

Guildford Orienteers welcomes your return to Redlands and Bury Hill for the SOUTHERN CHAMPIONSHIPS a National and SE League event on Sunday 4 February 2024

FINAL DETAILS (version A)

In case of poor weather, check the Racesignup website before travelling
(<https://racesignup.co.uk/site/event.php?eventid=4003>).

There are no longer any formal restrictions around Covid-19. However we encourage you not to attend if you or a member of your household has Covid-19 symptoms.

By entering this event competitors agree to abide by the [British Orienteering Participant Code of Conduct](#) (revised August 2021).

You take part in this event at your own risk.

Essential points – for the busy reader

- Please do not arrive before the car park opens at 9am.
- Tom's food wagon, toilets, SI/SIAC card hire, Enquiries, Download and First Aid are all at Assembly.
- Dogs are allowed under control in the car park and Assembly area but not on the courses please.
- Electronic Punching – SI, including SIAC. Courses 1, 2, 3 have more than 30 controls – please ensure your SI card has sufficient capacity. The Start is **timed** (not punching); the Finish must be **punched** by everyone.
- Clothing must cover torso and legs. Cagoules may be compulsory if the weather is bad – come prepared.
- Control descriptions (loose) in Start lanes at -3; also printed on the maps. Course 1 loose control descriptions are 23cm long (21cm without the heading), which might be longer than the standard holder.
- The Start is 500m from Assembly; the route goes via the clothing dump which is next to the Finish.
- Maps are A4 size and are 2-sided for courses 1, 2, 3, 5 and 7.
- The road across the area is a forbidden route choice on all courses.
- Courses close at 3:30pm. YOU MUST download/report to the Download team by this time.

Safety issues

- **Mountain bikers:** There are many unmapped MTB trails, which are not out of bounds. Significant injuries are likely if a fast moving bike and an orienteer are unable to avoid a collision. There are further details below but the take-home message is that you should be vigilant around these tracks.
- **Road crossings:** There is a minor road through the area with little traffic but it can (including quiet cyclists) travel at speed so take care crossing. Except for one crossing (for courses 1, 2, 4) they are marshalled at busy times and have a timed-out leg across the road.
- **Dress** appropriately for the expected weather, bearing in mind that in the event of an accident you may be stationary for a few hours. Full cover leg protection is required. There may be ticks – please check yourself carefully after the race. Note that in bad weather cagoules may be made compulsory.
- **Forestry work:** There are log stacks. Stay off them.
- **Safety bearing in an emergency:** Head west to the road or if you have crossed the road once and only once since the Start, head east to the road. Head north on the road looking for the Finish on its east side.
- **Emergency Number:** All maps are overprinted with an emergency phone number which can be used on the day to contact the Organiser for emergencies (07710 399545).
- **Nearest A&E:** East Surrey Hospital, Canada Ave, Redhill RH1 5RH. (There is First Aid at Assembly.)
- **Medical Conditions:** If you have a medical condition that might require medical assistance during the event you may download and fill in and print the [BOF medical form \(click here\)](#) and give it to Enquiries in a sealed envelope (with your name/dibber number on). It will be shredded after the event.

Car Park directions

The car parking is in a field close to and signed from Coldharbour Lane/Boar Hill where it joins Logmore Lane (grid ref TQ155462, post code RH5 4EL, W3W [///pulse.trail.stone](http://pulse.trail.stone)). There is no signage to the event until you get to that junction.

Please approach from the north, along Coldharbour Lane, as follows. Please do not come up Logmore Lane from Westcott, which is a very long narrow single track road with only occasional passing places.

In the one-way system round central Dorking (the A25) head south along South Street. You pass Majestic Wine (post code RH4 2JU) on your left take the right lane towards Guildford A25 Other Routes, then keep left to turn left on to Falkland Road towards Coldharbour Leith Hill. After 60 metres, turn right into Coldharbour Lane Unsuitable for HGVs and keep following Coldharbour Leith Hill for 1.6 miles to reach the aforementioned junction with Logmore Lane where you will be signposted to turn right to the car park.

Assembly Area; Facilities

- Toilets
- Tom's food wagon. No free water will be provided – please bring your own.
- main tent with:
 - Enquiries and hired SI/SIAC card collection
 - Car key drop
 - EOD for colour-coded courses only
 - Download
- First Aid provided by Event Medic Services Ltd.

