



Mole Valley Families and Veteran Event (Level C) South Ashdown Sunday 2nd December 2018

Final Details

Mole Valley Orienteering Club welcomes you to its annual Families and Veterans Event. We hope you have an enjoyable day in the Ashdown Forest.

Key Points

Car sharing is strongly urged

Parking to Assembly – 0 to 1.5 km

Assembly to Start – 400m

Finish to Assembly – 250m

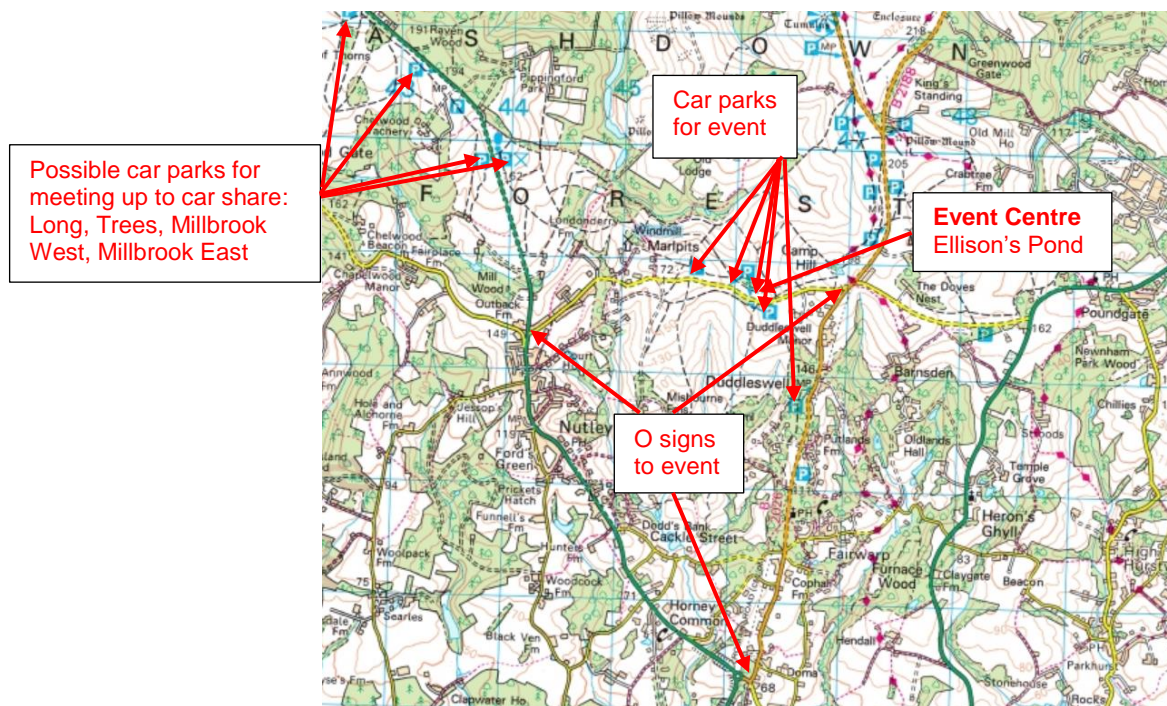
Clothing dump at finish

Cagoules/ Whistles may be compulsory if weather conditions require it

Assembly Area and parking

Registration/download will be in Ellison's Pond car park, Nutley, East Sussex (GR TQ462287, Post Code TN22 3JA). **Please note this is not the same location as given on the original flyer – it is 500 m further east.** It is also the car park you are least likely to find a space in. Parking will be in the four forest car parks along Crowborough Road; please go the one you are guided to by marshals. These car parks are also used by a number of other regular users of the forest, and the number of parking spaces available to us may well be less than the number of cars arriving. For this reason you are strongly urged to car share if possible. If you cannot share a car all the way from home, please consider parking in one of the alternative car parks along the A22 shown on the map below and arranging to meet and car share for the last 4 km or so. Depending on available space, cars with fewer than 3 occupants may be directed to Duddleswell car park on the B2026, from where there is a 1.5 km to walk to Assembly – see map. If you have a strong reason for needing to park near Assembly e.g. if you have a young family, please email the organiser with your car registration using the e-mail address at the bottom. Whichever car park you go to, please park as directed by parking marshals

Travel



By Car: From the North (East Grinstead and Forest Row) follow the A22 towards Nutley (and Eastbourne). As you approach the village of Nutley, turn left at GR 442283 onto Crowborough Road from where the event will be O signed. Ellison's Pond is 2.4 km along this road on the left.

