



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

Final Details

Entries

There is no entry on the day. Please enter in advance via acesignup.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.

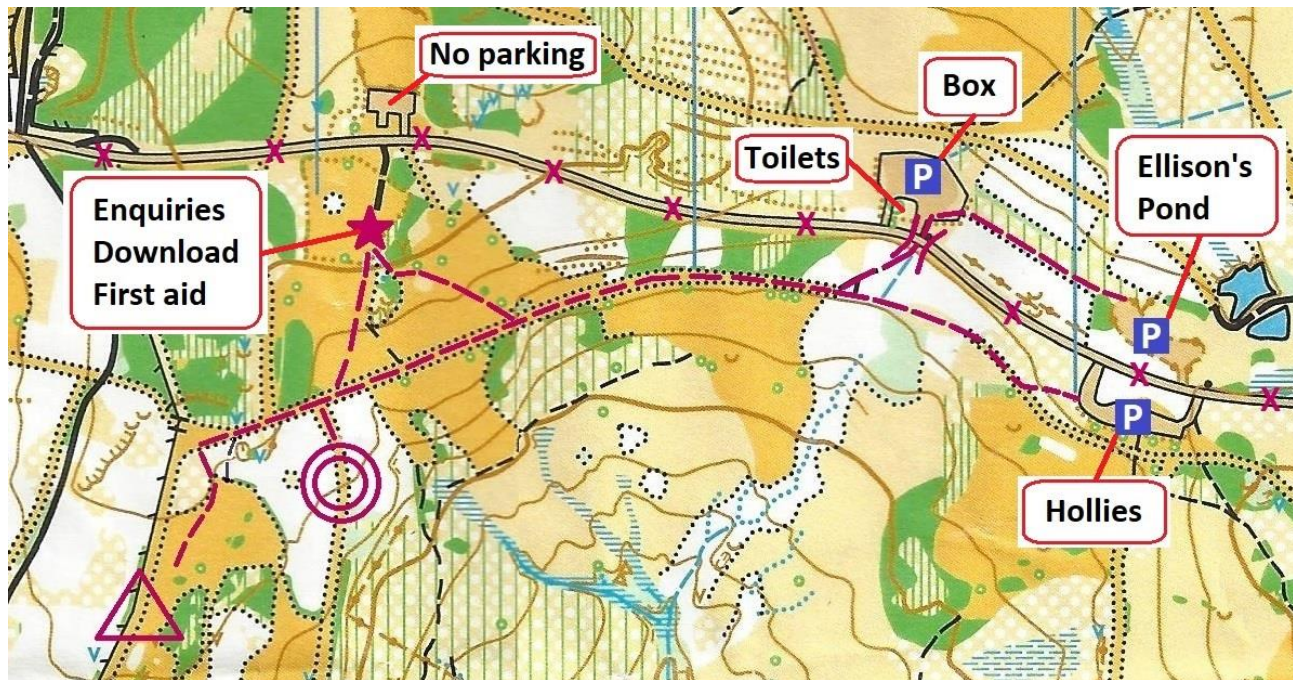
Safety Information

- Due the exposed nature of the competition area, **cagoules and whistles are compulsory**. Your cagoule should be waterproof and windproof, ideally with a hood, and must be worn or carried (for example in a bum bag). A mobile phone may be carried instead of a whistle. You will need to show your cagoule and whistle/mobile to the start official before you start.
- Full arm and leg cover is mandatory as per BOF rule 10.1.
- The car parks are off Crowborough Road, which has a 40 mph speed limit. This road is on the edge of the competition area and is out of bounds. Although courses do not cross the road, competitors may need to cross it when visiting the toilets, on the way to the start or returning from the finish. **Please use the marshalled road crossing** next to Box car park. You are responsible for checking there is no traffic coming before you cross.
- All courses, except White and Yellow, cross an access track that has a speed limit of 10mph and very little traffic. Visibility for car drivers is restricted in places so please take care if you hear a car approaching.
- Please be considerate towards other people who are enjoying Ashdown Forest, which includes walkers, dog walkers and horse riders. If you meet horse riders, slow to a walk, keep especially quiet and keep a wide berth. **Take particular care when entering tracks/rides from areas of poor visibility to avoid spooking horses.**
- Cattle and sheep graze on the central and eastern side of the competition area. All courses, except White and Yellow, cross the fence and gates that keep livestock in the forest. Please **close all gates** behind you and report any damaged fences to enquiries.
- The emergency phone number is 07434 640229. The number will be printed on the maps. The phone will only be manned on the day of the competition.
- Competitors are permitted to carry a mobile phone for use in an emergency (ref Rules of Orienteering 10.3). Children and vulnerable adults are encouraged to do so. Consider downloading the What3words app since this is an effective way of sharing your location in the event of an emergency.

Safety Bearing

If you are lost, head **north** (uphill) to Crowborough Road and then head **east** along tracks and rides running parallel to the road until you reach enquiries/download or Hollies car park. If you intend to retire you must report to download.

Site Map



Directions & Parking

Three car parks will be in use for the event: Box, Hollies and Ellison's Pond. These are public car parks and they will be shared with the general public. Please do not use any other car parks. Parking on road verges is prohibited.

