

## BERKSHIRE ORIENTEERS

Invite you to join us for:

### 2024 Southern Nights Championship

on **Saturday 28<sup>th</sup> December 2024**

**in the superb forest arena at Star Posts, Swinley Forest near Bracknell.**

[Southern Night Champs 2024 \(Star Posts\) - Information](#)

## Event Final Details (Version 2, December 26<sup>th</sup>)

<b>Summary</b>	<b>Location</b> Assembly is at The Look Out in Bracknell, enter from Nine Mile Ride/B3430. Postcode RG12 7QW, OS grid reference SU8777766250, <a href="#">w3w/stone.hills.speeds</a>
	<b>Timings:</b> Enquiries and SIAC collection from 16:30. All participants must be back and have downloaded by 20:30  <b>Start times:</b> Between 17:20-18:30.  <b>Equipment:</b> Full body cover clothing, headtorch and spare torch mandatory. Whistle advised. Mobile phone recommended for safety purposes and as back-up light but must not be used for navigation assistance.  <b>Prize ceremony:</b> Planned at 20:00. Outside Woodlarks Café near assembly.  <b>Arena:</b> Assembly and First Aid is at the south edge of the car park. The start is a 300 meter flat walk from Assembly. You will pass the Finish on the way to Start. Café and toilets are 50 metres from assembly. Leave your belongings in the car. There will only be limited space at assembly for clothing dump.

<p><b>Location</b></p>	<p>This event is being held at Star Posts with parking and assembly at The Look Out car Park. The car park charges £3.60 for four hours. Pay and Display.</p> <p>An alternate car-park is the Birch Hill Recreation Ground car-park (Bracknell Hockey Club), which is free of charge. See details under Car-parking below and <a href="#">Event Map</a>.</p> <p>Public transport: The Lookout is a level 4 kilometres on path network from Bracknell train station.</p>
<p><b>Safety</b></p>	<p>Competitors are responsible for their own personal safety. This is a night orienteering event which increases the risk of injury due to the combination of limited visibility, possible cold weather and longer running times.</p> <p>Apart from general orienteering risk, please take care to avoid mountain-bike users of the forest. This can be done by following the out-of-bounds notifications and path restrictions as marked on the event map. Do not run along MTB paths (marked as OOB on map) but cross with care.</p> <p>There are ongoing forestry operations in the forest but no active work during our event.</p> <p>There are many signs warning the public of forestry work and timber stacks, and some paths are taped off (by the foresters). During the competition there will be no active forestry operations and you can ignore the signs and cross the tapes if you need to use the path beyond. The known out-of-bounds areas/paths (if any) will be clearly marked on your map only.</p> <p>Very recent forestry operations have resulted in many new log piles - KEEP OFF. There are more trip hazards and debris in some areas which have been recently thinned (ruts, sharp brashings, small piles of loose timber).</p> <p>There are steep-sided earthwalls, gullies and ditches which may not be so obvious at night. Some are adjacent to paths/tracks and must be crossed to enter the forest blocks. Look carefully as you leave the paths.</p> <p>The mapped marshes are very wet and some depressions in lower areas have filled with water after recent rain. None of the water-filled pits and depressions are used as control sites. Mapped ponds are deep and may be enlarged after recent rain.</p> <p>You must be suitably equipped: full body covering, head-torch and spare torch are mandatory. The spare torch can be small (a fully charged mobile phone can be used), the purpose of the spare torch is to enable you to read the map and make your way back to assembly safely.</p>

