



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

Final Details

Event Date: Sunday 16th January 2022

Covid : You are reminded of the need to follow the British Orienteering Participant Code of Conduct (www.racesignup.co.uk/raceadmin/documentation/bofcoc.pdf).

Travel :

- From the north at East Grinstead head southeast on London Road (A22) towards Moat Road (A264) for 1.2km to roundabout, then take 1st exit onto Lewes Road (A22) and continue on A22 through Forest Row to Wych Cross for 9.1km. At Wych Cross turn right on A275 (Lewes Rd) and after 1.5kms, turns left to Cats Protection
- From the south at Uckfield, head north on A22 for 12km to Wych Cross. At Wych Cross turn left on A275 (Lewes Rd) and after 1.5kms, turns left to Cats Protection
- **Public Transport:**
Nearest rail station is at East Grinstead. Please check www.nationalrail.co.uk or www.google.com/maps for the best itinerary. METROBUS run a 270 service which runs approx. every 2 hrs on Sundays from East Grinstead station to close to the event centre (www.metrobus.co.uk/services/MB/270).

Car Parking :

- Car parks are within the Event Centre at Cats Protection, National Cat Centre, Lewes Road, Chelwood Gate, Haywards Heath RH17 7TT (If using SATNAV please use postcode RH17 7DE). Please park as directed.
- The car park next to the Cats Protection Visitor Centre is not available to participants (Cats Protection is closed to the public but there are visits to the adoption centre by appointment using that car park).

Event Centre:

- The Event Center will be at Cats Protection, National Cat Centre, Lewes Road, Chelwood Gate, Haywards Heath RH17 7TT (If using SATNAV please use postcode RH17 7DE). GPS: 51.0553, 0.0228.
- Cats Protection is situated on the A275 – 1.5km south of Wych Cross (junction between A22 and A275).

Event Centre Facilities:

- Enquiries and download will be in one of the buildings at Cats Protection. GPS: 51.0553, 0.0228.
- Toilets will be available. No spikes or very muddy shoes please.
- There will be full catering services provided by Tom's.
- First aid cover will be provided by professional R J K KENT MEDICAL SERVICES.

- See map in Appendix

Registration:

- Registration online only at www.racesignup.co.uk and no registration on the day.
- Registered competitors with no dibber hire can go straight to the start. Any competitor who has hired a SI or SIAC dibber should collect it from Enquiries.
- Late Entries are subject to map availability. For Fees see below.

Start and Finish:

- There is a single start for all courses, but White and Yellow will separate off and have a separate start kite and start direction. The start is 1,100m from the Event Centre (see map in Appendix). Follow the taped route. Allow 10-20 mins. There are no toilets other than at the Event Centre.
- SI punching start and finish. Controls will be activated for contactless punching.
- Hired dibbers available from the Event Centre. A charge of £30 will be made for lost cards.
- 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.
- All courses finish in a field adjacent to the Event Centre. After finishing, please proceed directly to Download (south).
- No water is provided at the finish but it can be purchased at the Event Centre.
- Please ensure every competitor downloads **even if retiring**.
- **Courses close at 14h00**. Please select a start time that you are confident will enable you to finish by this time.

Terrain and Map:

- Mixed forest and 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 and 2021. Scale 1:10,000 with 5m contours. Map updated to ISOM2017.
- Maps are either A3 (Short Blue to Black) or A4 (White to Green) on water resistant paper. Courses and control descriptions will be overprinted. A3 maps will have a full legend but the A4 maps will not have the legend on the map. A copy of the legend will be available at the Event Centre for anyone who wishes to view it.

Planner's 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!

There are two large out of bounds areas surrounded by electric fences. Courses avoid these areas and on no account should they be entered.

The longer courses from Short Blue to Black cross twice over a stream at the southern end of the map. In normal conditions (which we currently expect) it is crossable with care in a number of places (although you may get wet feet!).

The White course leg 1-2 uses happy faces and sad faces to help competitors follow the correct ride.

Mapper's Comments:

This is the third time in 6 years I have resurveyed Chelwood and vegetation wise this is the most changeable area of the many areas in the South East I have had the pleasure to map. This is due to the diligent work of the Ashdown Forest Conservators who spend much time and resources keeping the undergrowth in check. The main reason for this is the prolific growth of the (vicious) gorse that grows here in abundance. As well as being virtually impenetrable when in full growth its thorns are painful to brush up against, so when deciding your route it is wise to try and avoid them as best as possible. The worst of these areas are marked in green as 'fight'. Where they have been cut down to ground level and started to regrow I have use both levels of the undergrowth shading to try and identify its runnability and navigability. Good arm and leg covering is advised.

