



Arguably the UK's favourite junior team orienteering competition returns for 2019. The Peter Palmer Relay is open to M/W12 – M/W18 and is suitable for all abilities with legs colour coded from yellow to green. The 6-leg relay, starting in the dark and finishing at breakfast sees the leading teams battling for the prestigious Peter Palmer Trophy. Eligible teams can also compete for the Joan George Trophy and Norwich Trophy.

Following a successful launch last year, the 4-leg DayBreak Relay also returns. Starting at sunrise and with technically easier courses to suit smaller clubs or less experienced second or third teams in bigger clubs.

In addition to receiving the trophy, the winners of the Peter Palmer Relay will also receive FREE team entry and accommodation to the 10 Mila Ungdomskavlen Relay 2020.

Michael Hall School in Kidbrooke Park, its grounds and part of the Ashdown Forest will be utilised, promising some exciting orienteering! The school grounds consist of parkland and areas of woodland. The longer courses will venture into the northern part of Hindleap Warren, part of the Ashdown Forest, with more technical forest details. There will be radio controls and a spectator control close to the arena and a commentary team describing the action, fun for the competitors and spectators alike.

This years' event is filling up fast so enter soon if you would like to submit a team. We look forward to welcoming you in September, and hope everyone has an enjoyable time.

Samantha Prior and Andrew Derrick, PPJR 2019 Organisers

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Visit the Peter Palmers Saxons Event Page for Results, Photos etc. after the event <https://www.saxons-oc.org/events/peter-palmer-junior-relay-8-sep-2019>

Weekend Timetable Saturday

Saturday 7th September

13:00-16:30	Training event will be held on Saxons 'An Enchanted Place' map, which is part of Ashdown Forest.
17:00	Site opens at Michael Hall School, Forest Row, RH18 5JA (please do not arrive before 17:00)
17:00-19:30	Registration in the canteen at Michael Hall
17:00-21:00	Food and drinks available from Tom's Burger Van – please support them
18:00-dark	Sports pitches open (supervised but not organised games)
20:00	Team Managers meeting in the canteen
21:45	All competitors in sleeping accommodation
22:15	Lights out

Sunday 8th September

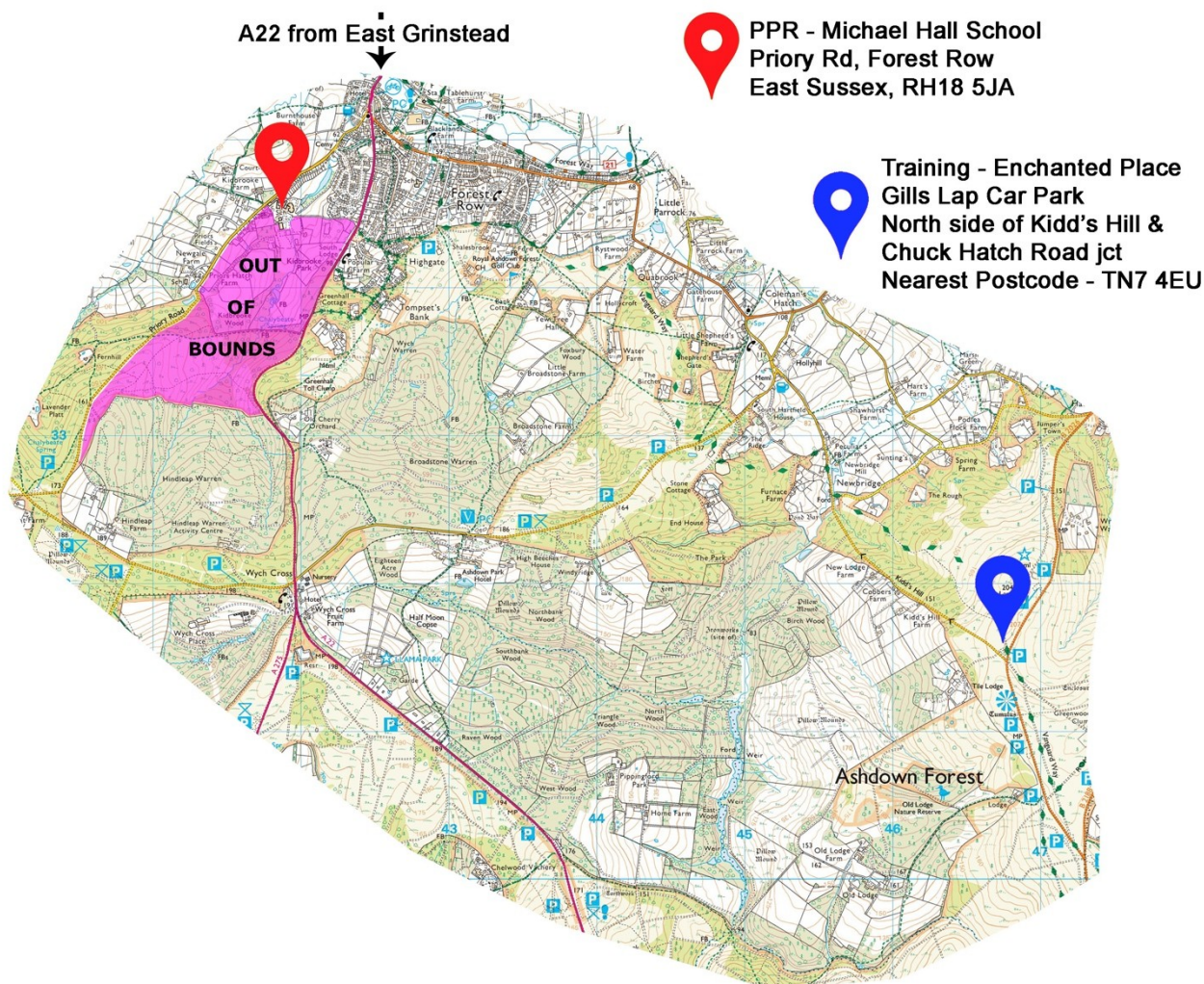
04:50	PP first leg runner call-up
05:00	PP Relay Start
06:00	Breakfast available in Arena
06:30	DayBreak Relay start
08:00	Peter Palmer estimated winning time
08:30	DayBreak estimated winning time
09:30	Prizegiving in Arena.
10:00	Halls to be clear of belongings
10:30	Depart

