

Mole Valley Orienteering Club (MVOC) welcomes you to
Stamford Hill Epsom Urban Race

Sunday 27th August 2017

This urban orienteering race is a British Orienteering Level C event and part of the Southern England Orienteering Urban League.

- Parking – Horton Country Park, Epsom
- Assembly - Old Moat Garden Centre
- Entry on the day, available while maps last
- SI electronic punching in use
- Start and Finish points are both about 250m from Assembly
- No drinks will be provided, but can be bought in the Café Assembly / Download
- Juniors (under 16) must be accompanied by an adult to the start
- All runners must wear numbered bibs which will be available at registration and a bright coloured top for safety
- Please avoid the out-of-bound areas marked on the maps
- Please take care crossing all roads

FINAL DETAILS

Directions and Parking	<p>Parking is in the grounds of Horton Country Park, off Horton Lane, Epsom, Surrey, OS grid reference TQ 191618, Postcode is KT19 8PL</p> <p>Horton Country Park is signed with brown signs from Christchurch Road / Horton Lane</p> <p>Please follow signs to the parking field and any marshal's directions.</p> <p>Nearest rail stations are Epsom and Chessington South (2 km) but check in advance that trains are running that day.</p>
Entries	<p>Entries list available on www.fabian4.co.uk</p>
Registration and fees	<p>Online entries via www.fabian4.co.uk until 24 Aug.</p> <p>Seniors £12, Juniors £5 by 24 Aug (supplement for non-BOF members £2 adult and £1 junior) and entry on the day between 10 and 12 (subject to map availability). Novice entry available on the day (Adults £5, Juniors £3).</p>
SI electronic punching	<p>It is the competitor's responsibility to ensure that they punch the start, finish and the correct punch at every control site. In the event of the SI unit not flashing the manual punch should be used.</p> <p>Those who need to hire SI electronic punches should go to Enquiries.</p> <p>Hire on the day for £1 (lost dibbers £30)</p>

Facilities	<p>Toilets are available in the car park and at Assembly in the garden centre.</p> <p>First Aiders will be available in the Assembly area.</p> <p>There is a café at Assembly where food and drinks can be purchased.</p> <p>The garden centre is open to customers during the day so please do not obstruct their business or customers.</p> <p>There will be a secure area for key and bag storage at registration.</p>
Clothing	<p>Shorts and sleeveless tops are permitted; trainers without metal studs should be used.</p> <p>All runners must wear numbered bibs which will be available at registration and a bright coloured top for safety</p>
Start	<p>The start is 250m from assembly and the route will be taped.</p> <p>Starts are between 10:30 to 12:30; there are no individual Start times so just turn up and run!</p> <p>There will be a -3 minute call-up.</p> <p>Entry on the Day runners will be asked to take a slip to the Start, showing their course.</p> <p>Please take care crossing the road between the Assembly and Start and use the signal controlled pedestrian crossing.</p> <p>All children should be escorted to the start by an adult.</p> <p>Blank Maps will be displayed in the start lanes.</p> <p>All maps will be available at the start. Course 7 maps will be made available in advance of the start line.</p>
Finish and download	<p>The Finish is 250m from the Assembly area – please follow the signs and tapes through the park to Download, at the Assembly area - please make sure that you download even if you do not complete your course (as we don't wish to send out search parties unnecessarily).</p> <p>Take care crossing the main road to Assembly</p>
Courses close	<p>Courses close at 2:30pm, after which time controls will be collected in.</p>
Map	<p>The map was newly drawn by Peter Martin (MV) in 2017 for this event.</p> <p>The scale is 1:5000 for all courses. A mixture of urban & parkland.</p> <p>All maps will be A4 or A3 size, printed on waterproof paper.</p> <p>Adults who are shadowing a junior please do not take an extra map. Any competitive senior competitors shadowing should complete their own run first to remain competitive.</p>
Control descriptions	<p>All senior courses will have pictorial descriptions printed on the map; Courses 6-7 will have pictorial and text descriptions. Loose control descriptions on waterproof paper will be available at the Start.</p> <p>The following non-standard control descriptions are used:</p> <ul style="list-style-type: none"> • X – Play or exercise equipment or seat

Course	Age Classes	Length	Optimal Route length approximate additional distance	Controls
1	Men's Open (16+)	7.1K	10.1k	26
2	Women's Open (16+), Men's Veterans (40+)	6.3k	8.6k	21
3	Women's Veterans (40+), Men's Super Veterans (55+)	5.2k	7.5k	20
4	Women's Super Veterans (55+), Men's Ultra Veterans (65+)	4.4k	6.5k	14
5	Women's Ultra Veterans (65+), Men's and Women's Hyper Veterans (75+)	3.1k	4.3k	13
6	Men's Junior (16-), Women's Junior (16-)	3.1k	4.2k	15
7	Men's Young Junior (12-), Women's Young Junior (12-)	1.7k	1.8k	15

Climb on all courses is minimal

Dogs	Dogs are allowed in the car park, park and assembly area. They must not be left alone in vehicles in the car park. A local dog walker can look after dogs if arranged in advance, contact the organiser for contact details.
Safety	<ul style="list-style-type: none"> • Please take care at the crossing point between the car park and assembly area. This point will be manned if traffic on the day requires it. • Courses cross many minor roads plus a main access road, please be aware of the traffic & take care! • The area uses many housing estates – look out for car movement and take care when exiting alleyways onto roads. • Wear bright clothing so that pedestrians in particular are aware of your approach. • All Juniors under 16 (course 6 and 7), must be accompanied by an adult to the start. • All Junior runners must obey the instructions of any marshals at road crossings. • Lone competitors: if you are travelling alone we would be grateful if you would leave your named keys/details at enquiries. • Runners with a specific medical condition that we should know about in an emergency should leave these details in a named, sealed envelope with Registration/ First Aid – to be used in the case of emergency & will be destroyed, unopened, after the event.