From the South (Uckfield) follow the A22 as far as the roundabout just north of Maresfield at GR TQ461253. Turn right at this roundabout and take the first left just after the roundabout onto the B2026, from where the event will be O signed. Follow the B2026 through Fairwarp and turn sharp left following the O sign at the junction with Crowborough at GR TQ470288. Ellison's Pond is 800 m along this road on the right.

From the east (Crowborough) follow the A26 to the turn off on the right 1 km west of Poundgate onto New Road at GR TQ 487285 and follow New Road to the junction with the B2026 and Crowborough Road at GR TQ470288. Turn left and immediately right, following the O sign at the junction with Crowborough Road. Ellison's Pond is 800 m along this road on the right.

Public Transport: Trains to East Grinstead – see www.southernrailway.com . Unfortunately, there are no buses on a Sunday to South Ashdown – please bring a bike, take a taxi or arrange a lift from the station.

Registration: Entry via www.fabian4.co.uk until midnight on 25th November. Entry on the day will be open from 09:45 am to 11:30 am, subject to map availability, at £10 for Seniors (+£2 for non-BO members), £3 for Juniors and £20 for families.

Hired dibbers should be collected from Enquiries/EOD. Those with their own SI cards who have pre-entered may go directly to the start.

Map: resurveyed and redrawn by Mike Elliot, November 2018. 1:10000 scale, 5 metre contours, ISOM2017, overprinted and waterproof. Control descriptions will be on the map. Loose control descriptions at the start.

Terrain: Mostly rough open heath on a scarp slope, with areas of mature woodland containing a variety of features. Open areas contain a network of cropped lanes/paths. Generally, the open heathland consists of heather, some bracken, tussock grass and marshy bits. There are large patches which have been made into grazing areas for sheep and cattle (marked as open grass) and these are very runnable. Elsewhere runnability is reduced in places by tussocks, heather, marshes and gorse. The marshes are generally very slow with large tussocks. South Ashdown has extensive gorse cover and undergrowth screens have been drawn to try and indicate the density of the gorse in the "rough open with scattered trees/bushes" symbol. The 'Slow' vegetation screen (vertical green lines) indicates that progress requires some minor changes of direction to avoid the gorse. The 'Walk' vegetation screen indicates the requirement for serious and frequent changes of direction to get through. Solid green (Fight) indicates that the mapper wasn't even prepared to try going through the gorse. There is one area, grazed by cattle, with short grass and lots of gorse, indicated by the ISOM2017 symbol '402.001 -- Open land with scattered trees, 50% green' which is such that you can run through it at speed but not necessarily in the direction you wish to go (this bit only effects longer courses). There are only 2 rhododendrons on South Ashdown, and only a few trees.

Punching: Conventional SI electronic punching will be used. Contactless punching (SIAC) will **not** be enabled. If a unit fails, please use the pin punch to punch the map and report to download.

Course and Competition Details:

	Distance km	Climb m	No of controls
Brown	9.2	270	26
Blue	6.1	175	19
Green	4.6	120	14
Short Green	3.9	95	14
Light Green	3.4	80	11
Orange	2.8	95	9
Yellow	2.5	75	11
White	2.0	50	10

(Subject to final controlling)

Competitions:

SE Veterans M/W40+

Men run Blue, women run Green

SE Super Veterans M/W 60+

Men run Green, women run Short Green

SE Families

Parents & 2 children enter the courses of your choice and declare your team at registration

There will be a **String Course** adjacent to Assembly.

Starts: 10:15 to 12:15. Start is 400m from Assembly. Clothing dump near Start. Finish to Assembly is 250m and passes the clothing dump. The walk to the start and back from the finish is along a taped route. Allow 8 minutes.

Start times will not be allocated. It is a punching start, just turn up and go. There will be a 3 minute call-up with blank maps and loose control descriptions available on waterproof paper in the start lane.

Maps will be in boxes labelled by course. It is your responsibility to pick up the correct map.

Loose control descriptions and control descriptions on the maps will be pictorial for Light Green to Brown. Descriptions for White, Yellow and Orange will be both written and pictorial on the map. Loose descriptions will be both written and pictorial for Orange, but written only for White and Yellow. Maps for White and Yellow will be available for competitors to collect at the start before call-up.

