

SOUTHERN NAVIGATORS ORIENTEERING CLUB



SN Trophy - Long Valley South

(Level B)

SUNDAY, 13th November 2022

Venue: Long Valley South near Aldershot; a prime orienteering area in the South of England, last used for a National orienteering event in 2010. The area consists of a mix of mature forest and open heath land, overlaid with a complex mixture of paths and sandy areas. A number of defined contour slopes are complemented with smaller intricate contour detail. The event will be used as a selection race for the England junior team for Interland 2023.

Location: Entrance to the arena off Bourley Road between Aldershot and Fleet. Signed from the roundabout at Grid SU853509. Approx Post Code GU11 1PZ. Entrance to the assemble area is at Grid SU848511, What3Words - crew.harp.update. Transport: Nearest stations are Aldershot (2.2km), Fleet (8.0km) and North Camp (6.1km).

Car parking: Well drained sandy area. Access via a good tarmac road. Assembly will be in the same location as Parking. The car park will open at **09.00**.

Assembly Facilities:

Download

Enquiries & SI collection

Traders: Continental Catering (Tom & Julie) and CompassPoint

No water – please bring your own pre and post-race drinks.

First Aid provided by Event Medic Services.

Toilets

Tent shelter for anyone arriving by bike/foot.

Timing: Sport Ident electronic punching, SIAC enabled. **If you are hiring an SI card**, please collect from enquiries at Assembly before going to the start, and return at download.

Entries: Online only via <https://racesignup.co.uk>, open 09:00 Monday 22nd August.

Closing date: 23:59 Sunday 6th November. There is **NO** Entry on the day(EOD).

Fees: BO Members: Seniors £16, Juniors £8. (Non-BO: Seniors £18, Juniors £8), Novice Seniors £8.

Late entries up to 23.59 9th November (subject to map availability)

£2 surcharge (Seniors only).

Hired dibber cost: Adult SI - £1/SIAC - £2. Juniors: SI - free/SIAC - £1.

Lost dibber charged at SI - £30/SIAC - £65.

Starts: Pre-entered competitors up to 6th November 2022 will be given pre-allocated start times published on Racesignup and the SN Website. 4 minute walk to start.

Start times: 10:00-12:30 with call up at minus 4 minutes.

Competitors who have pre- entered and don't need to collect an SI card may go straight to the start. There is ample room for warm-up.

Loose control descriptions and blank maps in the start lanes.

Whistles are required. **No whistle, No start.**

It is a punching start and late arrivals will be allowed to start only when a suitable vacant slot is available, as directed by the start officials.

Finish Adjacent to Assembly. All competitors must report to download as soon as you have finished even if you retire. **Courses close 14:30**

Results Later on Sunday at <https://www.southern navigators.com/>.

Remembrance You will be aware that this will be Remembrance Sunday. We will hold a one minute silence at 11.00. A horn will sound at the start and finish of the minutes silence. As a result there will be no starts between 11.00 and 11.05 So that the start boxes are empty.

Courses

	Length (km)	Climb (mts)	Controls	Map Size	Classes
Black	11.8	290	30	A3	M21
Brown	10.3	240	23	A3	M35, M40
Short Brown	8.7	190	20	A3	W21, M18, M20, M45, M50
Blue	7.1	160	18	A3	W35, W40, M16, M55, M60
Short Blue	5.7	150	17	A3	W18, W20, W45, W50, M65
Green	4.7	120	15	A4	W16, W55, W60, M70
Short Green	3.9	90	14	A4	W65, W70, M75+
V Short Green	3.4	65	15	A4	W75+
Light Green	3.6	80	14	A4	W14, M14
Orange	3.3	70	14	A4	W12, M12
Yellow	2.8	40	12	A4	W10, M10

String course. Will be provided adjacent to the car park from 10.15 to 12.30.

Map: Printed on waterproof paper. Scale 1:10000 with 5m contours. **NEW Map: 1:10,000**
Surveyed 2021 by Pete Jones, based upon lidar data 2021 updated 2022 by S McKinley

Control Descriptions: Pictorial control descriptions (text for Yellow) will be printed on the front of the map, with loose copies on waterproof paper available in the start lanes.