Head towards Box Car Park on Crowborough Road between Nutley and Duddleswell; what3words [///herb.thumb.undercuts](https://www.what3words.com/), Grid Ref TQ45982879, nearest Postcode TN22 3JA. As you approach the car parks follow the signs, which will take you to the car park that is currently in use. Follow the directions given by the marshals and **park close together**.

Once you have parked you will have 15 minutes to pay the parking fee: 1 hour - £2.00, 2 hours - £2.50, 4 hours - £4.00, all day - £5.00. To pay the parking fee, phone 0330 333 8446 or use one of the following parking apps: Your Parking Space, Ring Go, Just Park, Pay by Phone or Horizon Spaces. Alternatively, you can pay in advance via horizonspaces.co.uk. The Location ID is the same for all car parks in Ashdown Forest: **661122**.

Please note that the Conservators of Ashdown Forest retains 75% of park proceeds, which is used to maintain and improve the Forest as a public amenity. Entry fees have been reduced to make an allowance for the parking fee. If you are deliberating whether to pay for 2 hours or 4 hours, you can donate a bit more money to a good cause and save yourself some stress, by paying for 4 hours.

Public Transport

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

Facilities

- Two portaloos in Box car park.
- Enquiries, including: key drop and collection of SI hire cards.
- No clothing dump at the start or finish.
- No traders or refreshments. No water will be provided.
- First aid cover is being provided by RJK Event Medics. If you need first aid please go to the enquiries/download tent.

Championships

Trophies to winners of the Veterans and Super Veterans competitions, who must be members of an SEOA affiliated Club. There will be no formal prize giving on the day.

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.

Courses

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

Unfortunately we are not able to offer a String course.

	Dist (km)	Climb (m)	No of controls	Difficulty
Brown	8.8	295	19	Hard
Blue	6.2	230	16	Hard
Green	4.3	140	13	Hard
Short Green	3.5	140	10	Hard
Light Green	3.6	80	12	Moderate
Orange	2.7	80	9	Easy
Yellow	2.3	80	12	Easy
White	1.7	50	9	Very easy

Terrain / Planners Notes

The area consists of the South-facing slope of an E-W ridge and comprises a varied area of well-contoured lowland heath, woodland and open land. Bracken, heather and gorse will be encountered on most courses. In areas of **rough open land with scattered trees**, gorse is shown by using the undergrowth screen, with the thickest areas shown as fight. It is generally passable where shown as light undergrowth though you will not be able to hold a bearing and it can be more than head high. The boundary between the fight and the undergrowth screen is generally not distinct on the ground and generally should not be relied on for navigation – as a corollary, the area in close proximity to the fight will not generally be the optimum route choice. There are a few areas of marsh – these are generally very slow with large tussocks.

