



MOLE VALLEY ORIENTEERING CLUB

(affiliated to British Orienteering)

South Ashdown

A regional (level C) national ranking event incorporating the South East Families & Veterans Championships

Sunday 11th December 2022

The event is in an area of outstanding natural beauty where cattle and sheep roam freely. There are far reaching views from the route to start/finish. The competition area will be new to most people. The start is a 10 minute walk from the car parks and the finish is an 8 minute walk back to the car parks, passing downland on the way. SI punching with SIAC enabled.

Directions:

Event centre is at Box Car Park on Crowborough Road between Nutley and Duddleswell; [what3words //herb.thumb.undercuts](https://www.what3words.com/#!/herb.thumb.undercuts), Grid Ref TQ45982879, nearest Postcode TN22 3JA. The event will be signed on Crowborough Road, near the car parks.

Parking:

Parking in hardstanding public car parks off Crowborough Road. To ensure that we can park all of the cars, there is an entry limit on the number of cars, equivalent to approximately 150 competitors. If you are able to car share, please do.

Parking fees are: 1 hour – £2.00, 2 hours - £2.50, 4 hours - £4.00, all day - £5.00. You can avoid these charges by parking in Forest Row and arranging a car share from there.

Public Transport:

Nearest railway stations are Crowborough and Uckfield (both 6 miles from the event centre) but there are no buses on Sundays.

Terrain:

The event will use the area to the south of Crowborough Road, which hasn't been used for many years apart from the longest courses at the event in December 2021. A varied area of open land with some wooded areas on a well contoured south facing slope. Bracken, heather and gorse will be encountered on most courses. A network of paths and rides cross the area.

Map:

Surveyed and drawn to ISOM 2017 specifications in November 2021 by Mike Elliot. Updated in November 2022 by Mike Elliot.

Courses:

If you are new to orienteering you should choose a White, Yellow or Orange course.

Course	Provisional Length/climb	No of controls	Difficulty
Brown	8.8 km 295m	18	Hard
Blue	6.0 km 215m	15	Hard
Green	4.2 km 145m	11	Hard
Short Green	3.5 km 130m	8	Hard
Light Green	3.5 km 95m	11	Moderate
Orange	2.7 km 75m	9	Easy
Yellow	2.3 km 80m	12	Easy
White	1.7 km 50m	9	Very Easy

Championships:

Trophies to winners of the Veterans and Super Veterans competitions, who must be members of an SEOA affiliated Club. Please will last year's winners return their trophies before or at the event.

South East Veterans courses: M40+ Blue, W40+ Green

South East Super Veterans courses: M60+ Green, W60+ Short Green

SE Families Championship: Handicap competition for family groups of four. Please complete the [entry form](#) and hand it into the enquiries tent.

- Starts:** In 15 minute blocks between 10.30 and 12:00. Courses close at 13:30, so if you are likely to take more than 90 minutes, please pick an early start time.
- Registration:** Online via racesignup.co.uk. Entries close on Friday 9th December or earlier if the limit on the number of cars is reached. Entries after 4th December are subject to map availability. No entry on the day.
- Fees:** **Entries on or before 4th December:** Seniors £8.50 (plus £2 if not a BO member). Under 21s & full time students £3.
Entries from 5th December: Seniors £10.50 (plus £2 if not a BO member). Under 21s & full time students £5.
Card hire: SI card hire £1, or SIAC contact-less card hire £2.50.
Charges for lost cards: SI card £35, SIAC card £65.
- Facilities:** First Aid cover. Two portaloos.
- Dogs:** Dogs are permitted on South Ashdown but must be kept under close control at all times due to the presence of livestock and horse riders. Please follow the Conservators [code of conduct](#).
- Updates:** Please visit the MV website to read the final details and also before travelling to check for last minute changes or new information about this event. www.mvoc.org.
- Officials:** Organiser – Mark Feltham: email mvocevent@gmail.com
Planner – Tony Schofield
Controller – Mike Murray (SLOW)
- SAFETY** **Due to the exposed nature of the competition area, all competitors must wear or carry a weatherproof top.** Whistles are recommended. Full arm and leg cover is mandatory as per BOF rule 10.1.

ALL COMPETITORS MUST REPORT TO DOWNLOAD

**** Competitors participate in this event at their own risk ****