

FINAL DETAILS

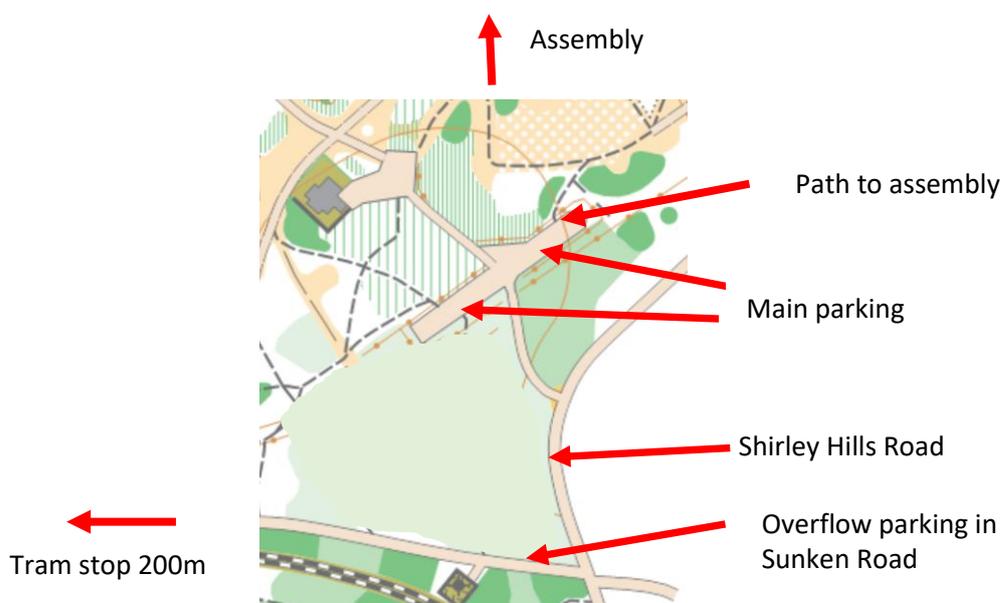
	<p>Addington Hills</p> <p>South East Relay Championships</p> <p>Sunday 12th May</p>
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Updated for final course details, assembly layout and EOD map availability

Location and parking

Parking is at the Addington Hills car park off Shirley Hills Road, TQ354643. Nearby postcode is CR0 5HQ. The event will be signposted from the junction of Shirley Hills Road and Coombe Lane (the A212). Please share cars wherever possible, as space is limited. Note that there is a HEIGHT RESTRICTION of 1.9m to access the car park.

If you are in the overflow parking located in Sunken Road, walk to assembly using the pavement on the other side of Shirley Hills Road (take care, as this requires crossing Shirley Hills Road twice) and then into the main parking area (it is 300m to the main parking). Please do not go through the woods, which are out of bounds to orienteers.



Public transport

Coombe Lane tram stop is on the New Addington line from East Croydon mainline railway station. Bus 466 also stops at the tram stop. The main car park is 500m from the tram stop along Sunken Road and through the overflow parking.

Safety

Competitors must wear full leg cover. Whistles are strongly advised. If you are travelling alone, please leave your keys at Enquiries.

Novice Juniors running as part of a relay team may be shadowed to give them confidence and ensure their safety. However, in the interests of fair competition, such a team must be declared non-competitive.

If you become disoriented or wish to retire, head South to the assembly area or to the roads bounding the edges of the map – avoid walking on the roads. There is a tramline on the South Western edge of the map, which is fenced off and there is no need to cross it.

COURSES CLOSE AT 14.00. Competitors MUST report to the Finish and Download by this time, whether they complete their course or not.

The nearest A & E Hospital is Croydon University Hospital, 530 London Road, Croydon, CR7 7YE. Tel: 020 8401 3000. Details will be held at Enquiries.

A full risk assessment has been undertaken by the Organiser. However, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety.

Timing

09:30	Enquiries open for bib collection by club and for team changes
10:30 to 11:45	Registration for entry on the day
10:30	Open classes mass start
10:35	Junior mass start
10:40	Handicap mass start
10:50 to 12:00	Entry on the day starts
12:30	Mass start for remaining relay runners
13:00 (approx.)	Prize giving
14:00	Courses close

Course details

Course details are as follows:

Course	Length (km)	Climb (m)	Controls	Used by
Short blue	4.0	200	19	Open legs 1 & 3, Handicap
Green	2.9	120	16	Open leg 2, Handicap
Orange	2.0	95	15	Junior leg 2, Handicap
Yellow	1.6	55	13	Junior legs 1 & 3

The technical courses will be gaffled, which means that different people running the same course at the same time will sometimes visit different controls. Consequently, there will be a lot of controls, some quite close to each other. The Yellow and Orange courses will not be gaffled but competitors may see other controls. **Check that you have got the right control code!**

In accordance with the SEOA competition guidelines, the short blue courses are planned with a winning time of 30-35 minutes, to enable you to plan your relay handovers.

The lap order for the handicap race varies. When you collect your bibs, you will be given the sequence for your team.

Control descriptions will be on the front of the map only. Control descriptions will be text for Yellow and Orange courses and pictorial descriptions for the Green and Short Blue courses.

