



## Dartford Orienteering Klubb SE League and National Ranking Level B Event at Chelwood Vachery (Part of Ashdown Forest)

### Final Details

**Event Date: Sunday 13<sup>th</sup> January 2019**

#### **Travel :**

- From the north at East Grinstead head southeast on London Road (A22) towards Moat Road (A264) for 1.2km to roundabout, then take 1<sup>st</sup> exit onto Lewes Road (A22) and continue on A22 through Forest Row to Wych Cross for 9.1km.
- From the south at Uckfield, head north on A22 for 12km to Wych Cross.
- **Public Transport:**  
Nearest rail station is at East Grinstead.  
By Train - Trains run regularly to East Grinstead station from London Victoria via East Croydon every 30 mins (journey time 60 mins) and are operated by Southern Railways. National Rail enquiries 08457 484950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk).  
By Bus - METROBUS run a 270 service which runs approx. every 2 hrs on Sundays from East Grinstead station (journey time 22 mins). Ask for the bus stop by The Llama Park.

#### **Main Car Parking :**

- Please do not arrive before 8:45
- The main car park is at the rear of The Roebuck Inn, Wych Cross, Forest Row, East Sussex **RH18 5JL**, **Map ref: TQ420319 GPS: 51.0695, 0.0251** This will be signed from the crossroads at Wych Cross. There is a 0.7km walk from this car park to the Event Centre at the Llama Park. This is mostly across fields and will be muddy in places. Please follow the signs and marshall's instructions. There is no parking fee.
- Toilets available for use at The Roebuck Inn on arrival. No spikes and clean footwear please.
- Limited parking is at The Llama Park with spaces expected to be available for families with children under age 16, for M/W75+ and all cars with 3 or more occupants only. There is no parking fee.

#### **Event Centre:**

- The Event Centre is at The Llama Park <http://www.llamapark.co.uk> Postcode: **RH18 5JN Map Ref: TQ424314 GPS: 51.0647, 0.0297**
- The Llama Park is situated on the A22 – 5km south of Forest Row and 4kms north of the village of Nutley, East Sussex. It comprises some 30 acres of some of the most stunning countryside in SE England.

#### **Event Centre Facilities:**

- Enquiries, registration and download will be in one of the buildings at The Llama Park.
- Toilets will be available. No spikes or very muddy shoes please.

- The Llama Park coffee shop will be open from 10:00 serving hot and cold drinks. Lunches will be available in the restaurant from 12:00. The full daily menu is available and there is also a choice of 3 Sunday roasts and a vegetarian option. Booking is not necessary.
- Sunday lunch at the Roebuck Inn is a carvery with a choice of meats and vegetarian. Bookings on are advised but are not essential.
- Young children can be entertained in The Ashdown Forest Llama Park. Entry to The Llama Park would normally be £8 for adults and £7 for children (2 to 16) and seniors; **all orienteers can access the park on the day of the event for £5 by generous offer from The Llama Park.**
- CompassPoint will be attending for your orienteering attire and equipment needs, located adjacent to the Maze and the footpath to the Roebuck Inn.
- Elite Medical & Ambulance Services Limited will be in attendance providing first aid cover.

### REGISTRATION:

- Opens at 09:15, starts from 10:00 to 12:00, courses close 14.00.
- Competitors who have pre-entered and with no dibber hire can go straight to the start (via The Llama Park parking area if parked at The Roebuck Inn).
- Late Entries and EOD are subject to map availability. For Fees see below.

