



Mole Valley Orienteering Club presents a Level B, UKOL Race 2 and SE League Event

Pippingford Park and part of South Ashdown

Sunday 23rd February 2014

FINAL DETAILS

Key points:

SI electronic punching £2 for parking, please have correct change ready Map 1:10 000

Start 150m from Assembly Finish 800m from Assembly Courses close 14.00 sharp

Whistles and/or Cagoules may be compulsory if the weather justifies it

Black and Brown Course Competitors with an SI card unable to hold more than 30 split times may wish to swap their SI card, free of charge at Enquiries.

Location and Travel

Pippingford Park, Nutley, East Sussex (GR TQ437303, Post Code TN22 3HW).

By Car: From the North (East Grinstead and Forest Row) follow the A22 towards Nutley (and Eastbourne). Pippingford is approximately 1.5 km South of Wych Cross. The entrance will be on your left and O-signed from 400m – don't be fooled and take the first turn labelled Pippingford Park, we are using the main gate. This is a fast road, please signal your intention to turn early to allow following cars to slow appropriately.

From the South (Uckfield and Nutley) follow the A22 towards Forest Row (and East Grinstead). Pippingford is approximately 1.5 km North of Nutley. The entrance will be on your right O-signed from 400m. This is a fast road, please signal your intention to turn early to allow following cars to slow appropriately – take care turning across the oncoming traffic.

Please note: This is not the parking used for the British Nights the previous day.

Public Transport: For trains to East Grinstead please see <http://www.southernrailway.com/>

Unfortunately the connecting bus services no longer run on a Sunday so you will need to bring your bike, take a taxi or thumb a lift from a friendly passing orienteer (on the nearby Southbound A22)

Terrain

Pippingford is a mixture of semi-natural woodland and heather heathland, with more contours than are usual in the south-east. The area has a network of tracks but is otherwise nearly pathless. Earth banks provide line features in some places. Heavy grazing by wild deer reduces the woodland ground vegetation and creates transient (unmapped) pathways. The thicker heather which used to make for hard going in the eastern part of Pippingford has now been thinned by ponies.

The area includes a string of large lakes running N-S and another in the Northern area of the map orientated E-W. Sizeable streams exit these lakes running North off the map. These water features offer handrails but also significant obstructions. After months of rain many of the 'dry' ditches are wet, wet ditches are streams, streams are torrents and marshes are more extensive and/or very wet indeed. You have no chance of keeping your feet dry! However, there is little deep gunge, even in the marshes, so you have a surprisingly good chance of keeping your ankles dry. Some of the worst conditions are on muddy paths. Footwear with some sort of stud is essential (or wellies for the kids).

Two areas have been marked with purple hatching to indicate “dangerous ground”. One is the only lake dam which does not have a bridge, the water instead flowing over the top. Normally this can be paddled through at the price of wet ankles; the water is now somewhat higher and recently a tree trunk was seen to pass over without touching the bottom. The second is a path which used to be alongside a stream but has recently been part of it.

Pippingford is used for military training and civilian adventure races. Both these activities seem to require festooning the area with tapes of all lengths and colours. The only tape relevant for this event is (1) new-looking red/white tape in the immediate vicinity of the Start, Finish & Assembly area, and, (2) new-looking yellow/black tape marking a hazard anywhere in the forest.

There is a cross-country race in the morning plus the British Night Championships on the Saturday before this event, both of which may create extra paths. These will not be mapped.

Most courses will encounter the fenced enclosure containing the Exmoor ponies, who have done a marvellous job of improving runnability in the largest rough-open area. This is a plain (not barbed) wire fence, which may be crossed at any point. Every 20m or so, there is a strengthened section with a wooden top, which is intended to facilitate crossing. There are also occasional gates, which must be left shut, even if you find them open (most will shut of their own accord anyway).

There is no hostile vegetation in Pippingford. No brambles, no gorse, no thorn trees. Enjoy!

