

SOUTH LONDON ORIENTEERS & WAYFARERS

OK NUTS TROPHY

Sunday 27th November 2005 – Esher Commons

incorporating South Central Orienteering Association Championships and Inter-Services Championships



Venue: Runnable deciduous forest and open heath. Parking and assembly at ACS Cobham International School, signed from A307 between Esher and Cobham at GR TQ120615.

Courses: JM/W 1-4 and 5L/M/S, M/W21-75L/S, M/W21V and N. White, Yellow, Orange and Light Green. String course. The OK Nuts Trophy (M21L) is in memory of Mike Wells Cole, former British Champion and member of Nutfielders OK, now merged with SLOW. Women's trophy (W21L). Margaret Loveless trophy for best junior.

M21L and W21L will be full length courses incorporating Micr-O as trialled at Nordic Championships 2005 and to be included in WOC 2006. Competitors switch mid-course to a 1:5000 map for a series of short legs in which controls are unnumbered and mixed with 'dummy' controls - time penalties apply for mispunching. Full details will be given in the final details and on the SLOW website.

Map: Esher Commons 1:10000 (1:5000 for Micr-O) updated Autumn 2005. ACS International School 1:5000.

Fees: Pre-entries for age group and junior courses (to be received by 13 November) - Seniors £8.00 Juniors/Students £3.00. Limited late entry/entry on day for age group and junior courses – £9.00/£3.50 subject to availability. Colour coded entry on day only – £5.00/£2.00. Sport Ident card hire – plus £1.00/50p. Parking £1.

Entries: Send entry form to OK Nuts Entries, 109 Hamilton Avenue, Surbiton, Surrey KT6 7PT (e-mail trimble@blueyonder.co.uk). Cheques payable to SLOW.

Information: Registration from 09.30 to 12.00; starts from 10.00 to 12.30. Parking limited – please share transport. No dogs. All courses will use Sport Ident electronic punching. Facilities: toilets, changing rooms, showers, traders. Final details and start list will be on the SLOW website www.sloweb.org.uk one week before the event.

Officials: Planners: Nicola King, David May; Organiser: Mike Garvin – tel 020 7821 9124, e-mail mike_garvin@hotmail.com Entries: Andrew Trimble; Controller: Keith Tonkin (GO)

		STANDARD ENTRY FORM Competitors take part at their own risk and are responsible for their own safety. Please complete this form using BLOCK CAPITALS.					
Entry for: SLOW OK Nuts Trophy 27 November 2005							
CONTACT NAME:							
ADDRESS:							
				Postcode:			
Phone:		e-mail:					
<small>DATA PROTECTION ACT: The personal data you give will be used by the event organisers only for the purpose of processing and publishing entries and results. Entry data will not be retained after three months from results publication or the conclusion of any protest or appeal</small>							
BOF No.	SI No.	CLASS	NAME (20 letters max., forename first)	CLUB	START (E/M/L)	YR OF BIRTH	FEE
No. of sets of Pre-Race Information:		No. of sets of Results:		TOTAL ENCLOSED			£
Please tick for split times for parents (indicate Early/Late above) <input type="checkbox"/>						Make cheque payable to SLOW	
ADDITIONAL INFORMATION:							
Please enclose two SAEs (at least 9" x 6") if you want printed copies of the final details and results.							