



HERTFORDSHIRE ORIENTEERING CLUB



South East Relays 2010

Whippendell Woods, Sunday 6th June

- Location** Whippendell Woods, Watford.
- Terrain** It is a runnable, undulating, deciduous woodland. Map 1:10,000 for all courses.
- Parking** Fullarians Rugby Club, [TQ 090 978](tel:090978) / [WD17 3BD](post:WD173BD). Accessed from the A411. £1 per car.
- Courses** Usual SE Relay Classes:
- Open/ W Open Blue/Green/Blue in that order
Handicap Blue/Orange/Green in random order, team score no more than 46.
Junior Yellow/Orange/Yellow in that order, M/W18 or less, and team score no more than 35.

Handicap table																
	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75
M	8	10	12	14	16	18	20	19	18	16	15	14	13	12	11	10
W	8	9	10	11	12	13	15	13	12	11	10	9	8	7	6	5

Approximate Course Lengths:

Blue 6 - 6.5km, Green 4 - 4.5km, Orange 3 - 3.5km & Yellow 2 - 2.5km.

- Embargo** Juniors (M/W14 & M/W16), who take part in SE Relays will NOT be eligible to compete at the World Schools Selection Race in November. If you are unsure as to whether you are likely to run in the selection races in November please contact Helen Errington for more details.
- Entry** Pre-enter by post on form available on HH website to 23 College Road, St Albans, AL1 5ND. Entries must be received by 21st May, Cheques payable to HHOC
- Fees** Senior Team £15, Junior Team £9 by closing date.
Late entry, if available £21 and £12 respectively.
SI dibber hire £1, Charge for lost dibbers £30.00.
- Prizes** Only SEOA clubs are eligible for relay trophies, though entries from other clubs are welcome.
- Facilities** Toilets will be available at the Rugby Club which is approx 1km from the Assembly Area.
- Planner** David Saunders.
- Controller** Brian Daniel HAVOC.
- Organiser** Máire Convery, whippendell-06-06-10@happyherts.org.uk (preferred) or 01727 868023.

All competitors take part at their own risk and are responsible for their own safety.

www.happyherts.org.uk