



FINAL DETAILS

SOUTH EAST FAMILIES AND VETERANS CHAMPIONSHIPS

Sheepleas and Effingham Woods 13th December 2015

Travel: Car parking is in several locations signed from and north of A246 in East Horsley near Thatchers Hotel KT24 6TB. Please look out for signs and car parking marshals and park as indicated. See map below. Nearest rail station at Horsley is 1.5km to the North.

Event centre: In northern wing of Duke of Wellington at junction of A246 & B2039 KT24 6AA. Toilets. No spikes or muddy shoes inside please. Remove them before entering. There is no event car parking in the pub car park. If you wish to eat (and/or drink) in the pub after you have run then you are advised to book a place before you go to the start as they can be very busy.

Entry and Registration: Entry on the day, subject to map availability, from Registration from 10am till 11.30am at £11 for Seniors & £6 for U21s and students & Yellow/Orange entrants. SI electronic punching (dibber hire £1). If you have pre-entered you can go direct to the start.

Map: Newly updated and extended by Mike Elliot, as used in Southern Championships 2015, 1:10000 scale, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions at the start.

Terrain: Sheepleas (All Courses): Undulating deciduous woodland with extensive path network. Effingham Woods (Brown & Blue): commercial forestry plantation with some steep slopes. Brown and Blue courses involve crossing the same minor road twice. As well as motor vehicles - please take particular care of silent fast moving cyclists when crossing road.

Courses:

Brown	8.3km	240m	29c	
Blue	6.2km	190m	23c	Men Veterans (40+),
Green	4.3km	100m	15c	Women's Veterans (40+), Men Super Veterans (60+)
Short Green	3.5km	95m	14c	Women's Super Veterans (60+)
Light Green	3.2km	95m	10c	
Orange	2.9km	80m	11c	
Yellow	2.1km	50m	10c	

Trophies to winners of Veterans and Super Veterans competitions who are members of an SEOA affiliated Club. Please will last year's winners (Jill Blount, Kenny Leitch, Christine Kiddier, Mark Glaisher) return their trophies before or at the event.

Families: This is a 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.

Starts: Turn up and go at minute intervals between 10.30 and noon. **Courses close at 14.00.** The Start is approximately 1km from the Registration along flat tracks. Head west along road from Registration then