The Black course has 30 controls, so please note an inadvertent extra control will mean that some SI cards will not handle more than 30 controls.

These versions do not:

- SI-Card 5 (1-499,999)
- SI-Card 8 (2,000,001 – 2,999,999)

If you are uncertain, you can also check here: https://www.sportident.co.uk/information_sheets/SPORTident-CardComparison.pdf

It is your responsibility to ensure that you run with a suitable card

Terrain

The area provides three different terrain styles, the predominantly open heathland around Caesars camp and old shooting butts; the water catchment area with its remains of the old Victorian leat system and the third an area of old mining further enhanced by the local mountain bikers. The forest areas are mainly fast, runnable forest, though some bracken may hinder progress where shown as walk. The heathlands tend to be rough, tussocky grass with gorse sprouting at various heights. Slow run symbols have been overlaid where the undergrowth is higher. Routes have been kept away from the worst rough open areas. Undergrowth mapping covers most bramble and bracken but be aware that bracken may have changed over time. The area is susceptible to surface water after heavy rainfall. Pits / depressions may have become wet pits / depressions etc. There is a steep ridge line along the South Eastern boundary of the map with intricate contour detail.

Bike tracks have been mapped but be aware that these can also change frequently.

There is a large fenced off out of bounds region in the area, to aid clarity the purple uncrossable boundary symbol has been used but offset from sitting directly on the high fence symbol. **This must not be crossed**

Safety

Please report to download even if retiring so we know that you have returned.

An emergency mobile telephone number (for duration of this event only) is printed on all maps. Safety bearing is North until you intercept the road, then east towards the assembly area.

Competitors travelling alone are encouraged to leave a set of keys with enquiries, ideally tagged with vehicle registration, name and mobile phone number.

Competitors **are required** to carry a whistle and, in the event of bad weather, a cagoule/windproof may be required. There will be a check. Please dress appropriately (including footwear) for the conditions and your level of fitness. Full arm and leg cover is required. You are responsible for your own safety, you take part in this event at your own risk. British Orienteering Third 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.

Ticks are known to be present on this SN area - please check after your run, and be aware of symptoms of Lyme disease.

The area is open to members of the public at weekends, so we will probably be sharing the terrain with cyclists and dog walkers. Please be considerate to members of the public.

Safety - particular for Long Valley South

There is a cattle fence in the centre of the area and should not be crossed. The area is Out of Bounds.

To aid clarity the purple uncrossable boundary symbol has been used but offset from sitting directly on the high fence symbol. **This must not be crossed**



a general note: Long Valley South is a military training area. In particular

- Ignore arrow signs (black arrow on dayglo yellow)
- There are many ruined fences in the area with just a single strand of wire – sometimes barbed – remaining. There are also some areas of denser wire where ruined fences have been collected.
- Please do not touch any ammunition casings or suspicious objects you may find on the ground

First Aid in Assembly.

Nearest A&E Hospital: Frimley Park, Portsmouth Road, Frimley, GU16 7UJ. Map held at enquiries. Distance from event: 5.7 miles.

SN Trophy This is a team trophy, awarded to a club – runners are only eligible if they have run the equivalent long course for their age class or above - see SN website for details.

Dogs: Permitted in the car park on leads but not on courses.

COVID: You must not attend if you or a member of your household has COVID-19 symptoms, or if you have been asked to isolate by NHS Test and Trace. Please get in touch with the Organiser who will organise a credit of your entry fee on race signup. Please abide by the Participant Code of Conduct, documented on the British Orienteering Site.

More details Please check <http://www.southernnavigator.com> for late information or updates.

Cancellation: Please check website for last minute cancellation in case of inclement weather or any other unforeseen problem. In the event of cancellation some or all of your entry fee may be retained to cover costs incurred.

Officials: Organiser: Paul Wallace-Stock (SN) paulws.719@btinternet.com.
Planner: Steve McKinley (SN)
Controller: Peter Nicholls (GO)