### START AND FINISH:

- There is a single start for all courses, 1.7km from the Event Centre with minimal height change. Follow the taped route. Allow 20-25 mins. There are no toilets other than at The Llama Park.
- The route to the start crosses the main A22 road which will be manned but marshalls will not be stopping traffic. Competitors must use this crossing point. Please take care crossing.
- SI punching start. Controls will **NOT** be activated for contactless punching.
- A SIAC OFF box will be used in the start lane to switch off touch-free punching after the check box to help to preserve battery life of SIAC cards
- Hired dibbers available from the Event centre. A charge of £30 will be made for lost cards.
- Start times will be available on Fabian4 no later than 8<sup>th</sup> January.
- Please arrive in good time for your start. Call up will be at minus 4 mins.
- Loose control descriptions will be available at the start.
- Competitors on the White and Yellow courses will be able to see their maps before they start.
- There is one finish 0.6km from the Event Centre, on the route to the start. There will be a clothing dump near to the finish.
- The route back uses the same manned crossing point on the A22.
- No water is provided at the finish but it can be purchased at the Event Centre.
- Please ensure every competitor downloads even if retiring.

### TERRAIN and MAP:

- Mixed, open moorland with heather & dead bracken. Some mainly runnable forest, some marshy areas, and a good path/ride network.
- Due to the large amount of rain over the last few weeks, some of the brown features may well contain water and some of the rides are fairly muddy.
- The map was surveyed in Spring 2014 by Andrew Pitcher with further updating subsequently including in Winter 2018. Scale 1:10,000 with 5m contours. Map updated to ISOM2017.

- Maps are either A3 (Blue to Black) or A4 (White to Short Blue) on water resistant paper. Courses and control descriptions will be overprinted.

## PLANNERS' COMMENTS

Courses have been planned to utilise as much of the runnable forest as possible. However longer courses do unavoidably access some of the more marshy ground with tussocky grass, which requires careful footwork. The terrain encompasses some large swathes of thick gorse - we have avoided placing controls amongst this and would strongly recommend avoiding! Certain courses run alongside an electric fence. On no account should any competitor touch or try to cross the fence. No course requires entry to the fenced-off area.

On the White and Yellow courses there will be a continuously taped route between controls 1 and 2 along the verge of an access road to nearby properties. Competitors must keep to the right hand side of the tape, away from the road. There will be signs which should be followed. There will also be a couple of places on these courses where sad faces and smiley faces are used to emphasise the correct route.

**DOGS:** On a lead only please.

**COURSES:** The course mapping below is as recommended for the South East club and individual leagues. Anyone can choose to run any course.

Course	Men	Women	Length (km)	Climb (m)	No. of Controls
Black	M21		10.3	210	24
Brown	M35 M40		8.4	170	20
Short Brown	M18 M20 M45 M50	W21	7.4	170	19
Blue	M16 M55 M60	W35 W40	6.4	125	16
Short Blue	M65	W18 W20 W45 W50	4.9	90	14
Green	M70	W16 W55 W60	4.2	90	11
Short Green	M75	W65	3.6	85	10
Very Short Green	M80 M85+	W70 W75 W80, W85+	3.0	55	11
Light Green	M14	W14	3.4	65	12
Orange	M12	W12	2.9	50	10
Yellow	M10	W10	1.9	35	9
White			1.5	25	9

- If you are a newcomer to orienteering, the white, yellow and orange courses are suitable for beginners. Please speak to someone at registration who will advise you accordingly.

### **MAZE:**

- We are providing a small maze intended for young orienteers and anyone else who wants a go.
- This will use SI punching, be free of charge and open from 10:00 to approx. 11:30 in a field adjacent both to parking at the Llama Park and to the approach by foot from the Roebuck Inn.
- Ask at Enquiries if you wish to participate after 11:30 and we will do our best to accommodate you.

### **ENTRIES & FEES:**

- Entries on line at [www.fabian4.co.uk](http://www.fabian4.co.uk) (preferred) or send a Standard Entry Form with cheque to the Organiser at 2 Brookside, Orpington, Kent BR6 0AW.
- Late: Seniors £13, students/juniors £6, families £32 (until midnight on Friday, 11 January 2019)  
Entry on the day. Seniors £15, students & juniors £7.  
Seniors on White, Yellow, or Orange £7 at all entry dates.
- Late entry and EOD are subject to map availability.
- An additional £2 will be charged on all fees for seniors who are not members of British Orienteering.