Competitors on Black, Brown and Short Brown will be visiting South Ashdown. This is open heathland, harder going than Pippingford except on the mown ride network due to longer heather and gorse. Pippingford and South Ashdown are separated by 1.5m fence. Courses have been planned to encourage use of a gate, but you may climb the fence if you prefer. Only the top strand is barbed wire, and it's enclosed in a protective casing. **Otherwise, if you find yourself confronting a barbed-wire fence, you will be trying either to enter a mapped out-of-bounds area, or to leave the map altogether. Please desist!**

Course Details (subject to final controlling)

	Length (km)	Climb (m)	Controls	Age/Gender League Equivalence
Black	12.2	450	34	M21
Brown	10.3	390	30	M35, M40
Short Brown	8.2	265	23	M18, M20, W21, M45, M50
Blue	6.7	225	19	M16, W35, W40, M55, M60
Short Blue	5.6	225	18	W18, W20, W45, W50, M65
Green	4.6	120	18	W16, W55, W60, M70
Short Green	4.2	120	18	W65, W70, W/M75, W/M80, M85, M90
Very Short Green	3.5	60	17	W85, W90
Light Green	3.6	90	14	W/M14
Long Orange	5.2	155	26	
Orange	3.1	70	16	W/M12
Yellow	2.5	50	18	W/M10
White	1.5	25	14	

Unfortunately we are not able to offer a String Course. The nearby Llama Park offers a child friendly visit option, see <http://www.llamapark.co.uk/> or there is always Pooh Sticks Bridge and the other Winnie the Pooh related sites, see <http://www.just-pooh.com/map.html>

Courses Black to Light Green have pictorial control descriptions. The Long Orange, Orange, Yellow and White courses have written ones

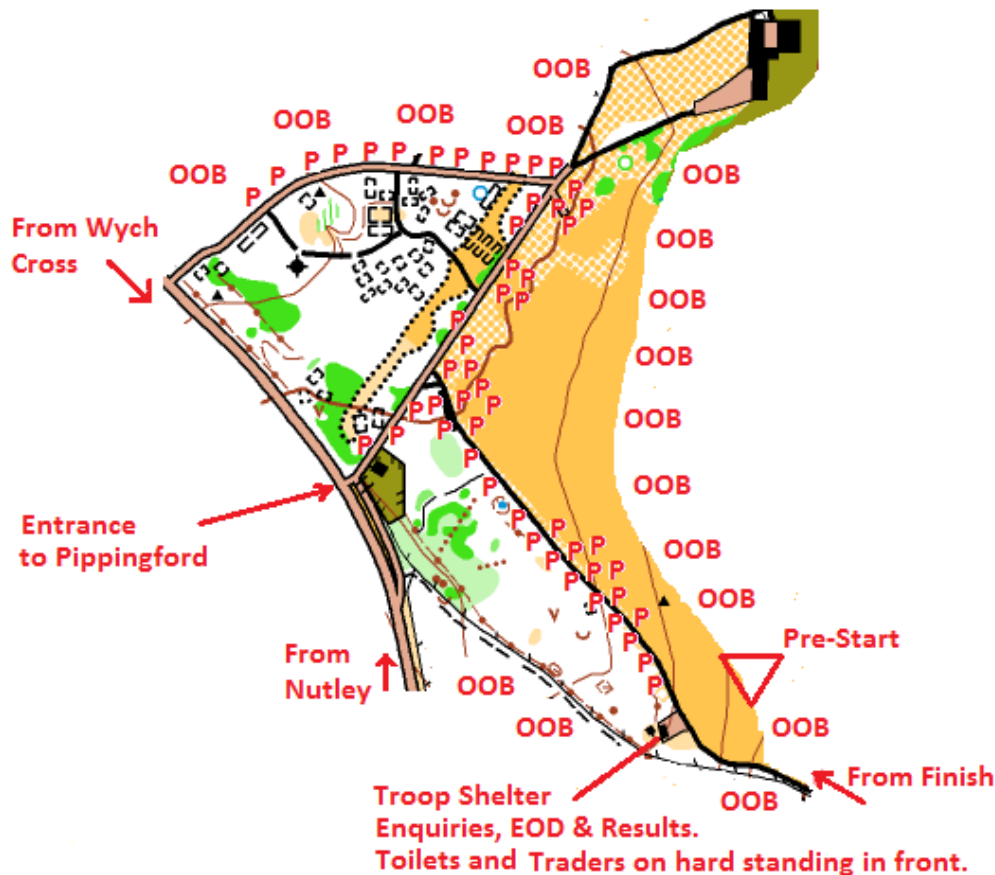
There are a lot of controls in the forest, some of them fairly close together. The planner is keen that you should navigate all the way to your control, not just get into the right area and then run to the