	<p>A whistle is advised.</p> <p>Mobile phones are a useful safety backup which we support and an emergency number is printed on the map. They may not be used for navigation purposes but only for safety reasons, such as calling the emergency number or to provide light for map reading and safe passage to assembly in case your main headtorch and backup torch fails.</p> <p>Dress for the weather and bear in mind that night orienteering is generally slower and takes longer time than daytime orienteering. You may get cold. At the moment, cagoules are not mandatory. If this situation changes, we will let you know by updating Racesignup.</p> <p>Safety bearing is North to Nine Mile Ride (printed on map)</p> <p>Download on finishing, even if you retired early, so we know you are not in the Forest.</p> <p>First Aid will be provided by Face2Face, who will be located in Assembly. Report to First Aid or to any member of the Event team in the event you are injured.</p> <p>Parents shadowing under 16 runners will have to sign a form available at assembly before starting.</p>				
<b>Health</b>	<p>If you have a pre-existing medical condition that could be relevant for the first aider, you are advised to place details in a sealed envelope with your name and “Medical condition information” clearly written on the envelope. Hand to Registration. The envelope will be destroyed unopened after the event.</p>				
<b>Late change to event</b>	<p>The event team will continue to monitor weather forecast and will communicate any late decisions such as mandatory cagoules via e-mail and event website on Racesignup. Check before setting out.</p>				
<b>Courses</b>	<b>Course</b>	<b>Championship Class</b>	<b>Controls</b>	<b>Distance</b>	<b>Climb</b>
	Brown (double sided map)	M20, M21, M35, M40	19	8.7 km	170 m
	Blue	M16, M18, M45, M50, M55, W20, W21, W35, W40	13	6.1 km	150 m
	Green	M60, M65, W16, W18, W45, W50, W55	12	4.5 km	95 m
	Short Green	M70, M75, M80, W60, W65, W70, W75, W80	10	3.5 km	80 m
	Orange	N/A	11	3.3 km	65 m

<b>Times</b>	<p>Dibber (SIAC) collection from 16:30.</p> <p>Starts from 17:20 - 18:30.</p> <p>Finish by 20:30</p>
<b>Start &amp; Finish</b>	<p>Start is a 300 meter (5 minute) flat walk from Assembly. You will pass the Finish on your way to the Start.</p> <p>Finish is 150 metres away and visible from Assembly.</p> <p>There will be no early starts as it is a night race and we must ensure same light conditions for all participants.</p> <p>Controls will be SIAC enabled but competitor must punch the start and finish controls.</p> <p>There will not be an allocated start time for each competitor, only a suggested start interval. Since this is the Southern Nights Championship event we ask the participants to self seed. Have a look at the person in front and behind you when you line up before the start, shuffle around so that you do not start directly before or after someone running in your own class. Especially those of you who have a chance of winning the trophy.</p>
<b>Courses close</b>	<p>Courses close at 20:30. Download even if you do not complete the course, so we know you are not in the Forest.</p>
<b>Facilities</b>	<p>First Aid (Face2Face) will be in the Assembly area.</p> <p>The Woodlarks Café has kindly extended their opening hours for us. The café is located 50 metres from Assembly and will stay open until 20:15. Please support them.</p> <p>Toilets (indoor) are located next to Woodlark's Café.</p>
<b>Dogs</b>	<p>Allowed at assembly but not on the course.</p>
<b>Map</b>	<p>1:10,000 with 5M contour intervals</p>
<b>Terrain</b>	<p>Star Posts is a large, forested area with excellent contour detail. The forest is broken up with a network of paths and rides.</p> <p><b>Newly planted areas:</b> There are a couple of areas with relatively newly planted trees. These are not marked as Out of bounds. But try to avoid trampling on the trees.</p>