<p>Terrain</p>	<p>Please do not attempt to cross any private gardens, fences or damage any ornamental areas– courses have been planned to avoid the need for this. The area is a mixture of housing, hospital areas, some shops and open grassy areas.</p> <p>You are reminded that all olive-green areas on the map must NOT be crossed even if they look crossable. In addition, in some areas hedges have not been mapped to aid clarity – you must not cross through any form of hedge or planting, even if it is not shown on the map.</p> <p>Likewise, any area marked with the purple striped out of bounds symbol must NOT be entered even if it looks accessible.</p>
<p>Results</p>	<p>Results will be displayed in the Assembly area throughout the event. They will also be available as soon as possible after the event on the Mole Valley website (www.mvoc.org.uk).</p> <p>Routegadget should also be available as soon as possible after the event.</p>
<p>Protests</p>	<p>If you have any reason to complain about your course then please talk informally with the organiser in the first instance, who will talk with other officials if necessary. If you feel the need to make an official protest, you must do this in writing, to the controller who will discuss with the organiser.</p> <p>If they agree with the protest, the appropriate action will be taken.</p>
<p>Conditions and cancellation</p>	<p>Any personal data you give will be used by the event organisers only for the purposes of processing/publishing entries/results and as required by our insurers.</p> <p>In the event of cancellation, all or part of the entry fees may be retained to cover the cost of expenses already incurred. In the unlikely event of cancellation, a notice will be posted on the Mole Valley websites.</p> <p>Pre- entries will not be returned after the online entries close at midnight on 24th August.</p> <p>All competitors run at their own risk and are responsible for their own safety.</p>
<p>Officials</p>	<p>Organiser: Peter Martin (MV) (peter.dmartin@btinternet.com)</p> <p>Planner: Mike Elliot (MV)</p> <p>Controller: Gordon Parker (SLOW)</p>
<p>Acknowledgments</p>	<p>Old Moat Garden Centre and the Richmond Fellowship</p> <p>Epsom and Ewell Borough Council</p> <p>Horton Country Park</p> <p>Surrey and Borders Partnership</p> <p>New Epsom and Ewell Cottage Hospital</p> <p>The Meadows Day Hospital</p> <p>Chamonix Estates Limited (Noble Park)</p>

A short history of the competition area

Stamford Hill is on the west side of the town centre a short distance away from the wells and racecourse on a neighbouring hill overlooking the town. Both hills have views over Central London.

Epsom dates from the Domesday book. By the end of the Georgian period it was well known as a Spa Town, the Wells are where Epsom Salts originated. Today it is famous for its Racecourse and home of The Derby and Oaks races.

Epsom is a Market town in the county of Surrey, home to twenty seven thousand people, and was granted its Market Charter by Richard II back in 1394, which still continues to be held today. Once famed for being a Spa Town with healing Epsom Salts which enticed many a visitor, now the enticement of the famous Epsom Downs Race Course beckons, and is home to The Derby which started back in 1780. Her Majesty The Queen attends and it's a good excuse to dress up on Ladies Day and spot the best hat. If the love of the great outdoors beckons, then Horton Country Park has a lot to offer, for walkers, cyclists, or even a round of golf, complete with woodlands, ponds, and a myriad of wildlife to be found including the Children's Farm where many animals can be seen, and even indoor and outdoor play area, what more could be wished for.

The Horton hospital complex dates back to when overcrowding in London Hospitals meant that alternative sites were required. Building work began on five hospital complexes in 1894. Due to the size of the developments and amount of work and materials required the developer decided to construct a railway to serve the area. This ran from Ewell to Long Grove and was later extended to West Park. The hospitals were closed to look after war wounded during the two World Wars and at one point was the home of the Canadian forces. In 1948 the hospital complex was taken over the newly formed NHS and with better roads now in place the railway was removed and transported to Lagos, Nigeria for reuse. Remains of the railway and bridge plaques can still be seen today. A majority of the hospital buildings were demolished in the 1990s as a result of government care in the community policies and residential properties build in place, but these retaining the footprint of the existing developments.

Wildlife of a different kind is on offer close by at Chessington World Of Adventures where lions, tigers and gorillas will please, and for the wonders of the ocean the Sea Life Centre has sharks, stingrays and other treasures waiting to be discovered, along with a few white-knuckle rides.

Epsom Town Centre is situated about a mile away, with parking available in the Ashley Shopping Centre. The centre was opened in 1984 by Queen Elizabeth II and is a development of shops, a multi-storey car park and theatre.

The Clock Tower in Epsom High Street dates back to around 1700 and has always been the focal point of the town. The current tower was built in the 1840s.

Epsom Downs Race course is situated 3 miles SW, with clear views over the whole of Central London and three good pubs with good restaurants.