



*Britain's National Orienteering Magazine*

# **CompassSport**

## **Southern Navigators Orienteering Club**

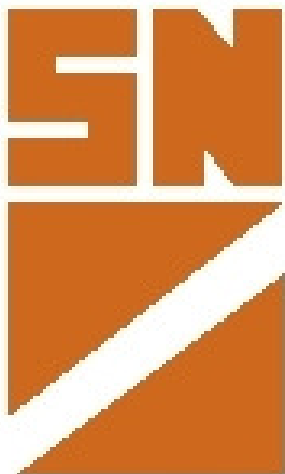
**With support from GO and BAOC**

**host the**

**2014 CompassSport Cup Final**

**14<sup>th</sup> December 2014**

**Long Valley North, Aldershot**



**Final Details**



Southern Navigators welcome you to the Compass Sport Cup and Trophy Final 2014, we hope you all enjoy yourselves. A very special welcome is extended to all the qualifying clubs and their members. For the Cup, we are delighted to race against fellow competitors from HH, DEE, BOK, DEVON, SYO, MAROC, OD and HOC. As hosts and qualifiers SN hope to give all a great competition. In the Trophy competition a warm welcome is extended to SUFFOC, SOS, SROC, SARUM, WIM, EPOC, FVO, CLYDE, BL and LOG. We hope all clubs and runners will enjoy the challenge of Long Valley, and our hospitality Please take the time to read these final details.

### **Travel & Parking**

The event will be signed off the A323 at grid reference SU847527. Nearest motorway junction is M3 junction 4a. The Car park is hard standing for most, firm for all. We are going to endeavour to park you in club units, please follow instructions from the car park marshals to help ensure this works.

### **Facilities.**

The finish is located within the assembly area and one minute from the start. The arena shall also have Ultrasport, Tom's Continental Catering, Podium Catering, and O-Nosh in attendance.

First aid is being provided by Hart 1<sup>st</sup> Response.

There will be plenty of portaloos and a urinal.

Two large marquees providing shelter and a place to socialise if the weather is inclement will be provided, and it is anticipated to have live score and results update through-out the competition which will be complemented by the commentary team.

### **Start**

The start is less than 5 minutes from parking and will run from 1000hrs to 1230hrs. Your name will be called at T-5, dibber check at T-4, control descriptions at T-3, ready yourself at T-2, stand by your map at T-1, Go at T-0

Please check you have picked up the right map!

It is a TIMED start. If you are late you will have to wait for an available slot which could be a very long time as some courses are very full and we have to keep with the rule of club separation. Your start time WILL NOT BE CHANGED. PLEASE do not ask the start officials to change your start time, they do not have the authority to do so! If you feel your lateness is the fault of the organiser or the event organisation, please discuss this after your run with her.

### **Finish, Spectators and club tents**

The finish run-in will be taped. The finish, as mentioned is within the assembly arena. There will also be space for small club tents in the woods above the run-in, and on the flat area around the finish, although we are providing marquees which can be used for changing and socialising. Spectators will be able to see competitors on their last couple of legs, and the entire run-in so feel free to cheer them on!

### **Run-in competition**

It is traditional for the final to have a run-in competition. There is a trophy for the fastest male and female run-in times.

### **Warm up and yellow course (The Wellington boot course ! #splash)**

The Yellow course also doubles as the warm up map and area, and as such is provided free of charge to all. If required (especially for Yellow competitors) times will be recorded. The course is adjacent to the parking area, and maybe observed as you enter the car park. This is outside the competition area,

therefore parents may accompany their children round before their run if they wish. Please note the course is NOT SUITABLE for buggies of any kind, not even all terrain buggies (unless you want to carry them for a bit!). If you do not want your children to get too wet please ensure they wear wellington boots, as the course passes through an area of marsh which at the moment is very wet. Please go to the start/finish tent for the warmup/yellow course to collect maps.

### **Terrain/ Notes from the Planner**

Welcome to Long Valley North, one of SN's prime orienteering areas. A typical multi purpose military training area that shows many of the scars associated with such an activity. Those of you who have run here in the past may well be aware of the confusing twisting turning test tracks that inter mingle with open tracks of sand and water that at times can make even the best of us lose track of just how many we have crossed. However no sooner have you mastered the sand tracks but you are then in more traditional forests, littered with "tank hiding holes", (aka square re-entrants), stone mine shafts (rocky pits) and numerous soldier diggings (pits and depressions). Pete and I have tried to set courses that will keep you thinking all the way round the course, testing your orienteering ability and hopefully finding the best O clubs in the country and like all good courses switching off at the wrong time can be dangerous on Long Valley. The advantage of having this open to public military land is also a big disadvantage when it comes to trying to keep the map in step, so competitors should be aware that there are many small paths caused by mountain bikers that are NOT shown; typically they weave through the forest and are about the width of a person on a bike!!