Entry on the day

EOD is available until 11:30am only to the colour-coded courses (subject to availability of maps):

Course	Length	Entry fee	£11	
White	1.9km	Except:		Students pay junior rate
Yellow	2.3km	Senior non-BOF	£13	
Orange	2.9km	Senior Light Green (LG)	£20	Dibber hire is £1 (normal SI)
Light Green	3.1km	Senior non-BOF LG	£22	or £3 (contactless SIAC)

Entry online at Racesignup is preferred but cash EOD payments will also be taken.

Electronic Punching

Both normal SI dibbers and contactless SIAC dibbers can be used. Note however that the Finish must be punched by everyone, so SIAC users cannot swish/swipe it.

The longer courses have more than 30 controls and **require a suitably high capacity dibber**. Make sure you have one. SI-card 8 can only record 30 control punches (they have 7 digit numbers beginning with "2"). Original dibbers (SI-card 5, numbered less than 500,000) can record 33 punches but split times for only 30 of them. All contactless SIAC cards will cope fine but if you hire an ordinary SI card from us it will not record more than 33 control punches (with only 30 split times). Also beware of punching extra controls which will use up extra records!

It is your responsibility to check your SI card has registered (flash/beep) at the Start, at each control and at the Finish. In case of SI failure use the pin-punch on the control stake to mark your map.

Take care of your hired dibber. It will cost you £69 to replace a SIAC if lost (or £20 for a normal one).

Clothing and whistles

Clothing should be suitable for walking/running round the woods, taking take account of the winter weather conditions (if very bad cagoules may be required). Your torso and legs must be clothed. To help reduce the risk of MTB collisions it is recommended that bright clothing be worn. Bright/contrasting colours will increase your visibility to mountain bikers. Whistles are strongly recommended.

Water Station for Elite course runners

There is a water station at the road crossing used by courses 1 to 10. There is a limited supply of water and cups and we ask non-elite runners to restrain themselves from partaking, please.

Courses

Course	Length (km)	Climb (m)	Controls	Southern Champs Age Classes		Map scale	Road crossings	
				M	W			
1	10.5	565	37	M21E		1:15k		
2	9.0	435	32	M21L	W21E			
3	7.7	415	32	M18E, M20E, M35L, M40L	W21L			
4	6.9	335	27	M45L, M50L		1:10k		
5	6.5	315	26	M20L	W18E, W20E, W35L	1:15k		
				M55L				
6	5.9	235	25	M60L, M21S	W40L	1:10k		
7	5.3	230	24	M16A, M18L, M35S, M40S	W45L, W50L			
8	4.9	205	23	M65L, M45S	W55L, W20L, W21S			
9	4.5	185	19	M70L, M20S, M50S, M55S	W16A, W60L, W18L, W35S			
10	3.5	190	16	M75L, M18S, M60S	W65L, W40S, W45S			
11	3.3	140	14	M80, M65S	W70L, W20S, W50S, W55S			
12	2.6	130	11	M70S, M75S	W75, W18S, W60S			
13	2.6	120	11	M85	W80, W65S, W70S			
14	1.9	60	9	M90	W85, W90			
15	3.9	190	15	M14A, M16B			None	
16	3.1	140	12		W14A, W16B			
17	2.9	145	12	M12A, M14B	W12A, W14B			
18	2.3	80	11	M10A, M12B	W10A, W12B			
19	1.9	60	10	M10B	W10B			

this symbol indicates the course is printed in two parts on both sides of the A4 sheet.

this symbol indicates a free road crossing which is unmarshalled and within your race time. Cross at your own risk, and do not run along the road which is a forbidden route choice. Immediately after crossing the road is a field of old dead maize, which you may run through.

this symbol indicates a timed-out road crossing; up to 60 seconds will be deducted from your road crossing time between the two controls on either side.

Unfortunately we have not been able to provide a String course.

Eligibility for Southern Championship trophies and mementos (edible!)

You can enter any age class, but to be eligible for Championship trophies and podium places you must have entered the age class matching your age and sex, or 'run up'. Eligibility also requires that you are a member of British Orienteering and a member of one of its southern regional associations: SCOA, SEOA or SWOA. Furthermore trophies and other prizes (mementos) are only awarded to competitors in the highest category (Elite, Long or A) of each Age Class, which are the following:

Elite courses: M/W18E, M/W20E, M/W21E

Long courses: M/W35L – M/W70L, M75L, W75 – W90, M80 – M90

A courses: M/W10A – M/W16A

Prize Giving

Championship results (top 3) will be announced and prizes awarded at around 2pm near the Download tent.

Running up

- M class competitors can only run up to M class courses.
- W class competitors may run up to W or M class courses.
- Competitors in age classes from 10 to 18 may run up to an older age class.
- Competitors in age classes from 35 to 90 may run up to a younger age class.

The British Orienteering Trans policy applies.