Participating Teams

We are delighted to welcome the following teams to the Peter Palmer Relays 2019, in no particular order:

Peter Palmer Relay	DayBreak Relay
OK/Linne 3 Teams	SO 2 Teams
WCOC 3 Teams	SYO 2 Teams
SO 2 Teams	SN 1 Team
SYO 3 Teams	HH 1 Team
SUFFOC 1 Team	SAX/DFOK 1 Team
SN 1 Team	BKO 1 Team
HH 1 Team	WAOC 1 Team
GO 2 Teams	
SAX/DFOK 1 Team	
OD 1 Team	

Location and Travel



Travel Details: Michael Hall School is conveniently situated a 20 minute drive from J10 of the M23 and 30 minutes from Gatwick Airport. Approaching from the north take the A22 into Forest Row. At the roundabout with the Holy Trinity church, take the second exit to the right. The school is 800m on the left. Please note that some SatNav's take you straight over the roundabout and up the A22. An alternative postcode for Priory Road is RH18 5HP.

Parking: There is ample parking at the school – please follow the signs and park tightly as space is limited and there are no marked bays. See the Michael Hall layout map on page 4 for location of the car park.

Shops: Forest Row is a 10 minute walk away downhill (and then back up!). It has some small shops and a couple of places to eat, but we strongly recommend you make use of the on-site food options on the Saturday evening.

