



**SE MIDDLE DISTANCE CHAMPIONSHIPS
BLEAN WOOD NEAR CANTERBURY
SUNDAY 6 SEPTEMBER 2009
FINAL DETAILS**

CAR PARKING & DIRECTIONS

The car parking for this event will be at GR070608 on OS sheet 179, close to the village of Hernhill. The event will be signed from GR047608 on the eastbound carriageway of the A299 immediately after the M2 becomes the A299, and also from the westbound carriageway of the A299 at GR069619. Please take care on the narrow country lanes. £1 car parking charge.

THE ASSEMBLY AREA is adjacent to the car parking and will include: EOD Registration, SI Dibber Hire & Download, Toilets, Enquiries and Results Display.

Start and finish are 10 -15 mins walk from assembly. A clothing dump will not be provided but the start and finish are close together so clothing may be left, at your risk, at one or the other.

LATE ENTRIES, REGISTRATION AND ENQUIRIES

Late entries and entries on the day will be accepted while overprinted maps last.

Late entries and competitors wishing to enter on the day should go to the Registration point on arrival.

Registration 10:00 – 12:30 Starts 10:30 – 13:00

Fees for late entry and entry on the day are as follows:

Middle Distance Courses Seniors £10.00; Non BO seniors £12.00; Juniors £4.00;

Colour coded courses £4.00 (but will not be included in middle distance results)

Pre-entered competitors who have not paid should go to Registration to pay

SI Dibber Hire will be at Registration. Dibber hire £1.00

Colour coded courses A limited number of colour-coded courses (white, yellow, orange, and light green) will be available for entry on the day. Novices should enquire about which course is most suitable for them. A member of Saxons will be on hand to offer advice and guidance.

The new **SPORTident Card9 dibbers** (currently only available on the continent) are not compatible with the older style control units being used at this event. Any competitor who has one of these newer SI dibbers may exchange it at registration for a Card5 dibber free of charge for the duration of the event.

STARTS

Sportident punching will be used for this event. We shall be using a “punch and go” system at the start. Accordingly, competitors have been given a half hour start block in which they may start at any time at the discretion of the start officials. However there will be a 2-minute start interval on all courses. On arrival at the start, please join the appropriate start queue for your course. Call up will be 3 minutes before your start time. Courses 7 and 8 and the orange, yellow and white courses will get their maps with 2 minutes to go in the start lanes.

Courses close at 15:00

Parents with split starts – have been accommodated where a request has been made but if this causes a problem, please contact the organisers.

MAP/TERRAIN

MAP: Map scale is 1:7,500 with 5m contours, A4 size for all courses. All maps will be pre-printed on waterproof paper. There are a few non IOF/less commonly used symbols on the map: a green circle is a distinctive (Yew) tree, a black cross is a hide and a black circle a ‘man-made’ feature. There is a full legend printed on the front of the map.

OUT OF BOUNDS: There are a number of fields on the northern, western and southern edges of the area which are all out of bounds to competitors - these are clearly marked on competition maps but there will be no tapes in the area (all of these fields are bounded by fences).

TERRAIN: Blean Wood stands on a hill, dissected by a major (and lovely) river valley which runs SW/NE through the area with a smaller subsidiary valley. The main stream itself is very small and may well be dry at the time of the event. Blean consists of mainly mature woodland, although, sadly, there are some small but dense areas of rhododendron (which the courses are planned to avoid). Runnability is generally good for the time of year and very little in the way of undergrowth or bracken should be encountered on courses.

SAFETY: The streams running through the area may be crossed by competitors at any point, but you should take care when crossing as banks are steep in some parts.

The area is not extensively used by the public, but there are occasional horse riders, walkers and cyclists - please give due consideration to them. Whistles are advisable for your own safety.

CONTROL DESCRIPTIONS

These will be available at – 3 minutes for the Middle Distance Championship courses but will **not** be overprinted on maps. (Colour coded course descriptions will be available at registration.) Please note that the control descriptions will be pictorial for courses 1-6 (and light green), but courses 7 and 8 (and the orange/yellow/white courses) will have written descriptions. A cross (X) symbol on the pictorial control descriptions indicates a hide.

COURSES

Subject to final controlling, details of the Middle Distance Championship courses are as follows –

Course	Classes	Length	Climb	Controls
1	M20, M21, M35, M40	5.7k	230m	29
2	M18, M45, M50	5.2k	180m	27
3	W20, W21, W35, W40	4.7k	160m	25
4	M16, M55, M60, W18	4.2k	155m	24
5	M65, M70, M75, W16, W45, W50	3.5k	115m	20
6	M14, W14, W55, W60, W65, W70, W75	2.9k	110m	18
7	M12, W12	2.8k	80m	11
8	M10, W10	2.3k	60m	11

Shadowing of juniors is not allowed on the Middle Distance Courses.

FINISH

You must punch at the finish control and then proceed to the Download Area in the Assembly Area even if you retire. Water will be available in the car park.

PRIZE GIVING will take place as soon as possible after 14:00 with medals to the top three SEOA members in all classes.

ACCOMMODATION

We had hoped to provide camping on Saturday night in the Assembly Area but regret that this has not proved possible. However there are a number of commercial campsites along the north Kent coast. Further information available from www.canterbury.co.uk

In addition B & B accommodation is available at the University of Kent <http://www.kent.ac.uk/holidays/>

HEALTH & SAFETY

Competitors take part in this event at their own risk. A **First Aid kit** will be available at registration and also at the start. (After the last start the first aid kit will be at the finish)

Anyone arriving alone who wishes to be checked back in, please leave your car keys at Registration.

Dogs are permitted at this event but must be on leads in the car park.

Officials Organisers – Anita Kingdon (01892 722624/ 07903 163953) and Sarah Howes (01892 723327/ 07718 762667)

Entries enquiries – Sarah Howes 01892 723327 before 2130 until 3/9/09 or sarahmhowes@hotmail.co.uk

Planner – Dave Kingdon (Saxons)

Controller – Chris Baker (DFOK)

In the unlikely event of the cancellation or curtailment of the event, the Club reserves the right to retain part or all of entry fees paid to defray costs incurred.

You take part in this event at your own risk.