When you run up you are not competing in your 'own' age class.

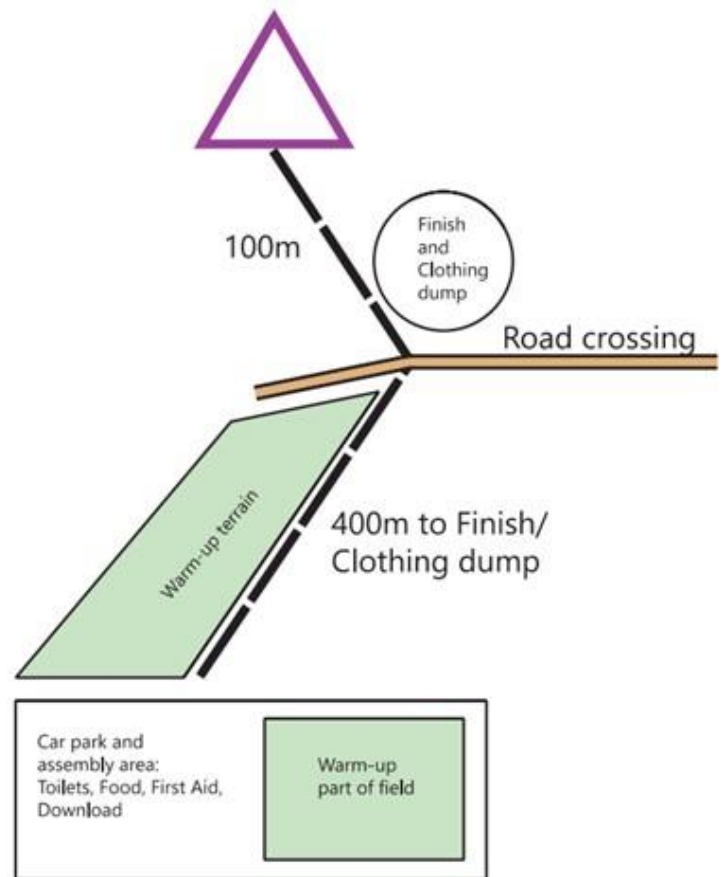
Start

Please know your start time (see the [Start List](#)) and bear in mind it may be updated as late as Friday 2 February. This is a National event, **with pre-allocated, seeded start times which are fixed**. If you are late, you will be given the next available start slot but your start time will not be changed. You will be allowed to punch the Start; however you will need to request and justify why the organising team is at fault if you wish your start time to be changed. (Less stringent criteria will be applied when judging such requests for entrants in colour-coded classes.)

Pre-entered competitors who have their own SI cards can go directly to the Start.

The main Start is 500m from Assembly via the clothing dump (at the Finish). You can warm-up in the terrain on the left of the path to the Start, before the road crossing. There is also space to warm up in the car park field on the downhill south side that is not used to park in.

Call-up is at -4 minutes. If weather conditions are bad enough, cagoules will be made compulsory and will be checked. Maps for competitors on courses 18 and 19 will be available to them before they start, at -3 in the start lanes.



Maps and Control Descriptions

If you are running course 5 (M20L, W18E, W20E, W35L, M55L) make sure you pick up the correct scale of map!

All courses have an A4 sized map printed on waterproof paper. Control descriptions are printed on the map and available separately (loose) at -3 in the start lanes. They use pictorial 2024 Standard symbols. Courses 18 and 19 have text descriptions; course 17 has both text and pictorial on the map.

Course 1 loose control descriptions are 23cm long (21cm without the heading), which might be longer than the standard holder.

Mapper-Planner notes on the Terrain and Map

This area occupies a north/south sandy ridge, sloping fairly gently on the top but steeply on either side, so you can expect plenty of climb. Much of the area is commercial forestry, resulting in a full range of runnability. At this time of the year the widespread bracken presents little hindrance - for all ages. A particular feature is many small stands of western hemlock, leading to numerous patches of saplings which vary between fast run and impenetrable, indicated by undergrowth and runnability screens. Tracks cut across steep slopes result in even steeper earth banks several metres high. These are indicated by the "comb" symbol; only the most hazardous are shown as out of bounds.

The variety of woodland and steep slopes provide interest in route-choice, but, as in most southern forests, there is an extensive network of paths. Superimposed on this are innumerable bike paths, old and new. Because of their ubiquity most of these bike paths are not mapped - most competitors will be able to distinguish them from ordinary mapped footpaths; a few are shown and marked as out of bounds. Several steep slopes have been torn up by bikers. Courses are planned to minimise danger from bikes. A general principle is that likely route choices cross bike paths in an upward direction, so that descending bikes are in view. By the nature of orienteering, it is obviously impossible to plan for all eventualities: competitors are encouraged to be continuously vigilant.

