



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

THE NOWER Level B and UK Orienteering League

Saturday 7th February 2015

FINAL DETAILS

Mole Valley Orienteering Club welcomes you to The Nower in Dorking for a Level B and UK Orienteering League Event. The Nower is a wooded area with a significant hill and a good path network. The forest is largely runnable, there are no brashings but there are some brambles. Leg protection is nevertheless required. Extra orienteering interest is provided by some gullies which were probably dug during military or civil defence training. The underlying rock is sandstone so the area is well drained.

Event Centre: The event centre is in the Priory School, West Bank, Dorking, RH4 3DG, grid reference TQ158488. Registration, SI dibber hire and download will be in the school reception area as are the toilets.

Travel:

By Car: From the North, West and East, exit the M25 at junction 9 and follow the A24 to Dorking. At the junction with the A25, head West into Dorking town centre. From the South, pick up the A24 to Dorking. Leave the A24 when you reach the roundabout at the Southern end of Dorking heading along Flint Hill towards the town centre.

Signs to the event centre will be placed at the junction of South St and Falkland Rd. The event centre is situated in a quiet residential area of the town.

Parking: Parking is very limited in the school grounds and the surrounding area; please share cars wherever possible. Marshalls will direct drivers to the relevant car park

Public Transport: Dorking West and Dorking Deepdene stations are on the Reading to Redhill route, however trains only stop at Dorking West infrequently. Dorking West station is 1.6km from the event centre and Dorking Deepdene is 2.1km. Dorking Main is on the mainline from both London Victoria and London Waterloo, it is 2.3km from the event centre. See www.nationalrail.co.uk for train times and tickets.

Bus stops "Townfield Court" or "Rose Hill" are 500m from the event centre. There are buses from the main railway station, and there is a (relatively) fast bus from Kingston. See www.travelinesoutheast.org.uk

Entries: Entries are now closed. There will be **NO** EOD.

Punching system: SI electronic punching will be used. SI dibbers pre-booked on Fabian can be collected from registration. They are also available to hire on the day for £1. (There will be a £30 charge for lost dibbers).

Starts: Start times are from 1100hrs to 1330hrs, with courses closing at 1430hrs. There is an 800m walk from the event centre to the start; the finish is also close to the start. Start times will be allocated and published on the Mole Valley website prior to the day of the event. Individuals who are late for their allocated start time will be allocated the next available slot for their course; however as some courses are expected to be full, you may have quite a wait. The start will be a punching start. There will be no clothing dump. There is a large area of grass near to the start which is suitable for warm up; competitors are not to enter the forest before their start time.

Map and Control Descriptions: The map has been recently updated by Mike Elliot – 1:5,000 scale, A4 size, overprinted and waterproof. Blank copies of the map will be available in the start lanes. Control Descriptions and legend will be on the map. Loose control descriptions will be available at the start.

Courses: Course distances and climb will be subject to final controlling. Longer courses cross a minor road with limited traffic; competitors should take care when crossing the road. All courses will close at 1430hrs, except for that agreed with Interland teams who have a slightly later start time arranged.

Course	Classes	Length (km)	Climb (m)
1	M40 M35 M21 M20 M18 M16	3.0km	135m
2	M50 M45 W35 W21 W20 W18 W16	2.6km	85m
3	M60 M55 M14 W50 W45 W40	2.1km	50m
4	M70 M65 W65 W60 W55 W14	1.9km	50m
5	M85 M80 M75 W85 W80 W75 W70	1.6km	45m
6	M12 W12	1.5km	60m
7	M10 W10	1.0km	20m

Courses have been planned for an M21 winning time of 15-20mins and then ratio'd for length in accordance with British Orienteering guidelines.

Although this is a Short Forest race rather than a normal Sprint race, it will follow the British Orienteering rules for control separation for sprint races: "The higher density of controls sites needed for a Sprint race sometimes means that controls are closer together than they are in Middle/Long races. The minimum separation of controls is correspondingly less than for Middle/Long races and is 15m (or 30m if the control sites are on similar features)".

Special map symbols: All significant trees used as control sites are large sweet chestnuts (*Castanea sativa*); they are shown on the map with a green circle. Bench seats are shown with a black circle on both the map and the control descriptions. The area is mostly broadleaved woodland, but there are small plantations of needle-

leaved conifers. The edges of these plantations are usually mapped as distinct vegetation boundaries and can be useful for navigation.

Download: Download will be in the event centre. All competitors are to download even if they retire from their course.

Equipment: Although the courses are based on slightly longer than sprint distances/times, the event is forest based and all competitors must wear full body cover.

First Aid: A first aid kit and first aiders will be available in the event centre.

Traders: Tom's burger van will be on site to provide food and refreshments. Ultrasport will also be in attendance.

Dogs: We regret that no dogs are permitted in the event centre or car park.

Other users in the event area: The area is popular for local residents to walk dogs. All competitors are to be respectful of others users of the woods.

Event Officials:

Organiser: Tom Murphy MV
Planner: Ian Ditchfield MV
Controller: Keith Tonkin GO

Acknowledgments: Our thanks to the Surrey Wildlife Trust and The Priory School for permission and support for this event.

Updates and Results: Check our website before travelling and to find the results www.mvoc.org

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