	<p><b>Forestry Operations:</b> Recent and ongoing forestry work has resulted in an extensive newly felled area (mapped as rough open but not accurately assessed for runnability) and new thinned areas where there is now much debris (brashings and small timber piles) and some vehicle ruts impeding runnability. The border of one affected area has been mapped with a thick undergrowth screen to indicate the presence of log piles and brashings alongside the tracks. There are passable gaps which allow access to the forest but you may have to divert a few tens of metres to find one. The situation is changing every week as timber is cleared, stacked and removed. Any controls which are significantly affected will be notified in the pre-start.</p> <p><b>Thickets (solid green):</b> mapped thickets are rhododendron or laurel, sometimes not much higher than surrounding bracken. Scattered emerging bushes (usually around the edges of larger thickets) are not mapped if they are low and crossable. Other evergreen vegetation such as holly bushes and isolated young conifers are NOT individually mapped but can appear more obvious at night if they happen to catch a torch beam.</p> <p><b>Paths and tracks:</b> The main forest roads and vehicle tracks are obvious, as are the well-ridden out-of-bounds cycle tracks (marked as forbidden routes with purple crosses). Some minor paths are much less obvious (even in daylight!) after autumn leaf fall.</p> <p><b>Undergrowth:</b> After a few good frosts the bracken is much more passable than it was a few weeks ago, and the worst areas have been avoided. Forestry work has added new debris in some blocks but it has been impossible to keep pace with the changes to runnability in recent weeks. The few areas of undergrowth screen on the map generally represent timber debris rather than anything nasty or spiky. There is almost no bramble and very little thorny vegetation in the entire area.</p>
<p><b>Prize ceremony</b></p>	<p>There will be trophies presented to the winners of each Championship Class at the end when runners are back. We target to have the price ceremony at 20:00 outside the Woodlarks Café next to assembly.</p> <p>Top 3 in each junior class will receive an edible prize.</p> <p>Last years winners are reminded to bring their trophy and hand it to the Organiser at Assembly before they go for their run.</p>
<p><b>Contact to Event team</b></p>	<p>If you need to make an inquiry before the event, please e-mail <a href="mailto:events@bko.org.uk">events@bko.org.uk</a>.</p>

	<p>During the event, Contact the Organiser or one of the Event team in the area around Assembly.</p>
<b>Car-parking</b>	<p>The Lookout car-park will have an Orienteering banner at B3430 Nine Mile Ride entrance. This car-park is used by non-orienteers during the day, but most of them will be gone by the time you arrive. There will be plenty of car parking spaces.</p> <p>Lookout postcode is <b>RG12 7QW</b>, grid Ref <b>SU 87777 66250</b>, what3words: <b>stone.hills.speeds</b></p> <p>We will apply self-parking at this event, meaning you will not be guided by a volunteer.</p> <p>Arrive, find yourself a space, pay &amp; display and make your way to assembly at southern edge of car park, near café.</p> <p>The car-park operator (Bracknell Council) states parking charges apply at all times. The Lookout Team tell us, it is unlikely but not impossible that Enforcement team (independent of the Lookout team) could be in action on the late evening of the event. Please make your own decision on how to proceed. Current charge is £3.60, payable by credit or debit card or coin.</p> <p>Also be aware the car-park normally closes for entry from 18:00. If you arrive after the Lookout car-park has closed, please see details of alternate car-park.</p> <p>Alternate car-park: You may also use the Birch Hill Recreation Ground (Bracknell Hockey Club) car park (RG12 7AQ), which is free of charge. This is about 10 minutes walk from the Lookout Assembly area, including signal-control crossing of the busy Nine Mile Ride. This route will NOT be signposted by the Event team.</p>

		Name	Contact
<b>Officials</b>	Organisers	Bo Oqvist	events@bko.org.uk
	Planner	Mark Foxwell	
	Controller	Paul Fox	

## General Disclaimer:

**YOU TAKE PART IN THIS EVENT AT YOUR OWN RISK AND ARE RESPONSIBLE FOR YOUR OWN SAFETY**

Entry details will be stored in a computer.

A registered club photographer may take photographs in line with the club policy - see Photography Policy.

In the unlikely event of a cancellation a notice will be placed on our website (<http://www.bko.org.uk>). BKO reserve the right to retain enough of your fees to cover costs.

Submission of an entry for the event will indicate your acceptance of these procedures.

**Event Map (click map to enlarge, click link below map to return)**



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