



Saturday 13th September 2014

Southampton Orienteering Club Level D event at **Lucas Castle and Highland Water** **Final Details**

- Location:** Car parking is opposite the Canadian War Memorial at GR SU239091. Nearest postcode SO43 7GQ. Signposted from Janesmoor Pond at GR SU246130.
- Facilities:** Red Baron catering, toilets.
- Entries:** Entry on the day only. Adults £7, members £5, juniors £3. EMIT hire £1.50.
- Map:** Scale 1:10,000, 5m contours, updated Summer 2014. Courses and control descriptions will be over printed on waterproof paper. Loose control descriptions will be available in the start lanes.
- Timing system:** EMIT, punching start.
- Courses:**
- | | | | |
|-----------------|--------------------------------|---------------|--------------------------------|
| Blue | 7.2km, 210m climb, 16 controls | Red | 5.0km, 160m climb, 11 controls |
| Green | 5.0km, 115m climb, 12 controls | Orange | 3.3km, 85m climb, 10 controls |
| Lt Green | 4.2km, 90m climb, 10 controls | Yellow | 2.6km, 40m climb, 10 controls |
- Terrain:** Typical New Forest terrain of open heathland and runnable woodland. The deciduous and coniferous woodland areas are linked by a network of forest tracks and rides. After heavy rainfall some of the rides are likely to become muddy and therefore unsuitable for pushchairs. The area to the NE of map (visited by Blue course) offers good contour detail. The area is frequented by ponies, deer and livestock and the usual precautions to avoid infection apply. Full leg cover is compulsory, full arm cover is recommended.
- Start:** The start is located about 300m from registration across a minor road.
- Times:**
- | | |
|----------------|---------------|
| Registration: | 10:15 - 14:00 |
| Starts: | 10:30 - 14:30 |
| Courses close: | 16:00 |
- Clothing:** Full leg cover is mandatory. Please be aware of the risk of ticks and Lyme disease.
- Whistles:** We recommend that you carry a whistle
- Safety bearing:** If you get lost the safety bearing is North. When you reach the boundary fence that runs along the dual carriageway, turn left and work your way along the edge of the area and back to the event centre.
- Road crossings:** Please take care when crossing the minor road on your way to the start and back from the finish.
- Water:** There are some deep water features and these are marked as such on the map. A deep pond by the start will be marked off with hazard warning tape. Parents should make sure their children are aware of the risks.
- Dogs:** Dogs should be kept under control and on a lead when necessary.