Out of bounds: Forestry England has identified several ecologically sensitive areas, marked as out of bounds both on the map and, in some cases, by red and white tape and policed on the ground. You must not cross these, or risk disqualification. On a few courses these will materially affect route-choice. Owing to out-of-bounds restrictions being imposed more extensively than expected, it has not been possible to meet fully the EWT (Estimated Winning Times) criteria of BO Area Championships Rule I, albeit courses will be physically more demanding than those with a standard Level B status.

Road Crossings: The road across the area is a forbidden route choice on all courses. There are timed-out (up to 60 seconds) designated crossing points for courses 1 to 10 and one free-choice crossing for courses 1, 2 and 4.

Mountain Bikes and trails

There are many mountain bike tracks in the area. These are not mapped and are NOT out of bounds. HOWEVER they are potentially very dangerous if a fast-descending biker meets an orienteer and the two find themselves unable to avoid a collision. We therefore ask you to be vigilant and cross trails with great care and avoid running along them unless you have a good view of approaching cyclists, particularly those coming at you downhill.

We have designed the courses to minimise the risk of MTB collisions. We have told as many MTBers as we can about our event today. But it's also up to you to take due care and attention. Please.

Public Access

The area is used for walking and horse riding and cycling (as noted above). Be courteous towards other users you do encounter, especially those with dogs and horse riders – our future use of these areas depends on this.

Finish

The Finish is 400m from Assembly. It is not enabled for contactless swiping – **you must punch the Finish**.

Maps will NOT be collected. Please keep to the spirit of the event by not showing your map to those competitors who have yet to start.

Courses close at 3:30pm. **You must download by then** to avoid a search for you being initiated. You must report back to Download even if you retire.

Results

Live results will be uploaded during the event to the [GO website](#). They can be found by following this QR code, which is also printed on the map. Results will not be displayed at the event.



Safeguarding/Child Protection

Competitors are permitted to carry a mobile phone for use in an emergency and children and vulnerable adults are encouraged to do so.

If you are shadowed, or shadow before your own run, please declare yourself non-competitive at Download. (Note that an entry does not provide an extra map for a shadower.)

Ticks

Ticks could be present in the area but low likelihood at this time of year. Check over your whole body after competing. If bites develop a rash or become inflamed, obtain medical advice.

Ash Dieback precautions

BO recommends you arrive with all kit, especially footwear, fully cleaned since its last outing; after your run, put all your kit in a plastic bag to prevent spreading fungal spores.

Oak Processionary Moth

Forestry England has asked us to make you aware of the spread of Oak Processionary Moth. The larvae are destructive to oak trees and cause rashes and allergies when you touch them. Fortunately they are not likely to be present in winter. Further information can be found at <https://www.forestresearch.gov.uk/tools-and-resources/fthr/pest-and-disease-resources/oak-processionary-moth-thaumetopoea-processionea/>.

The ash dieback precautions outlined above are likely to be effective in combatting the spread of this moth.

Complaints and Protests

Please first discuss any complaint with the Organiser. Should the complaint not be resolved, then please put the complaint in written form (forms available) and the Organiser will refer the matter to the Jury.

Photography

You are welcome to take photographs at our event. However please respect other people's privacy when taking photographs, and do not take inappropriate or intrusive photos. Please bear in mind Guildford Orienteers' [Data Privacy Policy](#) as well as British Orienteering's guidelines.

If you have any concerns regarding inappropriate or intrusive photography (in terms of the way, by whom, or where photography is being undertaken), please report them to the Organiser.

Parents, guardians or carers who have a reason to be sensitive about the children they are responsible for should bear in mind that photographs may be taken at the event, and some may be posted on public websites.

Organiser: Jeremy Wilde, GO (e-mail: [organiser at guildfordorienteers.co.uk](mailto:organiser@guildfordorienteers.co.uk))

Planner: Tom Edelsten, GO

Controller: Charlie Turner, SLOW

We are grateful to Forestry England, Mr and Mrs Hill, Gervase Law and Gary Yeomans for permissions to use the area for orienteering and for the car parking.

Please remember

- Orienteering is an adventure sport. All competitors take part at their own risk and must take responsibility for their own safety. Parents are responsible for their children and advice is available on request, about what courses may be suitable.
- Please check website for last minute cancellation in case of poor weather. In the event of cancellation, some or all of your entry fee may be retained.
- The personal data you give will be used by the event organisers & their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.