

SOUTHERN NAVIGATORS ORIENTEERING CLUB

SN Trophy - Long Valley North

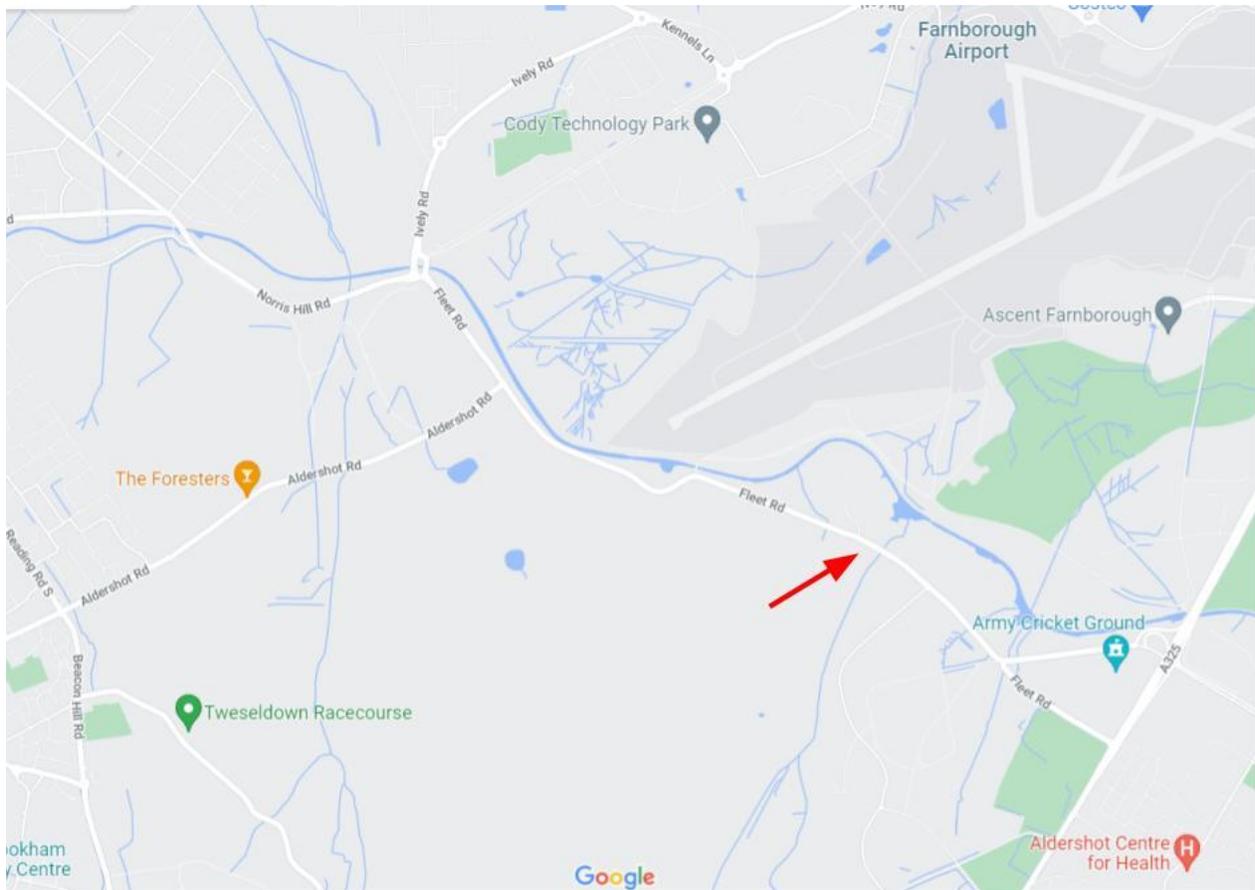
(Level B)

SUNDAY, 14th November 2021

**Held in conjunction with the Southern Night Championships, Saturday
13th November**

Venue: Long Valley North is a military training area comprised of a mixture of coniferous forest and heathland, with an extensive network of often sandy driver-training tracks. The area was fenced off roughly 5 years ago, with public access limited to some weekends, meaning some smaller tracks have disappeared. The area was last used for competition in November 2016 (Route gadget link: <https://www.sn.route gadget.co.uk/rg2/#78>).