first kite that someone else is heading for. If you know what feature you are looking for you shouldn't be tempted to punch a wrong control, but please check the code just in case.

Assembly Area

This is situated on the South Western edge of the map. A large Troop Shelter will house Enquiries, Entry on the day, SI hire/swap and Download. The Troop Shelter will also serve as a general meeting place/shelter. Car parking is somewhat scattered as much of the field is too wet/soft to use as originally planned. Late arrivals may find they have up to 1km to walk to Assembly – see map. Please email the Organiser if you need to park near to Assembly e.g. if you have a young family.

Entry via www.fabian4.co.uk remains open until midnight on 17th February or when the map limit is reached. Entry on the day will be available at £12 for Seniors (+£2 for non-BO members) and £6 for Juniors, whilst map stocks last.



Facilities

Toilets, Ultrasport, Tom & Julie's burger wagon and Red Cross First Aid (a Treatment Centre trailer and a 4x4 Response Unit) will be on hard-standing next to the Troop Shelter.

Start Times

These will be pre-allocated so please check the Start List on Fabian. We are using a punching start. If you miss your allocated time you will be slotted in as soon as possible, although on popular courses this may take some time. Last starts 12:30.

Start

This is situated approximately 150m North of the Troop Shelter. There will be no toilet or clothing transfer as it is so close to Assembly. You may warm up in the woods alongside the track between the entrance and Assembly – all other areas are OOB, including the roadway beyond Assembly.

The Pre-Start will be visible from Assembly. Please 'Clear' your SI as you arrive. Call up will be at -5 minutes. Your name will be checked off a list and your SI card will be read as a safety check. Loose

control descriptions will be available in the Start lanes at -4 minutes. They are also printed on the competition maps. Blank competition maps will be on display at -3 minutes. You will then move forward over the brow at -2 minutes and spend the final minute in the start box, in view of the start kite. It is a punching start. Maps will be in boxes labelled by course. It is your responsibility to pick up the correct map.

Finish

There is only one finish some 800m downhill from Assembly (the planner felt you would prefer to walk this rather than run it as part of your course!). The route back to Assembly and Download will be marked with tape. Some courses cross this route, please give way to people running.

Maps will not be collected. **You must not show your map to anybody who has yet to run.**

There are no drinks available. Please provide your own if required, or patronise Tom and Julie's Burger van - they sell hot and cold drinks as well as tasty food.

SAFETY

Competitors must wear full body cover.

Whistles and cagoules may be compulsory – you will be advised by the car parking team.

If travelling alone, please leave your keys at Enquiries.

If you become disorientated or wish to retire, head downhill towards the lakes and recover the main tracks through the area. If you are on the Eastern heathland area of the map, head uphill to pick up the track along the boundary of the park. In both cases, then head South to reach the Pippingford boundary and uphill (West) back to Assembly.

***COURSES CLOSE AT 14.00, after this we may instigate a search for you.* Competitors MUST report to the Finish and Download by this time whether they complete their course or not.**

The nearest A & E Hospital is in Haywards Heath. Details can be obtained from Enquiries.

Hazards

Please be careful in the vicinity of all water features as their banks can be both steep and slippery. Lakes and rivers outlined in black on the map cannot be crossed other than by a bridge or dam – if there is no path marked, do not try to cross at that point. Courses have been planned to make these safe crossings the best route choice – take care to use them. White and Yellow courses do not cross any major watercourses, but do pass close to the lakes.

