

Southampton Orienteering Club 51st November Classic

Incorporating a Selection race for the junior team for Interland 2019

Event Details Version 10

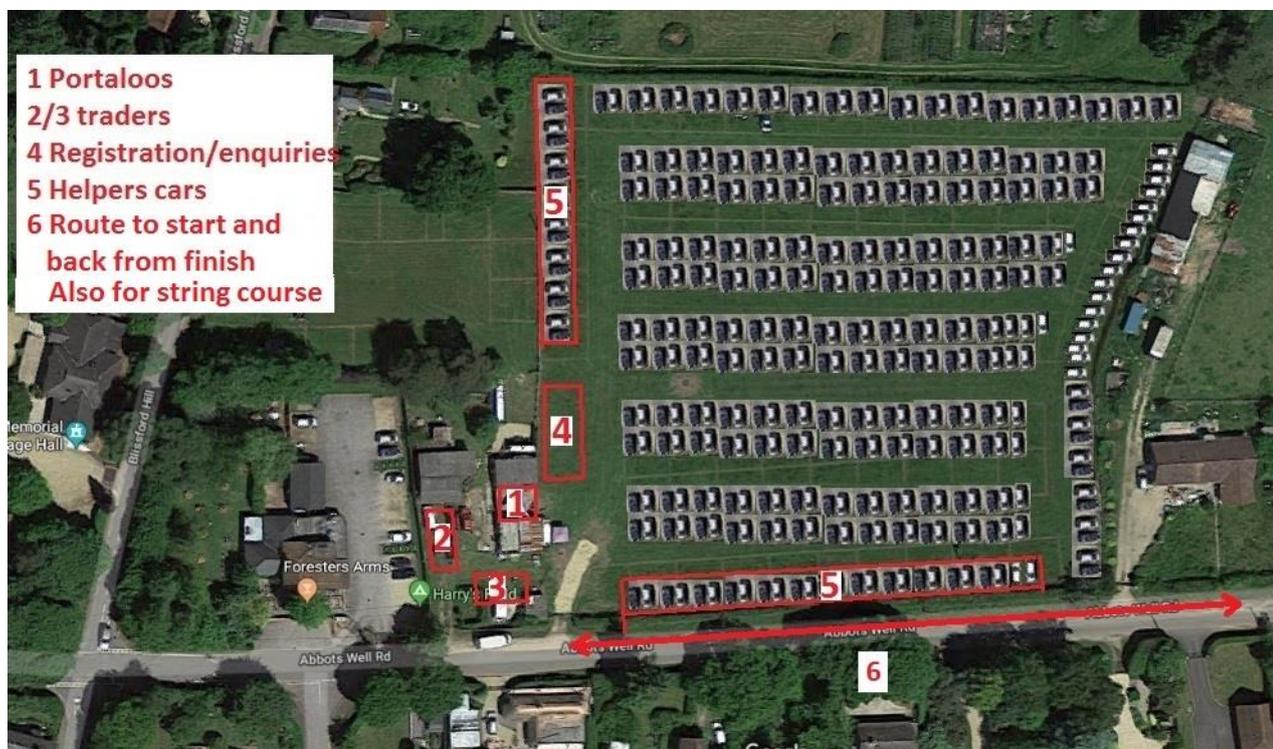
Date: Sunday 4th November 2018

Venue: Hampton Ridge

Car Park and Assembly Area

Harry's Field, Abbotswell Road, Frogham, Fordingbridge, Hampshire, SP6 2JA

Please take care as competitors will be using the same gateway as cars.



Travel Directions

From **North & East** exit J1 of M27. Take the 3rd exit B3079 for approx 1.3 miles. Then slight left onto B3078 Roger Penny Way for 7.7 miles. Left onto Blissford Road (becoming Blissford Hill for 1.1 miles. Turn left into Abbotswell Road. The campsite is just beyond the Foresters Arms Pub.

Please note Blissford Road is a single track road with passing places and a **ford**. If in doubt continue on the B3078 towards **Fordingbridge**. Just past the SandyBalls Holiday Camp you will see Hillwoods Motors . Turn left here then left again into Stuckton Road, becoming Frogham Hill. Follow this to Abbotswell Road.

From the **West** take the A31 to Ringwood then join the A338 Salisbury Rd towards Fordingbridge. After approx 4.7 miles turn right into Hern Lane for 1.1 mile. Continue onto Blissford hill for 0.4 miles then turn right into Abbotswell Rd.

Facilities

Toilets in Assembly field

Traders: British and Continental Catering (Tom's), Ultrasport, CompassPoint.