One of the methods used by the Conservators to control the vegetation is to use natural resources in the form of ponies and/or cattle to nibble away at the undergrowth. These are contained within electrically fenced enclosures which are out of bounds to orienteering when in use. There are currently two such areas on the map. The enclosures are regularly alternated with the electrical wire being removed, but with the supporting posts remaining in situ, no doubt to be reused at a future date. The posts are many and set too far apart to mark as a ruined fence, but where the wires use to be they have created areas of faster going and these have been marked on the map as narrow rides to indicate improved runnability to the surrounding vegetation.

When the vegetation is reduced down to ground level many earth features are exposed and these are been mapped in previous surveys, however when the vegetation regrows some of these features can visibly 'disappear' making them difficult to be used for navigation without careful ground inspection. Please be aware of this if the surrounding vegetation has re-established itself.

The other significant feature of the area are the extensive tracts of marshland. When I started to resurvey the area at the end of November 2021 these were relatively dry and traversing across many of them made for good going, however after storms Arwen and Barra the nature of them has changed significantly, making progress much harder, wetter and muddier. Many brown earth features that are marked on the map as dry may now be wet.

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
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Black	M21		10.5	230	28
Brown	M35 M40		8.1	200	23
Short Brown	M18 M20 M45 M50	W21	7.5	185	19
Blue	M16 M55 M60	W35 W40	6.4	160	15
Short Blue	M65	W18 W20 W45 W50	5.6	95	14
Green	M70	W16 W55 W60	4	90	11
Short Green	M75	W65	2.9	75	9
Very Green	Short M80 M85+	W70 W75 W80, W85+	2.7	65	8
Light Green	M14	W14	3.6	75	11
Orange	M12	W12	3	60	12
Yellow	M10	W10	2.3	30	11
White			2.1	25	10

- If you are a newcomer to orienteering, the white, yellow and orange courses are suitable for beginners. Please speak to someone at Enquiries and someone will give you some basic instruction.

Entries and Fees:

- Entries online at www.racesignup.co.uk only
- Late: Seniors £13, students/juniors £5, families £17; available until 14 January 2022
- Seniors on Yellow and Orange £6 at all entry dates.
- Late entries are subject to map availability
- Additional £2 on all fees for seniors who are not members of British Orienteering
- Additional £3 per car
- Juniors at DFOK have free races

Results:

- Will be available later on the day of the event
- We hope to have live results using a QR code at the event

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.
- Some courses will cross streams which could be deep after heavy rain. So again take care if the conditions are adverse.
- Electric fences are present in the area and should not be touched under any circumstances, nor should it be crossed.

- Please have particular regard 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.
- 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 to head west to the main North-South ride and then looking west you should be able to see the Cats Protection centre or head North to the car parks on the A22.
- In case of emergency please call 07903195811 (the organiser's phone) or contact the nearest event official.
- Finally competitors take part in this event at their own risk and are responsible for their own safety.

Accidents:

- R J K KENT MEDICAL SERVICES will be attending the event and will be based next to the Event Centre.
- 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).

SOUTH EAST INDIVIDUAL LEAGUE (SEIL) CERTIFICATES:

- Neil Bricknell, SAX, and SEIL Coordinator has finalised the SEIL positions for 2021
- The presentation will be made at approx.13:30 close to our download area at Cats Protection
- The full 2021 SEIL results are on the SEOA website at <https://www.seoa.org.uk/documents/SEIL2021.pdf>
- A list of certificate winners is on the Chelwood event page of the DFOK website. Congratulations to all winners

Photography: Photographers please contact the Organiser in advance.

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.

Special Thanks:

- To Simon Haste at Cats Protection for the use of their premises.



- 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

Officials:

- **Mapper:** Andrew Pitcher (DFOK)
- **Planner:** David and Julie Loble (DFOK)
- **Controller:** Susan Crickmore (SO)
- **Organiser:** Antoine Pesenti (DFOK) contact chairman@dfok.co.uk; mobile 07903195811

Appendix: Map

