



Saxons Orienteering Club

LONG TRAIL CHALLENGE

Final Details



Sunday 8th Aug Mass Start 10am

**If you intend to participate in this event please e-mail:-
development@saxons-oc.org to reserve a map so we know how many to print.**

Directions to Registration:

Crown Point Inn car park, A25, 5 miles east of Sevenoaks, TN15 0HB , TQ 576 557.
Follow red/white signs.

The Trail is marked by numbered electronic checkpoints with a red & white flag (a control) either on the paths or just off. You will be given maps showing the location of the controls. **The Challenge** is to select the optimum route between controls which should be visited in the numbered order as indicated on the map. There will be a **Mass Start**, 200m from registration, at 10am for all courses.

Registration from 9am.

From 9am issue of maps - For those unfamiliar with orienteering maps there will be advice on the legend and the special symbols. Also issue of electronic SI cards (dibbers) and race bibs. Please bring safety pins.. Some compasses available (refundable deposit)

The Crown Point Inn will open at 9.30 for toilet facilities. Please show your appreciation by purchasing refreshments from them afterwards.

Courses, general description, distance and cost: All courses start and finish near the Crown Point Inn in a circular route

- The LONG Trail Challenge will link IGHTHAM, SEAL and KNOLE. Length approx 21 km. Runners must be aged 18 or over on day. Cost £6.00
- The MEDIUM Trail Challenge will link IGHTHAM, SEAL and will visit KNOLE briefly. Length approx 14 km. Runners must be aged 16 or over plus on day. Cost £6.00.
- The SHORT Trail Challenge will be within IGHTHAM. Length 7 km approx. Cost £4.00

Entry fee covers the waterproof colour maps, control descriptions, race bib, hire of dibber, water stations and water at finish, use of electronic punching equipment, insurance by British Orienteering Federation and personal print out of the time taken to visit every control. All results will be available after the event on the Saxons website. Novelty prizes for the winners of each course

MAPS :- There will be a waterproof colour map for each of the areas, all at 1:10000 scale

Map 1 IGHTHAM

Map 2 SEAL (on reverse of map 1)

Map 3 KNOLE PARK

1. Control numbers and their descriptions will be printed on every map, and will be available as a separate slip of paper at Registration which can for example be pinned to a shirt
2. All courses start at the same start, at 10am
3. **The 7km course** uses its own version of the Ightham map. Runners visit controls 1 through 12 and their own Short course Finish control. There is no water station on route but water will be available at Download.
4. **The 14 km course** uses the Ightham/Seal map only. Runners visit controls 1 through 7 on the Ightham map, turn over the map and visit 8 through 10 on the Seal map. 10 is a water station. Then 18 through 22 on the Seal map. 22 is another water station. Turn over the map back to Ightham and visit controls 23 through 27 and the Finish control near the Crown Point Inn. The Medium course therefore does not visit controls numbered 11 through 17 which are on the Knole map but visits all other controls
5. **The 21 km course** uses the Ightham/Seal map first. Runners visit controls 1 through 7 on the Ightham map, turn over the map and visit 8 through 10 on the Seal map. 10 is a water station. At the water station runners are issued with a Knole Map . You may leave your Ightham / Seal map with the marshal at the water station and pick it up on return, (we will write your name on it) or carry it with you as preferred.. Runners now visit controls 11 through 18 on the Knole map returning to the same water station at control 18 =10 where you may have left your Ightham/Seal map. Runners now visit 19 through 22 on the Seal map. 22 is another water station. Turn over the map back to Ightham and visit controls 23 through 27 and the Finish control near the Crown Point Inn. The 3 maps allow opportunities for a competitor to shorten their course if they wish to. Those registering for 21k can switch to 14k at the water station at control 10 by not picking up a Knole map and continuing on the Seal map at control 18.
6. Be careful crossing roads, and also slow down near any horses at the stables.
7. In Knole Park do not cross the golf course but you can run along side it.
8. Those wanting to retire early can take a shortcut from 23-27 past the church but will be recorded as having missed points and no longer competitive.
9. Everyone must visit Download by Registration with their dibber after they have finished even if they retired. You will be issued with a personal print out of your total time and the time taken to visit each control (the splits)
10. At each WATER STATION check point there will be a marshal with first aid and a mobile telephone. Your bib running number will also be checked so that we know how many runners have gone through. There is an emergency number on the top of every map.
11. For the runners new to map reading, please make sure you understand the legend - ask as many questions as you can before you start.
12. As it's a mass start you may prefer to run in a group or pair up with another runner. This can allow the map reading to be led by one runner in the group. Each runner must have a separate dibber and bib number for control =safety reasons

13. If you are certain you have got to the correct place and the control is missing, carry on and report it to the organisers.
14. Courses close at 1pm
15. Good luck, have a good run..

QUERIES to Jerry Purkis development@saxons-oc.org, 01892 536332 (eves) 07767 322017 (mob)