

JOK Chasing Sprint

Banstead Heath - 24th February 2007

- Venue:** Assembly located on south side of Mill Road - Grid Ref TQ239557.
- Travel:** The event will be signed from the A217 / B2032 roundabout at Grid Ref TQ240563. From junction 8 of the M25, take the A217 northwards for approx. 2½ miles until you pick up the 'O' signs.
- Parking:** Parking is free but limited, so please share transport where possible. Initial car-parking will be in Mill Road and New Road (the B290 to the east and west of the B2032) see plan of the area below. PLEASE DO NOT PARK ON THE GRASS VERGES. As necessary, we will then direct later arrivals to surrounding streets (Chapel Road, Tower Road and High Street). Please follow marshals' instructions and be considerate to local residents by not blocking driveways etc. Please be aware that you may be parked up to 600m from the Assembly. If you are parked to the west of the B2032, please take care when crossing this road, particularly with children. Please follow directions from marshals and respect use by non-orienteers and local residents, including horse-riders and dog-walkers.
- Terrain:** Mixed in every sense – flat to undulating, some heavily detailed complex pit/depression areas and some relatively simple areas; forest of mixed tree varieties, varying visibility but generally very good. As it is February, you will be enjoying the area at its best! The brambles and bracken are at their lowest, although mapping of brambles is variable. A wise orienteer will keep their head up and look for good lines through the terrain. There is also an assortment of small seasonal paths.
- Map:** 1:10,000, 5m contours. Maps are A4 in size and printed on waterproof paper. You can bring your own map bag for a 'belt and braces' approach, should you wish. There is no legend on the map. *Maps will be collected after the Prologue and returned after the Chase.*
Note: a black circle on the map is a bench and on the descriptions it is shown as a cross. On the Men's Prologue there is a cleared strip through the gorse marked on the map as dashed red overprint coloured line.
- Control Desc:** Control descriptions will be printed on the map. Loose descriptions will be in the start lanes at minus 2 for both Prologue and Chase.
- Warm up area:** A 1:10,000 warm up map will be provided covering the north of Mill Road. This will be available to run on all day. Competitors should not run on other parts of the area unless on their courses.
- Courses:**
- | No. | Course: | Prologue: | Chase: |
|-----|----------------|-----------|--------|
| 1 | Mens Open | 5.8k | 3.9k |
| 2 | Women's Open | 4.2k | 3.6k |
| 3 | Mens 40+/16- | 3.4k | 2.9k |
| 4 | Womens 40+/16- | 2.8k | 2.4k |
- Winning times for all courses: Prologue 20-25min, Chase 16-20min.
- SI:** SportIdent will be used for all courses. Hired SI cards (dibbers) are available from Enquires from 9.30am in the Assembly (a charge of £20 will be made for any dibber that is not returned).
- Commentary:** Spectators at the finish are strongly encouraged, and we hope to have radio controls and commentary to help spectators follow the race.
- Prizegiving:** Prizegiving will take place at the finish area at 15:30. The famous Flying-Pig Trophies will be awarded to the winners of all classes and there will also be prizes for the first three on each course. Please will all current trophy holders return their trophies to Enquiries.
- Results:** Full results will be available on www.jok.org.uk as soon as possible after the event.
- Photos:** Race photos will be taken at the radio control and should be available www.CompassSport.co.uk by late Sunday night.

Starts:

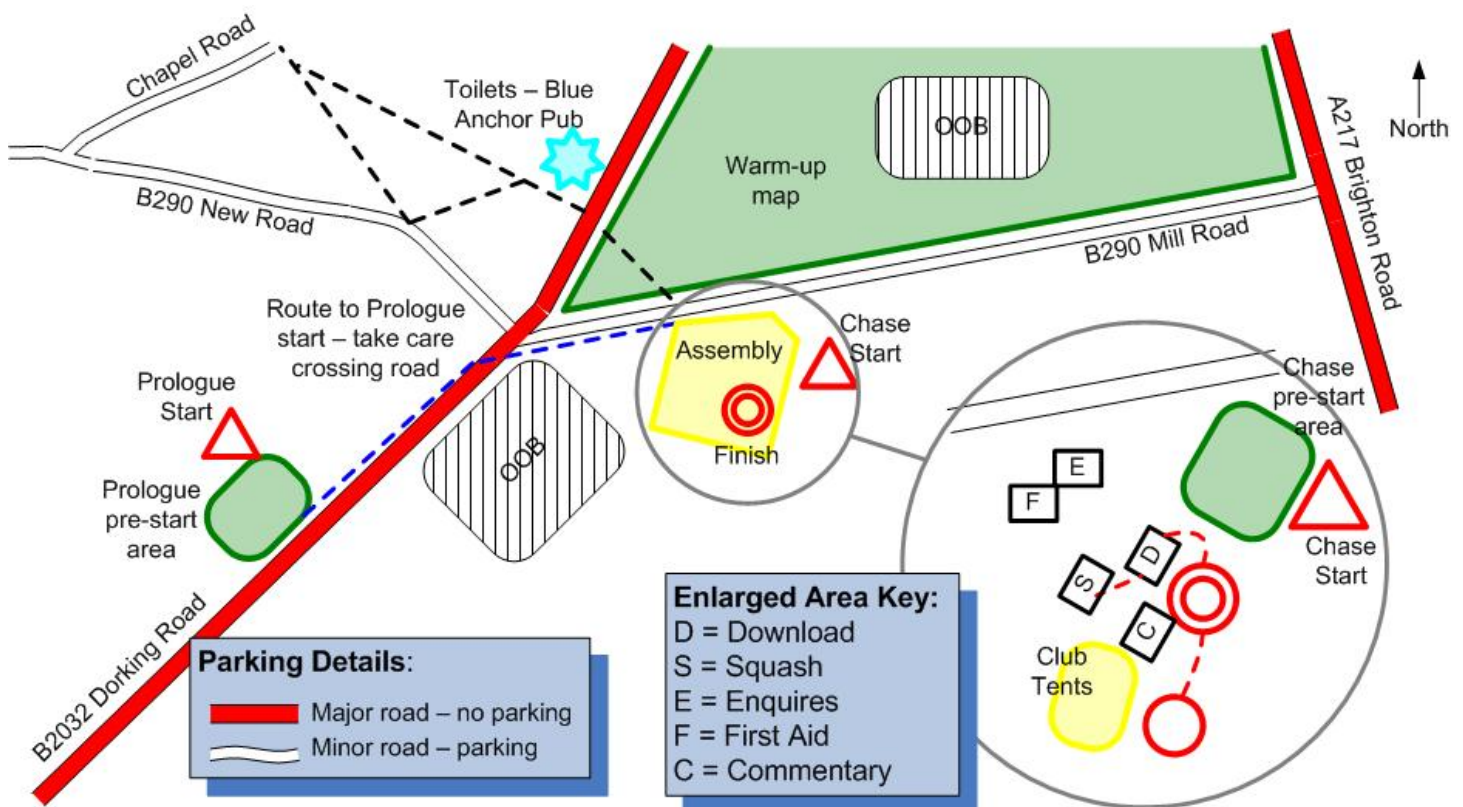
There are two starts. The distance to the Prologue start is 500m from Assembly. TAKE CARE crossing the road to get there. Call up will be at -3. There will not be a clothing transfer. Start 1 will be a normal timed start. Starts run from 1030 to 1230. Do not arrive late; start officials cannot change your start time. The Prologue closes at 13:30. A start list will be available at www.jok.org.uk.