Location: Between Aldershot and Fleet. Signed off Fleet Road, A323, approx GU11 2HL (parking around the tarmac driver training). Grid ref SU847526. What3Words - lend.duty.apply



Public Transport: Nearest stations are Aldershot (3.7km), Fleet (4.9km) and North Camp (5.3km).

Car parking: Hard-standing / short, well-drained grass around the tarmac driver training loop. 0-500m from assembly. Assembly at What3Words: [///spell loaf tilt](https://www.what3words.com/#!/spell loaf tilt)

Assembly Facilities:

Download

Enquiries & SI collection

Traders: Continental Catering (Tom & Julie)

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

First Aid provided by Event Medic Services.

Toilets

Marquee shelter for anyone arriving by bike/foot.

Timing: Sport Ident electronic punching. Contactless punching will NOT be 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 13th September.

Closing date: 23:59 Sunday 7th November

Fees: BO Members: Seniors £14, Juniors £5. (Non-BO: Seniors £17, Juniors £7), Novice Seniors £8.

Late entries (subject to map availability) plus £2 surcharge. Late entries close 23:59

Wednesday 10th November

Add £1 for seniors hiring a Sport Ident timing device. Lost SI card charged at £30.

Starts: Pre-entered competitors up to 7th November 2021 will be given pre-allocated start times published on Racesignup.

Start times: 10:30-13:00 with call up at minus 4 minutes.

There are two starts: West and East. Both are less than 5 minutes from assembly. The East Start (predominantly junior courses) is approximately 200m from assembly, and the West Start (most senior courses) is 150m to the west of assembly.

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.

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. Please report to download as soon as you have finished.

Courses close 15:00

Results Will be displayed at Assembly. Later online at <https://www.southern navigators.com/>.

Courses

	Length km	Climb m	Controls	Start
Black	11.6	180	28	West

Brown	10.1	135	24	West
Short Brown	9.1	115	23	West
Blue	7.1	115	20	West
Blue (Army only)	7.0	95	18	West
Short Blue	5.6	90	16	West
Green	5.0	70	15	West
Short Green	4.2	50	13	West
V Short Green	3.8	75	16	West
Light Green	4.4	75	15	West
Long Orange	5.6	95	18	East
Orange	3.3	50	13	East
Yellow	2.4	35	12	East
White	1.9	25	11	East

Map: Printed on A4 waterproof paper. Black and Brown courses are double-sided. Scale 1:10000 with 5m contours. Significantly updated 2020 based on a lidar survey and on previous maps.

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

Mapping

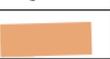
The area is highly susceptible to surface water after heavy rainfall. Large pools of deep water – used as tank wallows – are mapped on the sandy tracks but there may be additional pools and streams if recent rainfall continues. Pits / depressions may have become wet pits / depressions etc. The forest is mainly fast, runnable forest, though some light brushings can be found in various locations after recent forestry activity. These are not mapped. 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.

There has been some scrub-clearing on the area in the last week, and may be clearing more scrub on the day of the event. We will provide updates in the start lanes if necessary.

The “hard surface and wide, sandy vehicle track” colouring has been used to represent some of the military training tracks, though most are represented as “all weather roads”.

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

There is no legend on the map but ISOM 2017 symbols are used. The full legend is included in an Appendix at the end of this document. Even if you do not read this, please be aware of the following symbols that are either non-standard or not often seen on orienteering maps in the south of England.

	Horse Jump
	Rocky Pit- a small concrete lined pit.
	Trench
	Sandy area (Wide Track)
	Scattered bushes on rough open area. Typically, low to medium height gorse which can be difficult to cross.
	The crag symbol is used to represent vertical sandy sides to vehicle tracks which cannot be crossed.