I am sure I don't need to remind you that you take part in the competition at your own risk; a couple of the more abundant hazards include ruined fences just leaving a single strand (sometime barbed wire) and old used ordnance and you are well advised not to pick up discarded ammunition.

The Yellow course doubles with the warm up map and is free to all, if you are using the warm up map please be considerate to those who are having their own fun on the Yellow course. Timing is provided but ideally this is for those doing the Yellow rather than runners who are using the warm up area. Please do not stray off the warm up map as it does adjoin the competition area!

There are many controls on the area and on some courses you may even find yourself revisiting an earlier control again later in the course! The two longest courses will cross a road twice. The crossing point has been chosen for maximum visibility and it is your responsibility to cross safely, please be considerate to drivers who may not be fully expecting runners to be appearing from the forest. So navigate well, check your descriptions and enjoy the delights of Long Valley

### **Courses**

All courses are printed on 1:10,000 5m contours, A3 map with pictorial control descriptions on the right hand side

ATTENTION !!!! There are two courses for Blue Men – 4C (Cup competitors) and 4T (Trophy)

No	Course	Classes	Length (km)	Climb (m)	Controls	Desc Len
1	Brown	Men's Open	11.2	90	29	23cm
2	Short Brown	M20-, M40+	9.4	90	24	21cm
3	Blue Women	Women's Open	7.6	65	22	17cm
4C	Blue Men Cup	M50+ Cup	7.8	90	23	18cm
4T	Blue Men Trophy	M50+ Trophy	7.6	110	25	19cm
5	Green Women	W20- W45+	5.1	60	20	16cm
6	Green Men	M60+	5.4	55	18	15cm
7	Vet Short Green	M70+ W60+	4.4	50	17	14cm
8A	Junior Men	M18-	5.3	70	15	13cm

8B	Junior Women	W18-	4.5	70	14	12cm
9	Orange	M14- W14-	3.5	30	13	12cm
	Yellow	Warm up	1.9	20	9	n/a

### **Road Crossings**

The longest courses have 2 road crossings. These will NOT be timed out. The crossings are along a straight section of road with good visibility – the traffic does travel fast along this road so please be mindful when crossing it. There will be ‘caution runner’ signs and marshals but it is the competitors responsibility to decide when it is safe to cross.

### **Jury**

Can we request that any competitor or official who feels the need to lodge a ‘complaint’ with regard to any competitor or any aspect of the organisation or planning thought to have substantially contravened the Rules or other instructions issued by the Organiser to do so at the earliest opportunity, so it may be given full consideration without unduly delaying any confirmation of the results.

### **Photographer**

There will be a photographer on site. The intention is not to provide a finish photo of everyone, but rather to provide a feeling of the overall competition. Photos will be available for free download after the event see [www.southern navigators.com](http://www.southern navigators.com) for details .

### **Download**

Please download as soon as you have finished. You will receive your splits as usual.

### **Map collection & reclaim**

As it is a level A event all maps must be placed in the bags provided. Bags will be labelled with club names – please ensure you put your map in the correct bag! Maps will be available for collection by team captains soon after the last start.

### **Free memento T-shirts**

SN have designed and had made a memento T-shirt (technical fabric), which will be provided free to all finishers. Team captains can collect their club T-shirt bag along with their maps at map reclaim. The contents will be precisely the size/number distribution ordered by the club captains by the cut off date. This does not equal the total number of entries, so I know some people have not ordered. I allowed for a small extra amount in my order, so I may be able to provide T-shirts on the day for the late entries, but I can’t promise!

### **Prize-giving**

The prize-giving, for both the run-in competition and the Cup and Trophy will be held as soon as possible after the courses close (courses close at 14:30hrs), hopefully outside in the winter sun, but will be in a marquee if it is raining. Nick Barrable will present the prizes. As well as the winning trophies, there are prizes for 2<sup>nd</sup> and 3<sup>rd</sup> placed clubs as well. Please stay and cheer the winners.

### **Officials**

Planner Steve McKinley SN  
 Controller (Grade 1) Pete Nicholls GO  
 Organiser Sarah Francis SN

### **Jury**

Mike Forrest BOK  
 David Rosen SROC  
 Richard Payne EPOC  
 Ted Finch FVO

