



Dartford Orienteers
SE League and National Ranking Level B Event at
Chelwood Vachery
(Part of Ashdown Forest)
incorporating the South East Long Championships

Final Details

Event Date: Sunday 22nd January 2023

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 Forest Row head south for 9.1k. Just south of Wych Cross fork right onto A275 and after 1.5k, turn left into Cats Protection
- From the south head north on A22 towards Wych Cross. Just before Wych Cross turn sharp left on A275 and after 1.5km, turns left to Cats Protection; The entrance off the A275 is at w3w regarding.stammer.exhale
- **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 Sunday morning 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). GPS: 51.0553, 0.0228
- The car park next to the Visitor Centre at Cats Protection is only partially available to participants as Cats Protection is open to the public.
- Some parking will be in an overflow area on flat grass accessed up a tracked slope. Drainage is reasonably good.
- Please park as directed.

Event Centre Facilities

- Enquiries and download will be in one of the buildings at Cats Protection.
- Toilets will be available. No spikes or very muddy shoes please.
- There will be full catering services provided by Tom's.
- CompassPoint will be attending for the purchase or orienteering equipment
- First aid cover will be provided by R J K KENT MEDICAL SERVICES.
- See map in Appendix

Registration

- Registration online only at www.racesignup.co.uk
- 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. The start is 600m from the Event Centre (see map in Appendix). Follow the taped route. Allow 10 mins. There are no toilets other than at the Event Centre and no clothing transfer to the Finish..
- 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 SI cards and £60 for lost SIAC (contactless punching) 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 follow the tapes directly to Download.
- 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 14:00**. Please select a start time that you are confident will enable you to finish by this time.
- You can change your start time online up to 09:30 on Saturday.
- The Start list will be visible on racesignup by 10:00 on Saturday.
- Please keep to your start time. Late arrivals will be started at the Start team leader's discretion when a space is available.

Terrain and Map

- Mixed forest and open moorland with heather and 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 fully surveyed in Spring 2014 by Andrew Pitcher with further updating subsequently including in Winter 2021 with minor updates by David Dawson in Winter 2022.
- Scale 1:10,000 with 5m contours. Map updated to ISOM2017.
- Maps are either A3 (Blue to Black) or A4 (White to Short Blue) 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!
- The White course leg 1-2 uses happy faces and sad faces to help competitors follow the correct ride.
- 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!).
- Black and Brown courses cross the A275 twice, this road is not particularly busy, and has excellent visibility, so the crossings will not be manned or timed-out. There is a grassy verge on both sides.

- There are 3 out of bounds areas for animal enclosure. These are surrounded by electric fences. They are mapped with a purple OOB line inside the fence line for clarity but the fence must not be crossed (Map Extract 1 below).
- Towards the south of the map, there is an optional fence crossing point which gives access to/from a bridge at the edge of some private land. We have permission to enter this strip as a dry crossing point of the river. The adjacent OOB area with purple cross hatch is not to be entered (Map Extract 2 below).



Map Extract 1



Map Extract 2

Mapper's Comments

Where the gorse is thick, these areas are marked in green as 'fight'. Where they have been cut down to ground level and started to regrow the two levels of undergrowth shading have been used to identify runnability and navigability. Good arm 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 three 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 used to be they have created tracts of faster going. 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 have been mapped, 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 where the surrounding vegetation has re-established itself.

There are extensive tracts of marshland and after the recent wet weather, they are

now wetter and muddier than previously making progress harder. Many brown earth features that are marked on the map as dry may now be wet.

Dogs On a lead only please at Cats Protection and only allowed on the courses on a short lead.

Courses Course mapping is as recommended for the South East Long Championships and the South East club and individual leagues. Anyone can choose to run any course.

Course	Men	Women	Length (km)	Climb (m)	No. of Controls
Black	M21		11.4	240	26
Brown	M35 M40		9.5	235	18
Short Brown	M18 M20 M45 M50	W21	7.7	215	16
Blue	M16 M55 M60	W35 W40	6.0	170	14
Short Blue	M65	W18 W20 W45 W50	4.9	150	15
Green	M70	W16 W55 W60	4.3	130	13
Short Green	M75	W65	3.6	110	16
Very Short Green	M80 M85 M90+	W70 W75 W80, W85 W90+	3.2	110	14
Light Green	M14	W14	3.1	110	14
Orange	M12	W12	3.2	65	10
Yellow	M10	W10	2.4	55	10
White			1.5	50	9

If you are a newcomer to orienteering, the White, Yellow and Orange courses are suitable for beginners. Please mention at Enquiries that you would like some basic instruction.

Entries and Fees

- Entries online at www.racesignup.co.uk only
- Late: Seniors £16, students/juniors £9. Seniors on Yellow and Orange £11
- Late entries are subject to map availability
- Additional £2 on all fees for seniors and £1 for juniors who are not members of British Orienteering
- Additional £3 per car

Results

- We expect to have live results using a QR code at the event
- Full results be available on the DFOK website later on the day of the event

Safety

- Please read the Planner's notes above
- Anyone with a high risk medical condition is invited to complete a form at 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 or 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. Competitors are advised to carry whistles.
- The Organiser reserves the right to insist that cagoules are carried in the event of extremely 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 the Organiser's phone number is on the map for you, or a member of the public, to use
- 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 (8k).
- The nearest A&E unit is at the Princess Royal Hospital in Haywards Heath RH16 4EX (12k).

South East Individual League (SEIL) certificates

- Neil Bricknell, SAX and SEIL Coordinator, has already finalised the SEIL positions for 2021
- The presentation will be made at approx. 13:30 before the SE Long Championship medal presentation close to our download area at Cats Protection
- The full 2022 SEIL results are on the SEOA website at <https://www.seoa.org.uk/documents/Final-2022-SEIL-results.pdf>
- A list of certificate winners is in the Overview section of the Chelwood event page of the DFOK website <https://www.dfok.co.uk/events/chelwood-sun-22-jan-2023>. 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 the Conservators of Ashdown Forest for allowing us to use this beautiful part of East Sussex.
- To Mr and Mrs Brown for the use of Mill Wood
- To Mr and Mrs Reid for permission to access their land
- To Mr Simon Haste at Cats Protection for the use of their premises
- To Neil Crickmore who will present the medals on behalf of SEOA
- To our Jurors, Alan Rosen (HH), John Collyer (GO) and Philip Gristwood (MV)

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

- **Planner:** David Dawson (DFOK)
- **Controller:** Neil Crickmore (SO) with assistance from Alison Howe (SAX)
- **Organiser:** Andrew Evans (DFOK)
Email: andrew.evans444@btinternet.com Mobile 07794 379711

Appendix: Map