Saturday Activities

Saturday Afternoon Event

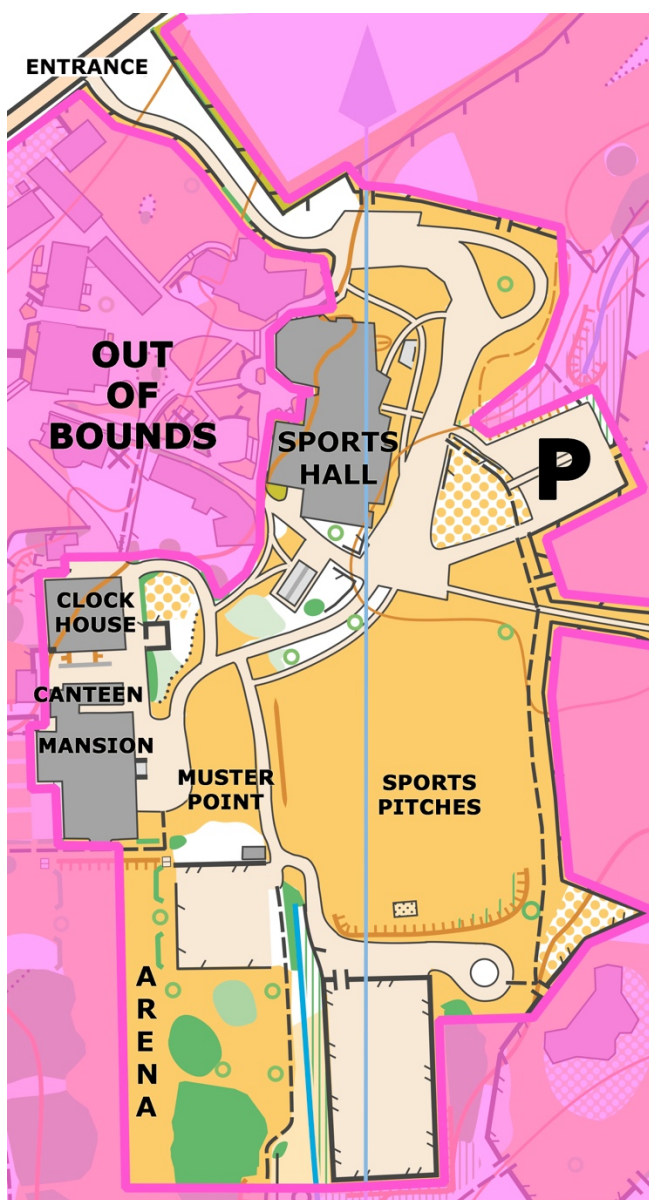
The training event will be held on Saturday 7 September on Saxons 'An Enchanted Place' map, which is part of Ashdown Forest. This area was used earlier this year for the SE round of the CompassSport Cup. Car parking will be at Gills Lap car park (TN22 3JD) which is only 7 miles (approx. 10 minute drive) from the Michael Hall School accommodation. There is no car parking fee. The event will not be manned and will be free to enter. Twenty-one numbered control kites will be hung in a beautiful runnable wooded area and in some of the more open areas. There will be no SI units so there will be no timing. The kites will be in place by 13.00 and will be collected from 16.30.

PDF copies of maps will be available for team captains to download and print as required by Wednesday 4 September. Four courses have been planned: yellow, orange, light green and green. None of these courses cross any roads. There will also be an 'all controls' map available so team leaders can plan alternative courses or use them in a 'score' course format if required.

Saturday Social Sports

We have use of the Michael Hall outdoor basketball/netball courts as well as a large grass football pitch. Volleyball will also be set up on the grass. Balls will be provided for all the sports.

Sports pitches will be open from 18:00 until dark. The area will be supervised, but there will be no organised games. Please feel free to use the area, make up inter-club teams and have some fun!



Team Declaration

Upon arrival at the school, Team Managers should report to the Canteen (see school layout). They will be asked to confirm their team details, state the eligibility of their team for the various Trophies, and notify the event team of any last-minute changes.

Once declared, the Team Manager will be issued with an envelope, containing bibs, hire dibbers (where required), wristbands and any final instructions. Also available will be the Commentary biography sheets (these should be handed in completed to registration) and safety pins for bibs.

Inspection of the Arena

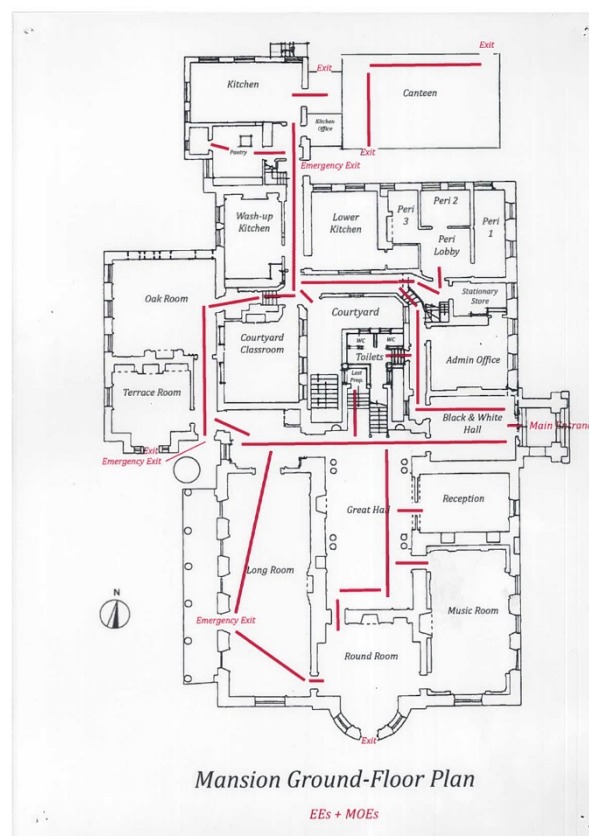
The Arena will be available from 17:00 on Saturday evening to pitch tents and inspect the layout. It is suggested that competitors (especially those on night legs) familiarise themselves with the layout of the arena on the Saturday evening. See details of Arena Layout on page 6. The walking route to the Arena will be taped, but not lit at night.