Safety

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

Emergency mobile telephone numbers (for duration of this event only) are 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 strongly advised to carry whistles and, in the event of bad weather, a cagoule/windproof. 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 and 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 North

There is a 1-2m drop into water directly west of the West start. This will be taped off with yellow and black tape and must not be crossed. The water is mapped.

Competitors should note that there is a stream running roughly NE - SW on the south-east side of the area that has high banks which are vertical in places making it difficult to cross. A suitable crossing points are recommended, but optional and should be available within approximately 40m of any point along the stream. The safest and easiest crossing points have been marked on the maps of the senior courses that cross the stream. The crossings that are not mapped as bridges will be marked on the ground with 1-2m long red and white tapes on each side of the stream. White and Yellow courses run alongside this stream so competitors should note that White and Yellow courses have NO taped routes other than the last control to the finish and they will only cross the stream via bridges.

There is a fence running NE/SW on the north-west side of the area crossed by short Brown, Brown and Black courses. This fence must not be crossed except at the crossing points which are both marked on the map and taped on the ground. Competitors should note that some crossing points can be unstable and care should be taken when crossing.

Finally, a general note: Long Valley North 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 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.

Military orienteering: This event also doubles as the Army Orienteering Association Inter-Corps and Individual Championships.

Post FootO Trail Orienteering:

at Rushmoor Arena, 1.4km from this event, Grid SU855520, Postcode GU11 2ET, What3words: raft.worth.puppy

PreO: viewed from 20 specific points along the permitted 1.1km tarmac route, within 95 mins, identify which flag, of up to 5 in sight, if any, is at the centre of the mapped control circle. Answer = A, B, C, D, E (flags viewed from left) or Z (no correct flag).

Shorter introductory course of 12 controls taking up to 65 mins.

Timed control (BritOL) before start to split equal scores (6 flags, A-F, 4 tasks).

Map: A4 waterproof paper, 1:4000, 2.5m contours. Open grass surrounded by woods. 2020 LIDAR, updated autumn 2021. [Previous map.](#)

Timings:	12:00 13:00 - 14:00 13:00 - 15:00 16:15	Car park open BriTOL Starts Intro course Starts Sunset; TrailO finishes
Registration: Entry by email (name, club, age group, BOF number), followed by electronic bank transfer of entry fee, to the Organiser by Wed 10 Nov: Charles Bromley Gardner charlesbg@btinternet.com 07868 206026		
Entry Fees:	Junior/Student (BriTOL) & Sunday Intro PreO	Adult (BriTOL)
	£5.00	£10.00

Dogs: Permitted in the car park 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 refund of your entry fee. 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: Katherine Bett (SN) kathbett@gmail.com
Planner: Mark Foxwell (BKO) & Debbie Robinson (SN)
Controller: Hedley Calderbank (HH)

Appendix 1

	contour		major / minor tarmac road
	index contour		all-weather road
	form line		vehicle track
	slope lines		footpath
	earth bank		small path
	earth wall		less distinct path
	small earth wall		narrow ride
	erosion gully		passable tunnel
	trench		high wall
	dry ditch/small trench		wall
	knoll (to scale)		impassable fence, enclosure
	small knoll		fence, enclosure
	small elongated knoll		ruined fence
	depression (to scale)		stile/gate, closed vehicle gate
	small depression		building, small building
	pit		ruin, small ruin
	broken ground		cairn or trig point
	impassable cliff/bank		high tower & statue
	short passable cliff		horse jump, hide
	rocky pit/manhole		Cabinet or seat, steps (Rushmoor)
	boulder		open land
	boulder cluster		open land with scattered trees
	boulder field		rough open land
	lake, pond		rough open land with scattered trees
	wet pit, water tank		rough open land with scattered bushes
	stream with footbridge		forest run
	ditch with culvert		forest/undergrowth slow run
	narrow marsh		forest/undergrowth walk
	marsh, small, seasonal		forest fight
	individual tree, bush		distinct vegetation boundary
	prominent rootstock		indistinct vegetation boundary
	thicket / hedge		hard surface & wide sandy vehicle tracks
			private ground = out of bounds