Crossing points

There is a fence running N/S down the western half of the map. It is approx 0.9m high, with a wide lattice of wires. There is no barbed wire, and you can just about step over it if you're 1.8m (5'11"), or climb over it (not through it). If you're less agile, there are 4 **optional** crossing points (gates) marked on the map

Map

Map: Surveyed and drawn by Mike Elliot Jan-Oct 2021 with updates Oct 2022, using OCAD2018 to ISOM2017 specifications. Based on previous maps Mike Elliot (2018 & 2002). The Map scale is 1:10,000 for all courses with 5 metre contours, the North lines are 300 metres apart and it is printed on waterproof material.

Control descriptions will be on the front of the map and loose copies will be available at the Start. All courses will have IOF pictorial descriptions, except Orange, Yellow and White, which will have pictorial and text descriptions.

Punching

SI punching with SIAC enabled. Competitors with SIAC cards must 'dib' the start and finish controls.

There will be a SIAC battery check station at the start. If a SIAC battery fails, the card can still be used to 'dib' at all controls.

If an SI unit fails (no bleep or flashing light), please use the pin punch to punch your map and report it to download.

Start

Those with their own SI cards may go directly to the start. Follow the signs and tapes. It's a 10 minute walk from the furthest car parks. Hired SI cards should be collected from Enquiries, which is on the way to the start.

Starts are from 10:30 to 12:00. To minimise queues, please arrive at the start during the time block you selected when you entered.

Loose control descriptions will be available. There is a punching start for all competitors.

As you enter the first box, please have your cagoule and whistle/mobile ready to show the start official.

If you are new to orienteering or you are unsure about the start routine, please ask one of the start team and they will be pleased to help you.

Finish

All competitors must punch one of the finish controls. Follow the tapes and signs to download and then back to the car parks. It's a 10 minute walk from the finish to the furthest car parks.

The finish won't be manned. Water will not be provided.

Courses close at 13:30, so **you must be back at the finish by 13:30** whether you have completed your course or not.

You must report to Download even if you are retiring. This is a safety check to ensure that all competitors have returned.

Results

Live results will be available on the day - see your download printout for the QR code. Full results will be available on the MV website soon after the event.

Health and Hospitals

Competitors with potentially serious medical conditions are encouraged to complete the [British Orienteering form](#), place it in a sealed envelope with their name on it and hand it into registration. The envelope will only be opened in the event of a medical emergency. Any envelopes that aren't collected will be destroyed after the event by shredding.

Bracken and similar vegetation are home to ticks whose bite can cause Lyme disease in rare cases in humans. Please familiarise yourself with the symptoms and advice here: <https://www.nhs.uk/conditions/Lyme-disease/>. Check yourself after the event and see your GP if you think you have a tick bite.

The nearest A&E hospitals are:

- To the west: Princess Royal Hospital, Lewes Road, Haywards Heath, RH16 4EX (11 miles)
- To the east: Tunbridge Wells Hospital, Tonbridge Road, Pembury, TN2 4QJ (14.5 miles)

There is also a Minor Injuries Unit at Crowborough War Memorial Hospital, Southview Road, Crowborough, East Sussex, TN6 1HB (4 miles).

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](#).

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.

Cycling and the use of drones are not permitted in Ashdown Forest.

Officials

Organiser – Mark Feltham: email mvocevent@gmail.com

Planner – Tony Schofield

Controller – Mike Murray (SLOW)

Important notes

1. A full risk assessment has been undertaken by the Organiser and Planner. Although actions have been taken to mitigate risks, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety.
2. 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.
3. 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.
4. If the event has to be cancelled, Mole Valley reserves the right to retain part or all of the entry fees to defray costs.
5. Charges for hired cards that are lost: SI card £35, SIAC card £65.