

# HERTFORDSHIRE ORIENTEERING CLUB



## The **ACE OF HERTS** event at **ASHRIDGE**



**Sunday 23rd January 2011**

### ***The South East Long Championships (Level B event) A Ranking Event & SE League Event***

**An opportunity to run on Hertfordshire's best orienteering terrain. The area has become progressively more runnable over recent years. Start and Finish are very close to the parking.**

**Location:** [Ashridge National Trust Estate](#) is near Berkhamsted, Hertfordshire. Parking is on the drive leading up to the Bridgewater Monument, off B4506 north of Berkhamsted at Grid Ref. [SP 979 128](#) (O.S. Landranger sheet 165). Nearest Postcode HP4 1LU. No car park fee.

**Map:** 1:15,000 and 1:10,000. 5m contours. Fully updated 2010 by Susan Marsden.

**Terrain:** Runnable deciduous woodland. Most of the area is gently undulating with a steep scarp slope.

**Courses:** SE League courses - White, Yellow, Orange, Light Green, Short Green, Green, Short Blue, Blue, Short Brown, Brown, Black. Also Long Orange for adult novices wanting a non-technical 5+km run. Competitors may run any course, but the recommended courses for each age-class are given in [http://www.britishorienteering.org.uk/downloads/documents/events\\_guideline\\_b.pdf](http://www.britishorienteering.org.uk/downloads/documents/events_guideline_b.pdf). Run the Long or A course for your age to score full points in the SE League. Free string course available.

**SI Punching:** SI card hire £1. Pay when entering. Lost cards £28.

**Times:** Start times from 10.00 to 12.15. Courses close at 14.30.

**Fees:**

Seniors	National BO & SEOA Local BO members £11 (£13 for others)
Juniors & Students	(All categories of membership or none) £4
Late entry	Add £2 to fees listed above for all age groups and membership categories.

Refunds available until 10 January.

**Closing Date:** Online & postal entries (postmarked on or before) **Monday 10th January 2011.**

Late entry either online or by post/phone available until the previous evening (7pm, 22nd January), subject to map stocks and number limit (500). Demand may exceed our limit, so sorry, **NO ENTRY ON THE DAY.**

**Entries:** Online entry preferred at [www.Fabian4.co.uk](http://www.Fabian4.co.uk). For postal entry send a Standard Entry Form to S. Marsden, 24 Glen Way, Watford, Herts, WD17 3JL. Email: [Ashridge2011@happyherts.org.uk](mailto:Ashridge2011@happyherts.org.uk) Telephone: 01923 225197. Cheques payable to Hertfordshire Orienteering Club. Send SAEs if you require printed final details and results. Final details, start times etc will be available via the HH website - [www.happyherts.org.uk](http://www.happyherts.org.uk) and from [www.Fabian4.co.uk](http://www.Fabian4.co.uk)

**Facilities:** Toilets, Ultrasport, Squash, First Aid, Cafe, National Trust Visitor Centre.

**Dogs:** Permitted in the car park on a lead. This is a condition of our permission, please respect this even though there will be members of the public with dogs not on a lead in the forest.

**Officials:**

Organiser	Hedley Calderbank, Tel: 01707 325113, <a href="mailto:hh@calderbank65.plus.com">hh@calderbank65.plus.com</a>
Planner	Kevin Parkes
Controller	Roger Thetford (TVOC)

**Conditions:** Competitor details will be stored electronically. Submission of an entry form will confirm your agreement that the organising club may store this information in a database. In the event of cancellation, all or part of the entry fee may be retained to cover costs already incurred.

**Competitors take part at their own risk**

[www.happyherts.org.uk](http://www.happyherts.org.uk)