After downloading from the Prologue you will be handed a copy of your split times. Your start time for the Chase is calculated by adding the time taken for the Prologue to the base time. The base time for courses C and D (M/W 40+/16-) is 13:30; for courses A and B (M/W Open) it is 14:00. Please calculate your own Chase start time (start lists will also be displayed in pre-start as soon as available). There is a mass start at 15:00 for any competitor who is disqualified in the Prologue or took longer than 60 minutes.

The start for the Chase is in the assembly area. Call up for the Chasing Start will be at minus 5 minutes. Competitors will be called up in minute blocks and lined up in start order. Please help the start officials by sorting yourself into order. The Chase will be a timed start and courses close at 16.00. The first ten runners in the Prologue for each class will be given numbers to wear at the Chase start to aid the commentary team. Black numbers = Men's Open; Red numbers = Women's Open; Green numbers = Men's 40+/16-; Blue numbers = Women's 40+/16-. Pins will be provided

Finish:

The Finish is the same for both Prologue and Chase. You **must** report to Download at the end of both your courses, even if you do not complete your course – failure to do so will result in an unnecessary search! Hired dibbers will be collected after the Chase. Squash will be available.

**Assembly:**

The assembly area will contain Enquires, Download, Finish (Prologue and Chase), Chase Start, Spectator controls, Squash, First Aid and the Prizegiving. There will be space for club tents. See map below.

Enquiries:

Open from 9.15am in Assembly. Here you can pick up loose control descriptions, pre-hired dibbers and deposit car keys.

Toilets:

Toilet facilities will be provided in the Blue Anchor Pub which can be found near the corner of Dorking Road and Mill Road (see map below). The pub will be open from 10am until 11.30 pm. Please ensure that you remove any muddy/studded shoes before entering the pub. We are extremely grateful to the owners of the pub for letting us use their facilities. *DO NOT use the forest as a toilet – offenders will be disqualified.*

Catering:

The Blue Anchor pub also does very nice food (and drink) including sandwiches and a 'light lunch' menu from 11am, perfect for between or after your races.

- Safety:** We will be carrying out the usual checks to establish that all competitors have returned from their courses. All competitors must punch the handheld SI Check units at the Start and report to Download after they finish or retire on both their courses. All competitors are advised to carry whistles.
- Roads:** Take care crossing the road from the Assembly to the Prologue Start, following any instructions given by the marshals.
In the Prologue only, there is a road crossing over a busy road. It will be marshalled. You must punch AT BOTH SIDES of the road. This time between the two controls either side of the road will be deducted from your overall time. This is to allow you to safely cross the road. You are not allowed to dawdle/time waste or this time will be added to your race time!
- Dogs:** The area is used widely by the public for dog-walking. You are asked to ensure your dog is well-behaved and does not upset any other member of the public.
- Horses:** There may be riders in the area. Please be considerate to horses and riders if encountered.
- Officials:** Please use email and/or keep any phone calls to between 7.00pm and 9.00pm
Organiser: Nicola King (Nicola_jane_king@yahoo.co.uk) 07747 866501
Planner: Nick Barrable
Controller: Sue Marsden
Entries Sec: Caroline Court (caroline.court@gmail.com) 07971 661271
- Thanks to:** The event officials would like to thank SLOW, MV, The North London SI Consortium, The Blue Anchor Pub and the Banstead Heath Conservators for their support and assistance with this event.
- Website:** www.jok.org.uk for any late changes.
- Cancellation:** JOK reserve the right to cancel or postpone the event at short notice in extreme weather conditions. In the unlikely event of cancellation/postponement, information will be posted on the JOK website. JOK reserve the right to retain all or part of the entry fee to cover costs already incurred.

COMPETITORS ARE REMINDED THAT THEY TAKE PART IN THIS EVENT AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY.

