



## Mole Valley Orienteering Club

(Affiliated to British Orienteering)

[www.mvoc.org](http://www.mvoc.org)

### ST LEONARD'S FOREST SE FAMILIES AND VETERANS CHAMPIONSHIPS

Sunday 10<sup>th</sup> December 2017

#### Mole Valley Orienteering Club welcomes you to its annual Families and Veterans event

**Parking:** Mannings Heath Golf Club and Wine Estate, Hammerpond Road, Horsham, RH13 6PG. Grid reference TQ210297. Car parking charge £2 per vehicle. Please share transport if possible.

**Directions** Signposted from A281 SE of Horsham at Mannings Heath TQ193284 and at junction with Doomsday Lane TQ190296, and from B2110 SW of Handcross at TQ239285.

**Registration:** Entries will be via Fabian4 ([www.fabian4.co.uk](http://www.fabian4.co.uk)). Entries by midnight on Sunday 3<sup>rd</sup> December BOF seniors £8, non-BOF seniors £10. Under 21s & full time students & White/Yellow/Orange entrants £3. Late entry online until midnight Wednesday 6<sup>th</sup> December - £2 surcharge for seniors. Entry on the day from 10:00 am to 11:30 am at £12 for seniors, subject to map availability. SI electronic punching (dibber hire £1).

**Map:** Updated by James Crawford and Linda Pakuls January 2017 and used for JK with further recent revisions by Mike Elliot. 1:10000 scale, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions at the start.

**Courses:** Brown 9.3k 180m, Blue 6.3k 115m, Green 4.5k 80m, Short Green 3.5k 60m, Light Green 3.2k 60m, Orange 2.8k 50m, Yellow 2.4k 45m, White 1.4k 25m (subject to final controlling).

**Competitions:**

<b>SE Veterans</b> M/W40+	Men run Blue, women run Green
<b>SE Super Veterans</b> M/W 60+	Men run Green, women run Short Green
<b>SE Families</b>	Parents & 2 children enter the courses of your choice & declare your team at registration

**Starts:** 10:00 to 12:00. Courses close at 2:00 pm. Start and Finish 500 m from Registration/Download. Clothing dump near Start.

**Courtesy to others:** The area is well used by horse riders, walkers and mountain bikers. Please show them consideration.

**Dogs:** Dogs are allowed but must be kept under close control. Please clean up after your dog.

**Facilities:** There will be Portaloos near registration. Please bring your own water to drink. For further refreshment after your run, Mannings Heath Golf Club offers good value light lunches and snacks in its Spike Bar as well as full Sunday roasts in its Benguela Brasserie (advance booking required). Note that the Golf Club dress code is smart casual.

**Safety:** Whistles strongly advised and cagoules may be compulsory in inclement weather. Nearest Urgent Treatment Centre: Crawley Hospital, West Green Drive, West Green, Crawley, Sussex, RH11 7DH Tel 01293 600300

**Kit** As a measure to limit the spread of ash die-back disease, please fully clean all kit before and after the event.

**Event Officials:**

Organiser:	George Engelhardt (MV)	<a href="mailto:engelwalk@hotmail.com">engelwalk@hotmail.com</a>
Planner:	Keith Masson (MV)	
Controllers:	Helen and Ian Marsden (HH)	

**Updates and Results:** Check our website before travelling for Final Details and for results [www.mvoc.org](http://www.mvoc.org).

*You are responsible for your own safety and you take part in this event at your own risk. British Orienteering 3<sup>rd</sup> Party insurance does not cover any non-member of a British Orienteering affiliated orienteering club at this event if that person has taken part in three or more British Orienteering registered events.*