beside the pitches to the forest.

Officials: Organiser: Ian Ditchfield, email: ditchi56-flyer@yahoo.co.uk Planner: Mike Elliot Controller: Vince Joyce (SO)

Mole website: www.mvoc.org. Please check before travelling re string course and other details.

Orienteering is an adventure sport. You participate at your own risk and are responsible for your own safety. Everyone registering must download, even if you decide not to run, to avoid triggering a search of the forest.