Enquiries in the tent from **8.30 – 12.30**

First Aid: The Response Group will be based in the Abbotswell car Park near the Finish.

There will also be a first aid kit in the enquiries tent .The organiser is a first aider if required.

The Foresters Arms pub is next door to the assembly field. They have advised me that they are normally fully booked for Sunday lunches so it would be advisable to book in advance if you want to eat there. <https://the.littlepubgroup.co.uk/the-foresters-arms>

Registration

Entries via Fabian4. Enter The November Classic Weekend. Select one or both events. The multi-event discount shown below applies to your weekend entry fee when both events are entered at the same time.

	Entry by 30/9/18	Entry by 21/10/18	Entry by 28/10/18
Adult	£13.00	£14.00	£15.00
Adult Emit hire	£1.50	£1.50	£1.50
Adult non member supplement	+£2.00	+£2.00	+£2.00
Adult multi event discount	-£2.00	-£2.00	-£2.00
Junior (under 25)	£6.00	£7.00	£8.00
Junior Emit hire	£Free	£Free	£Free
Junior non member supplement	£Free	£Free	£Free
Junior multi event discount	-£1.00	-£1.00	-£1.00

We expect competitors to enter by age class, selecting either the long or short option for your age.

Only if you wish to run out of class (ie a course that does not match your age band) then please use the option to enter by colour course, selecting from the course options below.

Courses

Course	Distance km	Climb m	Colour	Men's classes	Women's classes
1	12.8	305	Black	M21	
2	10.9	245	Brown	M35 M40	
3	8.9	220	Short Brown	M18 M20 M45 M50 M21S	W21
4	7.3	160	Blue	M16 M55 M60 M35S M40S	W35 W40
5	6.1	140	Short Blue	M65 M18S M20S M45S M50S	W18 W20 W45 W50 W21S
6	5.0	115	Green	M70 M55S M60S	W16 W55 W60 W35S W40S
7	4.2	90	Short Green	M75 M80 M85 M90 M65S	W65 W70 W18S W20S W45S W50S
8	3.8	85	Very Short Green	M70S M75S M80S M85S	W75 W80 W85 W90 W55S W60S W65S W70S
9	4.1	100	Light Green	M14A M16B	W14A W16B
10	3.5	70	Orange	M12A M14B	W12A W14B
11	2.8	45	Yellow	M10A M12B	W10A W12B
12	2.0	30	White	M10B	W10B

Juniors entering the Interland Selection race must enter their appropriate age class as follows;

Age class	Please enter this course on Fabian4
M14 W14	Light Green
W16	Green

M16	Blue
W18	Short Blue
M18	Short Brown

Entry on the Day and enquiries

Open from 08.30-12.30

White, Yellow & Orange classes will be available for EOD at £4.00.

A limited number of Light green entry on the day will be available at the full fee of £15.00 plus any emit hire or non member supplements.

Start times will be published within the range 09.30 – 12.30. Courses close 14.30.

Start lists will be available at Enquiries and at the Start.

Spare Emit back up cards will be available at Enquiries.

Competitors who have their own Emit cards may go straight to the Start.

Changes to start times or course will be available subject to start slots and map number.

Please be aware that some courses will be very full so changes may be difficult.

Results Display

Results will be displayed in/near the marquee. Results will be produced by age class on the day and also by colour course online.

Map

The area has been remapped for this event by Nick Nourse. The map is 1:10,000 with 5 m contours.

Hampton Ridge is relatively hilly by New Forest standards and offers a variety of terrain, mostly fast runnable. Much of the area is open but longer courses enter areas of both coniferous and deciduous woodland. Part of the area is very pitted as a result of it's use by the RAF for testing explosives during World War two.

The following symbols have been used

X rootstock

X hide or non specific man made feature

brown triangle platform

Emit Card Issue and Return

Competitors hiring Emit cards need to collect them from Enquiries before going to the start.

Hired Emit cards will be collected after your run at Download.

A charge of £45 will be made for lost cards.

Spare back up cards will be available for competitors with their own cards at Enquiries

Start

The Start is approximately 1.15 km from the Assembly field, a 20 minute walk at average pace. Runners will exit the car park by the same entry gate as cars so take care and supervise children. On leaving the assembly field turn left to walk along Abbotswell Road. There are no pavements so take care of any passing traffic. The road needs to be crossed and although it is a quiet lane, juniors should be supervised by a responsible adult if necessary. This remains the parents responsibility. The route is approx 500 metres along the road, through the side of Abbotswell Car Park, then a further 650 metres taped into the competition area. On leaving the road the route may be boggy underfoot and is uphill.