### **SAFETY:**

- Please read the Planner's notes above
- Anyone with a high risk medical condition is invited to complete a form as download and seal it in an envelope provided. Unopened envelopes can be collected after your run and unclaimed envelopes will be destroyed unopened.
- Please take care crossing the busy A22 from the event centre to and from the start/finish. A crossing point from The Llama Park will be manned, but anyone bringing children is expected to take responsibility for them at the road crossing, and the final responsibility rests with the competitor.
- Please note there will be no crossing point of the A22 at the Roebuck Inn. Competitors are required to follow the tape to parking at The Llama Park. The first 100m is on the narrow verge on the east side of the A22 (walk in single file and take care) and then along a marked route for a further 600m to The Llama Park and cross the A22 there.
- The three longest courses (Black, Brown and Short Brown) cross the A275. This is a straight road with good visibility but will be un-manned, and will not be timed-out. Beware of passing traffic and take care when crossing.
- Some courses will cross streams which could be deep after heavy rain. So again take care if the conditions are adverse.
- An electric fence is present in the area and should not be touched under any circumstances, nor should it be crossed. One control on the White and Yellow course is close to the electric fence so please alert participants to this.
- Full leg and torso cover is required, no shorts please. Competitors are advised to carry whistles.
- The organisers reserve the right to insist that cagoules are carried in the event of bad weather.
- The safety bearing is East which will bring you to the A22 road running north/south down the eastern edge of the map. This has fast moving traffic and there is no pavement. Do not walk along the road to return to The Llama Park; use the ride that runs parallel to, and west of, the road.
- Finally competitors take part in this event at their own risk and are responsible

for their own safety.

#### **ACCIDENTS:**

- Elite Medical & Ambulance Services Limited will be attending the event and will be based at The Llama Park. There will be a first aid kit at the finish on a self use basis.
- In the event of any minor injury the nearest urgent care unit (not A&E) is the Queen Victoria Hospital in East Grinstead RH19 3DZ (5 mls)
- The nearest A&E unit is at the Princess Royal Hospital in Haywards Heath RH16 4EX (7.3 mls).

**PHOTOGRAPHY:** Photographers please contact the Organiser in advance.

#### **SOUTH EAST INDIVIDUAL LEAGUE (SEIL) CERTIFICATES:**

- John Duffield, HH, has worked hard to finalise the SEIL positions despite the last event for 2018 not being until 30 December. The presentation will be made at approx. 13:30 in the Marriage Barn at The Llama Park
- The full 2018 SEIL results are on the SEOA website at <https://www.seoa.org.uk/images/SEIL2018Final.pdf>
- A list of certificate winners is on the Chelwood event page of the DFOK website. Congratulations to all winners.
- Those parked at The Roebuck Inn and staying for the presentation are welcome to drive to The Llama Park from 12:30pm onwards by which time there should be spaces in the area allotted for our use.

#### **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.

#### **SPECIAL THANKS:**

- To The Llama Park for use of their car park and facilities, The Roebuck Inn for additional parking, Mrs Mullins for allowing us to cross her land avoiding much of the A22 between the Roebuck Inn and The Llama Park, Mr and Mrs Brown for the use of Mill Wood and to the Conservators of the Ashdown

Forest for allowing us to use this beautiful part of East Sussex.

**CANCELLATION:**

- Cancellation is a 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 DFOK website. If the event is cancelled, DFOK reserves the right to retain part of the entry fee to cover unavoidable costs. Please check our website for any last minute information [www.dfok.co.uk](http://www.dfok.co.uk)

**OFFICIALS:**

- **Planner:** David and Julie Lobley (DFOK)
- **Controller:** Susan Crickmore (SO)
- **Organiser:** Andrew Evans (DFOK) contact [chairman@dfok.co.uk](mailto:chairman@dfok.co.uk); mobile 07794 379711

**Appendix (A)**

**Diagram of Route from Roebuck Inn Car Park to Event Centre at Llama Park and Start**

