



Saxons Orienteering Club invites both experienced orienteers and newcomers to a Kent Night Cup event at MILLBANK AND WHITLEY FOREST, near Sevenoaks, on Thursday 13<sup>th</sup> March, 2014 - 7.30pm – 8.30pm

### **Directions**

Parking/registration will be at The Woodman public house on the B2042 Riverhead to Edenbridge road at sat. nav. ref: **TN14 6BU** or GR TQ 499528. Easy access from junction 5 of the M25 (heading towards Riverhead) and the A21 at Sevenoaks.

### **What is it?**

A 60 minute score orienteering race around Millbank and Whitley Forest. One of Saxons best areas. Come and try it out.

### **Race format**

There will be 20 checkpoints (controls) spread around the forest. Find as many as you can in an hour using the special orienteering map provided. Score 1 point for every control you find. Lose one point for every minute or part minute you are late. You can run as an individual or as a team of 2 or more.

### **Not done orienteering before?**

No experience is necessary. The race format and timing equipment will be explained at the start. You can start by selecting the 'control sites' that are easier to find near to paths and are not too far from where you will start. The course has been planned with this in mind.

### **Map**

You'll be given a waterproof map before the start. You do not need to be an experienced orienteer to understand the map.

### **Timing equipment**

The race will use Sport Ident electronic timing. Each individual or team will have an SI unit (usually called a dibber) and will swipe the dibber at each control to record the time. You can hire one at the event. At the end of the race you will receive a printout of your split times.

### **What equipment should you bring?**

Bring some kind of torch to read the map and to navigate by. A watch to make sure that you don't exceed the 60 minutes! A compass if you have one, but not essential as we have plenty to loan on the night. Orienteering/running/walking shoes preferred – it may be muddy! Carrying a whistle is mandatory – summon help with six short blasts, wait 1min, repeat.

### **How far will I run?**

This depends on the route you take and the number of controls you do. Optimum route for all controls would be 6.5k – 7k.

### **Start times, entries and cost**

There will be a mass start at 7.30. Enter on the night, but if you are likely to attend please email the organiser, [dave.kingdon@gmail.com](mailto:dave.kingdon@gmail.com) by Tuesday 11<sup>th</sup> so maps can be printed. (We will print extra for those that have a last minute change of mind.)

Please could everyone register between 7 - 7.15 on the night so we can start at 7.30. There will be a 5 minute walk from registration to the start. £5 per individual/team if you need to borrow a dibber: £4 otherwise (Juniors £1).

**Post race food/drink/social/prizes.** At the Woodman Pub. Food orders will be taken at registration.