One marsh is mapped as uncrossable (black outline), do not try to test the accuracy of the mapping of its boundary nor attempt to cross it.

Anglers could be using the lakes – look out for them and their equipment.

The Army may be organising a training exercise – if you come across them, they should ignore you. If not you may ignore them. There is a possibility that you could find items of unexploded ordnance e.g. flares – take appropriate care.

Pippingford Park has many deer which may be spooked and run through the area. Also Exmoor ponies, which are harder to spook.

Those runners whose courses venture onto South Ashdown will encounter walkers, dog walkers and horses riders, plus the occasional mountain biker. Please be courteous and give the horse riders as much room as you can.

Map and symbols

The map is printed on waterproof paper at a scale of 1:10,000. It was updated during winter 2013/14. The longest courses will be on A3 sheets, others may be smaller.

Vegetation on Pippingford drifts vaguely from runnable woodland through semi-wooded to rough-open. Generally, vegetation changes are difficult to map or detect.

You will find small clearings in runnable forest, and being able to see the sun (we hope!) when looking up is no guarantee that you are in a mapped clearing. Unless there is a distinct vegetation boundary marked on the map you should think twice about using vegetation changes for micro-navigation. There are a large number of rhododendron thickets throughout the area and where possible they have been shown using solid green (fight). In a number of places there are a large number of small(er) thickets through which it is possible to progress at either a slow-run or walk. In these areas the appropriate vegetation screen (vertical green lines) has been used.

There are three items, at least, of agricultural machinery on the area, none of which are mapped. The north-western edge of the area is not bounded by any substantial fence, though there is a low earthwall with military signs indicating that you are at the edge of the training area (Pippingford Park). The woodland outside the area to the North-west (and North) is pretty much identical to that adjacent to it in the area.

Pippingford has three sorts of earthwall, all mapped with the normal earthwall symbol:

- Conventional linear earthwalls, mostly old field boundaries, are at least as tall as they are wide, and will as usual have only the height given in the control description.

- Pillow banks, also linear, are old rabbit warrens. These are much wider than they are high, and the control description will give height x width.

- Bell pits are small circular earthwalls, and originate from earth being piled up around the edge of canvas (bell) tents. Where these are used as a control feature, the kite will be placed in the centre of the earthwall circle, and the control description will just be 'earthwall'.

South Ashdown has much more gorse (apparently the sheep can't reach it) and the main clumps which obstruct runnability have been mapped as fight (or occasionally walk). There are some areas where the gorse is too extensive to map individual thickets and in these cases the map uses the scattered trees/bushes in rough open symbol combined with a vertical line screen (either walk or slow run). There are only 2 rhododendrons on South Ashdown, and only a few trees.

The following non-standard symbols have been used:

- Brown filled triangle to indicate a platform

- Blue cross to indicate a water trough (some of which are larger than others)

- Black cross to indicate a branch hide

Dogs

Well behaved dogs are allowed in the Car Park and Assembly area **only** and **must be on a lead at all times**. Please clean up after your dog.

Protests

If you have any reason to complain about your course then please talk informally with the Organiser in the first instance, who will talk to other officials if necessary. If you feel the need to make an official protest then the Jury will be convened as soon as practicable.

Conditions:

The personal data you give will be used by the event organisers only for the purpose of processing/publishing entries and results and as required by our insurers. In the event of cancellation, all or part of the entry fee may be retained to cover costs already incurred.

All Competitors take part at their own risk and are responsible for their own safety.

Officials

Planner	Ian Ditchfield, MV
Controller	Andrew Evans, DFOK
Mapper	Mike Elliot. MV
Safety Officer	Philip Gristwood, MV
Organiser	Mike Bolton, MV
	bnc2014weekend@gmail.com 0791 555 3282 (before 21:00 please)

Thanks

We are grateful to the Morriss family, owners of Pippingford Park, for making the land available.

Our use of South Ashdown is courtesy of the Ashdown Conservators and we are grateful to the Duty Ranger for unlocking the gate between the two.