There will be a clothing dump close to where you leave the Abbotswell Car Park, and approximately 200 metres from the finish.

Call up is at -4 minutes.

Maps will be in boxes labelled with course number and classes on each course.

It is up to competitors to arrive in time. Late arrivals will only be allowed to start when a suitable vacant slot is available. On heavily subscribed courses this may result in a long wait. helpers who need to change their start time will be given priority.

Control descriptions will be printed on the map and loose pictorial descriptions, on waterproof paper, will be available in the start lanes. White, Yellow, Orange and L. Green courses will have pictorial and written control descriptions on the map.

For all courses there is a taped route of 150m between the start line and the start kite. This distance is included in the course lengths and will be indicated on the map as follows with the start line indicated by the vertical line.



Those running White and Yellow classes will be able to collect their maps before they start. Once they start they should follow the tapes to the start kite and continue on to their first control, which is further along the same path.

For all other courses the map boxes are close to the start kite. This means competitors will follow the taped route 125m from the start before picking up their map and continuing to their first control as usual.

Finish

The finish is approximately 700 metres from the assembly area along a broad track and Abbotswell Road, a 10 minute walk at average pace. Again any juniors should be supervised along the road if necessary. Please proceed direct to Download once you have completed your course, or if you are retiring.

Courses close at 14.30 with controls being collected in from that time.

String Course

This is sited at the side of the Abbotswell Car Park, approx 500 metres from the assembly area. Follow the route to the start and look out for signs as you enter the Abbotswell Car Park

Dogs

Dogs are allowed in the car park field and assembly area . Please clean up any mess.

Dogs are permitted in the competition area, under control at all times. Please ensure your dog does not impede any other competitor.

Protests

If you have any reason to complain about your course please talk informally with the Organiser or Controller in the first instance. If it is not possible to resolve the issue, please follow the British Orienteering rules on complaints, protests and appeals.

Safety

The area has a number of wildlife monitoring stations, comprising corrugated boards on the ground with 'do not touch' labels. if you see any of these, please ensure you do not tread on or touch them.

Quite late in the Black and Brown courses, competitors have to cross a fence to get from woodland into the open. The obvious crossing point is a locked gate. This is very rickety and will be marked with black and yellow hazard tape. For you own safety cross the fence to either side of the gate.

The competition area is mainly open and exposed. Please ensure you have a whistle and gaiters with you on event day. They may become compulsory depending on the weather conditions.

Ticks are present in the New Forest – wear full length clothing and check yourself after your run.

Free roaming ponies, cows, donkeys and pigs are part of the attraction of the New forest, but they can be unpredictable. Do not approach them or attempt to feed them. They may bite, kick or do both!

There is public access to the New Forest and is popular with walkers. Please respect the rights of others, particularly horse riders

Emit will be used to check competitors into and out of the forest. **You must report to Download even if retiring.**

Competitors travelling alone are encouraged to leave a set of keys at Enquiries.

Competitors are advised to carry whistles. Cagoules and whistles may be compulsory depending on the conditions.

Any competitor with a high risk medical condition is invited to download and complete the standard BO form (officials_handbook_safety_firstaid_medical form_280514.doc). Place it in a sealed envelope with your name on the outside and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

Competitors take part in this event at their own risk and are responsible for their own safety.

Special Details

To reduce the risk of spreading Ash Die-back and other non-native plant diseases please follow the general guidance:

Check, Clean, Dry

Please check clothing and equipment **before leaving home** and again **in the car park** after the event to ensure that there is no visible plant material on your shoes or clothing. If there is it should be removed and left on site. Knock off any soil or leaf litter. Once home thoroughly clean your footwear and clothing, then leave them to dry as long as possible.

Accidents

The Response Group will provide first aid in the Assembly field.

The best A & E to use is at

Southampton General Hospital
Tremona Road
Southampton
SO16 6YD
02380 77722

There is also an A & E at Salisbury if that is on your way home.

Salisbury District Hospital
Odstock Road

Salisbury
SP2 8BJ
01722 336262

Cancellation

Cancellation is the last resort. However if very bad weather is forecast or some unforeseen event makes it necessary to cancel a notice will be placed on the SOC website. If the event is cancelled SOC reserves the right to retain part of the entry fee to cover cost already occurred.

Officials

Planners: Andrew Nash SOC

Assistant Planners: Alice and Hugh Risebrow SOC

Controller: Mike Murray SLOW

Organiser: Jillian Devine – jillian.devine@ntlworld.com 01243 432521 or 07817 553072
before 9.30pm

Assistant Organiser: Vicki Barkaway