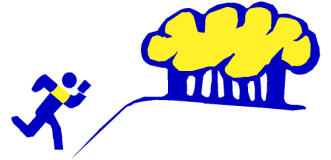


SOUTHDOWN'S ORIENTEERS
Tilgate Regional
Level C and Yvette Baker SE Heat Event:
Final Details
Sunday 3rd March, 2019



Southdowns Orienteers welcome you to Tilgate and hope you enjoy your run.

We are grateful to The Forestry Commission and Crawley Borough Council for the use of this area.

Location: Tilgate Park and Forest, Crawley.

Car Parking Pay and Display Car Park. £1.10/hour or £5.50/day. Main car parking: TQ276345. From M23/A23 take Pease Pottage exit, follow signs towards Crawley, then follow brown tourist signs to Tilgate Park (which also directs visitors entering Crawley from other directions). Postcode: **RH10 5PQ**

Mini-Buses There is a 2.1m height restriction in all Tilgate Park car parks, however Crawley council have advised over-height vehicles may use three of the bus-length parking spaces, accessed through the No-Entry signs marked "Buses and Authorised Vehicles". The main Bus Stop must be kept clear though. Normal car park rates apply.



Additionally, a possible parking spot for taller vehicles is in Salisbury Road, RH10 5LX

Public T/sport: Train to Crawley or Three Bridges and then taxi to park or bus to Tilgate shops followed by a 10minute walk up Titmus Drive

Dogs: Under control. No dogs in the Nature Area, Walled Garden or play area. Dogs must be on a lead around the lake.

Safety:

- The late Winter 'official' heat wave is over, change is in the air and rain is a possibility. Please keep an eye on the weather and be prepared to wear a cagoule if it's tipping down. Carry a whistle.
- Full leg cover compulsory, no shorts.
- Take care when running past other park users and look out for mountain bikers and horse riders in the Forest area South of the M23. If you become disorientated, head North to the M23 or park access road (Tilgate Drive). You must cross the M23 using one of the two bridges, follow park access road to Car Park.
- There are lakes, ponds, streams and marshy areas in Tilgate and routes have been planned to use recognized crossing points. Junior courses mostly avoid these but will parents please remind their children of the dangers involved with water.

- All competitors are recommended to carry a whistle and competitors travelling alone are encouraged to leave their keys in the tent.
- All maps will be overprinted with a telephone number which can be used in case of emergency.
- There is a Go Ape course in Tilgate Park. The activity areas are marked out of bounds on the map, while access paths are open to all.

Assembly: Registration, download & club tents on the grass area, at the Northern edge of the car park.

Toilets: There is a toilet block at the Southern edge of the car park.

Map: New map with survey and cartography by Neil Crickmore, 2018. Drawn to ISOM2017 using a LIDAR base map. Map Scale 1:10,000 with 5m contours.

Terrain: A combination of a busy well-maintained park and Forestry Commission woodland. Extensive clearing of Rhododendron has taken place resulting in some reduction in runnability. Many of the ditches are dry and some small paths are not easily visible. Please extend the usual courtesy to all other users of the park and forest. Access for this event has been granted by kind permission of the Forestry Commission. Access is normally restricted to public rights of way. Please respect these restrictions at all other times.

Planner's Notes All courses use single sided A4 map at a scale of 1:10,000 with 5m contours.
All courses printed on water resistant paper.
No legend on maps. Loose Legends are available at registration.
Control description printed on front of maps, loose control descriptions in the Start lanes.
Courses close at 14.00, after which controls will star to be removed.

Facilities: Nature Centre (small entry charges), Go Ape (extra charge), children's play area, Café, Pub, Walled Garden with maze. Trained First Aiders will be on duty at Registration. Toilets. No drinks – please provide your own.
[http://www.crawley.gov.uk/pw/Leisure and Culture/Tilgate Park/index.htm](http://www.crawley.gov.uk/pw/Leisure%20and%20Culture/Tilgate%20Park/index.htm)

E-Punching: Sportident. Dibber hire: £1 from the EOD car. Contactless SIAC £2. Pre-allocated dibbers will be available from SI/Download tent.

EOD Reg: 9.30am – 11.30am at the EOD car by registration. There will be maps of all colours available for entry on the day, but they will be limited. First come, first served.

Start Times: 10.00am – 12noon. Level C entrants do not have allocated start times.
Yvette Baker Junior Competition entrants have allocated start times and these can be found on: <http://www.fabian4.co.uk/start/list.aspx?EventID=2295>
Helpers may be able to start earlier, depending on the finish of Junior Park Run.
Courses close: 2.00pm ensure you download by 14.00 to avoid unnecessary searches.

Start: Follow tapes to the start, approximately 200m from the main car park. One start for all competitors. Call up at -3 minutes. Loose pictorial control descriptions will be available at -3 minutes. Blank maps will be displayed at -2 minutes.
Yellow course maps and written control descriptions will be issued to competitors at -3 minutes as they enter the first Start box.

Finish: One finish for all courses approximately 200m from main car park. Follow tapes to download and assembly.

Courses:

Course	Controls	Length	Climb
Brown	23	9.5km	195m
Blue	18	6.6km	140m
Green	15	4.5km	90m
Short Green	10	3.7km	75m
Light Green	13	3.6km	60m
Orange	10	2.9km	35m
Yellow	11	2.5km	

Yvette Baker Course	Controls	Length	Climb
Green YBT	15	4.6km	90m
Light Green YBT	13	3.6km	60m
Orange YBT	10	2.9km	35m
Yellow YBT	11	2.5km	

Yellow and Orange courses are suitable for beginners, Light Green for improvers and Short Green, Green, Blue and Brown for experienced orienteers.

Yvette Baker Junior Competition – Rules Summary

- Yvette Baker Trophy (YBT) for larger clubs – Teams of 9 runners to count
- Yvette Baker Shield (YBS) for smaller clubs – Teams of 5 runners to count
- Each competition features 4 courses – Yellow, Orange, Light Green & Green
- Each competition allocates 100 points for the winner, 99 for second, 98 for third etc.
- There are limits how many runners from one club can score on any course:
 - Max 3 boys or 3 girls per course and max 4 boys & girls per course
- The 2 leading clubs in YBT & YBS qualify for the YBT/YBS final

The YBT/YBS Final 2019 takes place in Sandringham, Norfolk on Sunday 7th July, 2019

Further detailed rules (including which juniors can run which courses) can be found in British Orienteering Rule L – Yvette Baker Trophy & Shield: <https://www.britishorienteering.org.uk/page/rules>

Entries: Pre-entry via Fabian4 www.fabian4.co.uk preferred.
Closing date for online entries: 27th February, 2019
There will be a limited number of maps available for EOD on the day.

Entry Fees	BOF Seniors	Other Seniors	Orange & Yell BOF Sen	Orange & Yell Other Seniors	SO Juniors	Other Juniors
EOD	£10	£12	£4	£6	Free	£3

Officials:
Planner: Ian Williamson
Organisers: Nick Care: number on the day 0746 707 4236
 (Email: nickcompass44@gmail.com)
Controller: Gordon Parker (SLOW)
Results: On the web: www.southdowns-orienteers.org.uk

Competitors take part at their own risk and are responsible for their own safety.