

7 May 2016

Level D Summer Series Event 3 West Wood, Netley.

Location: The car park and event centre are on Weston Parade.
Grid ref: SU446094. Nearest postcode: SO31 5FB.
Signposted at the car park. Please park in the large car park on the SW side of the road. The car park on the NE side of the road is deeply rutted and there is a risk of grounding.
Registration is in the small car park on the NE side of the road. The road crossing will not be manned.

Timing: Registration: 10:15 – 12:15
Start times: 10:30 – 12:30
Courses close: 14:15

Facilities: There are no facilities at registration. There is a public toilet about 800m east.

Entry: Entry on the day. EMIT timing system. Punching start (turn up and run).

Fees:

	Members	Public	Timing card hire
Adult	£5.00	£5.00	£Free
Junior	£2.50	£2.50	£Free

Under 25's get the junior fee. A group with one or more junior gets the junior fee.

Courses:

Course	Distance/Climb/Controls		
Yellow	2.0 km	40 m	14
Orange	2.9 km	60 m	15
Light	4.3 km	95 m	23
Green			

Map: Scale 1:5,000, 5m contours, updated March 2015. Courses and control descriptions will be over printed on A4 waterproof paper.

All competitors take part at their own risk.

Your personal details will be used for administering this event, distributing results and to inform you of our other events.

For more information and late-breaking news visit www.socweb.org/events

- Terrain:** Mixture of run-able woodland and grass. The paths are muddy in places. There is also undergrowth in some places.
- Start:** There is a 550m walk to the start. The finish is close to registration. The route to the start is on a pavement beside a fairly quiet road please take care and supervise children.
- Clothing:** Full leg cover must be worn. Full arm cover is recommended. Whistles should be carried. In adverse weather we may ask you to wear a cagoule or similar waterproof top.
- Safety bearing:** If you get lost the safety bearing is south west to the road.
- Bio-security:** Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:
- Check
 - Clean
 - Dry
- Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.
- Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible. Many invasive non-native species are able to survive in damp corners for very long periods of time, but are less able to survive if the equipment is thoroughly dried.
- Hazards:** The area is used by the public, please be courteous to other users of the area.
- There are some deep ponds and a small stream in the area. The yellow and orange courses cross these at foot bridges. Parents please be aware and accompany / shadow your child if necessary.
- There are known to be ticks in the area. Please be aware of the hazards and precautions. See: <http://www.nhs.uk/Conditions/Lyme-disease/Pages/Introduction.aspx>
- Dogs:** Dogs should be kept under control and on a lead when necessary.
- Officials:**
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| Controller: | Peter Stewart |