Planner's notes

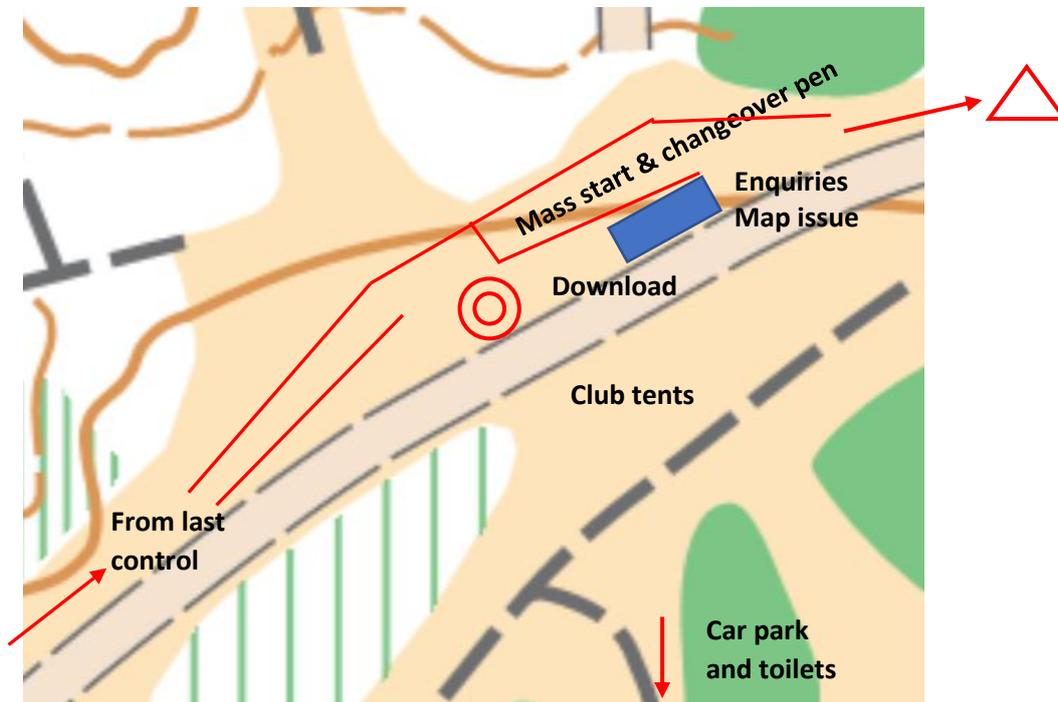
The area has lots of spurs and valleys with a network of paths. There is a mixture of open woodland and heathland with some areas of holly and more dense woods.

The area was resurveyed by Paul Todd in 2018 with minor updates since then. The map scale is 1:5000 with a contour interval of 2.5m and is drawn using the new ISSOM 201x draft symbol set. Pre-marked waterproof maps.

Please be considerate towards other users of the area.

Assembly

The assembly area is 200m from the North East corner of the main car park. Assembly is an open area with space for club tents. The toilets are situated in the main car park.



Spectators will be able to see runners approaching from the last control. This control is also used as the start of a final loop on all courses, so not everyone visiting that control will necessarily be finishing immediately. Runners should also make sure that they complete their final loop and do not run straight to the finish.

Maps will be collected at Download. They will be released after 12:30.

We will not be providing any water – please bring your own and take your litter home with you. The Royal Garden Chinese restaurant is located near the last control.

Electronic punching

SI on all courses and SIAC enabled. Pre-hired dibbers (not SIAC) cost £1 and should be paid for and collected at enquiries on the day. Should any SI unit on the course fail to function, please continue with your course and report the issue at Download.

Relay entries

Enter teams via Fabian4 by midnight on Sunday 5th May. [See the flyer for details of the classes and the points allocation by age and gender for the handicapping system]. Team declarations will then be possible on Fabian4 up to Thursday 9th May. Any changes required after teams have been declared can be made on the day of the event at Enquiries between 09:30 and 10:15, but please notify us by email beforehand, if at all possible, and please keep all changes to a minimum.

To be eligible for trophies all members of the team must belong to SEOA through the same club. If your team is not eligible, please declare this at Enquiries.

Handicap teams should declare runners on Fabian4 in the order shown – ie lap 1 short blue runner, lap 2 green runner and lap 3 orange runner. However, the actual lap order sequence will vary between teams. Your bibs will make the running order clear for your team.

Bibs for pre-registered teams can be collected from Enquiries by club between 09:30 and 10:15. They are coloured **Red** for 1st leg, **White** for 2nd leg and **Blue** for 3rd leg. Please designate one club member to collect the bibs and pins for all of your club's teams.

EOD for Individual Colour Coded Courses

Registration will open in Enquiries at 10:30 and close at 11:45. £9 for Seniors (+£2 for non-BOF members) and £4 for Juniors, dibber hire (£1) all payable at the event. Please email the organiser on or before Sunday 5th May to pre-book a map. Additionally, there will be a limited number of maps available for further entry on the day onto an individual course.

Start procedure

Your map will be available from the issue point as you enter the mass start and changeover pen. Do not open your map until you start. You are responsible for checking that you have been given the correct map for your team and leg.

Call up for mass starts: Open 10:20; Junior 10:25; Handicap 10:30. Please wait beside the map issue point whilst the preceding class starts.

Mass Starts: Open 10:30; Junior 10:35; Handicap 10:40 – this is a timed start, don't be late!

There will be no start box to punch, but don't forget to punch your first control! There is a taped route of 50 meters to the start kite.

For 2nd and 3rd leg runners, changeover is by touch from the incoming runner. Your time starts from when the previous runner in your team punches the finish box. There will be a mass start at 12.30 for all remaining 2nd and 3rd leg runners.

Those entering colour-coded on the day will also start from the changeover pen and may collect their map any time after 10:50. Report to the changeover marshal who will set you off and has an SI Start box for you to punch. Do not open your map until you have punched.

Officials

Planner - Brais Piñeiro

Controller - David Dawson

Organiser - Charles Spence, e-mail at pcgspence@gmail.com