Finish: Courses close at 2:15 pm. All competitors should download by this time even if you have not completed your course.

Dogs: Well-behaved dogs are allowed but must be kept under close control, especially in the vicinity of horses. Please clean up after your dog.

Facilities: There will be Portaloos near registration. A St John Ambulance unit will provide first aid cover. There are no drinks available. Please provide your own if required.

Finish: There is only one finish, which is close to the clothing dump. The route back to Assembly is the same as the route to the start.

Safety: Full leg cover. Whistles strongly advised. Whistles and cagoules may be compulsory in inclement weather.

Competitors who travel together will be expected to operate a 'buddy' system, so that if one competitor has not returned to the finish/download within their normal expected time, his or her buddy should report their concerns to the Organiser.

First aid will be available from the St John Ambulance unit at download. Competitors with potentially serious medical conditions are encouraged to leave a named sealed envelope at registration detailing these conditions which will only be opened if the competitor presents himself or herself to the St John Ambulance unit. All such envelopes will be returned to the competitor or destroyed after the event by shredding.

If you become disorientated or wish to retire before completing your course, a good plan is to head south uphill until you meet the Crowborough Road, or east uphill to the B2026, from which you can follow the road to download.

Courses close at 14.15. After this we may instigate a search *for you*. Competitors MUST report to the Finish and Download by this time whether they complete their course or not.

Nearest Urgent Treatment Centre: Crawley Hospital, West Green Drive, West Green, Crawley, Sussex, RH11 7DH Tel 01293 600300. For more serious injuries, there are A & E units at Princess Royal Hospital, Lewes Road, Haywards Heath RH16 4EX Tel: 01444 441881 or Tunbridge Wells Hospital, Pembury, Kent TN2 4QJ Tel: 01892 823535

Hazards

The main stream (the Millbrook) can be quite deep in places and the banks can be both steep and slippery. If water levels are high enough to make crossing hazardous, specific crossing points marked on the map will be made compulsory. The main ponds and small lakes are all marked as uncrossable. They are deep in places and contain underwater hazards. Some of the pits and depressions contain water, potentially up to 1 metre deep. Most of the pits are slit-trenches, courtesy of the Canadians during WW2. There are a large number of these on the area that the mapper has yet to fall into; these are not marked.

Ticks are blood-sucking disease-carrying arachnids that thrive in warm wet conditions, especially in areas where there are deer, and their numbers are said to be increasing. Although ticks are mainly active in the summer months, they can also be encountered on mild winter days. The planner has been bitten by ticks twice in October, so please be aware and check for ticks after your run. Click [here](#) for more information about the danger of ticks.

Conservation of the Forest

Ashdown Forest, as many of you will know, is a very special place. It is managed by the Board of Conservators of Ashdown Forest, an independent body. In recognition of the ecological importance of Ashdown Forest and to ensure its protection, it is designated as a European Natura 2000 site and as a Site of Special Scientific Interest under UK legislation. Ashdown Forest is also within the High Weald Area of Outstanding Natural Beauty.

The Conservators have duties laid down by statute which include the following:

To regulate and manage the forest as an amenity and place of resort
To conserve it as a quiet and natural area of outstanding beauty

The Conservators are keen to raise the public's (and hence our) awareness of their legal duty and, within this, their aim of balancing the interests of all users of the forest.

Please have particular regard therefore to the other users of the area, including all walkers, dog walkers and riders, all of whom are also seeking to enjoy their activities peacefully. Slow to a walk, keep especially quiet and keep a wide berth at any point where you meet horse riders. Note that Box car park is normally reserved for riders bringing horse boxes and trailers on a Sunday morning. Please be considerate to them and give horse riders as much room as you can, being particularly careful not to spook the horses in the car park.

Conditions:

The personal data you give will be used by the event organisers only for the purpose of processing/publishing entries and results and as required by our insurers.

Event Officials:

Organiser:	George Engelhardt (MV)	engelwalk@hotmail.com
Planner:	Tony Schofield (MV)	
Controller:	Les Hooper (SO)	

Updates and Results: Check our website before travelling for Final Details and for results www.mvoc.org.

Thanks: We are grateful to the Ashdown Conservators for the use of the forest and to the Ashdown Forest Riding Association for sharing Box car park with us.

You are responsible for your own safety and you take part in this event at your own risk. British Orienteering 3rd 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. If the event has to be cancelled, Mole Valley reserves the right to retain part or all of the entry fees to defray costs.