Team Managers Meeting

All team managers are required to attend a safety briefing in the Canteen at 20:00.

Accommodation

Competitors will be sleeping in the large Sports Hall and some smaller rooms in the Mansion House – please bring sleeping bags and a mat. Lights will be switched off between 22:15 and 07:00. It is suggested that all competitors bring a torch. Each team will be allocated a section of the Sports Hall or Mansion floor. Early leg runners are requested to be as quiet as possible when getting ready in the morning, to enable later leg runners to continue sleeping.



There is a separate Drivers' room in the Mansion. Silence until 07:00 is requested.

Noise: Please note that there is residential accommodation within the Mansion (caretaker & family). For this reason, please keep noise to a minimum when entering and exiting the building, particularly early in the morning.

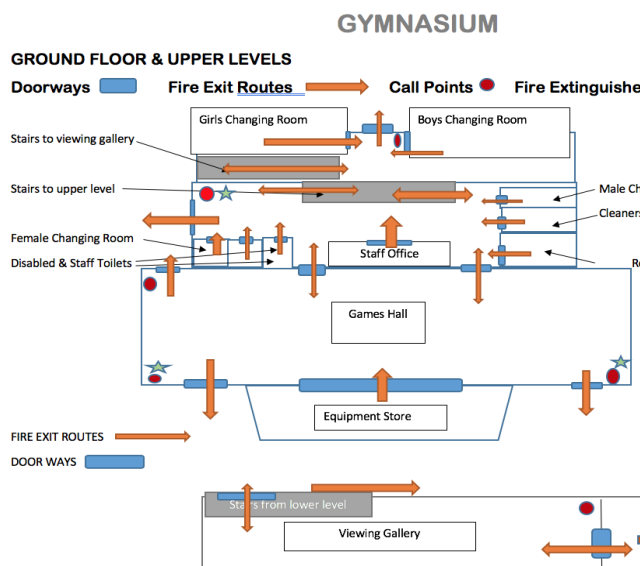
Facilities

Sports Hall Facilities: There are separate Male & Female Changing Rooms, each with 1 toilet and communal showers. There are 2 more toilets and 1 shower also in this building.

Mansion House Facilities: There are separate Male & Female toilet blocks, but no showers. Please use the Sports Hall showers if required.

Clock House Toilets: There is a separate unisex toilet block close to both the Mansion and Sports Hall with additional toilets for the evening 'rush hour'.

Breakfast: Breakfast will be served from the Breakfast Tent situated in the Arena from 06:00, to enable competitors to refuel and support their teams at the same time. Breakfast (included in the entry cost) will consist of cereal, breakfast pastries, bread & jams and some fruit. Hot drinks will also be available, but please try to bring your own reusable mug/flasks to save the environment! Competitors are also requested to fill their water bottles at the school. Water will not be supplied at the finish.



Food

Dinner: Tom's Burger Van (seen at many multi-day events) will be selling food and drinks from 17:00-21:00 outside the Mansion. They will be offering their usual delicious fare - chilli and nachos; pitta's; jacket potatoes with all the trimmings; sausage, egg and bacon baps; drinks and chocolate. All very reasonably priced. Please support them and eat at the event.

Arena Layout

The Arena includes the start and finish, PA and results display, first aid, breakfast tent and prize giving. Portable toilets are located adjacent to the Arena and the facilities used overnight in the school will also be available. There will be space for club tents and room for chairs (and spectators) alongside the run through to the handover and finish. Please position club tents towards the right hand side of the Arena to leave plenty of space for spectators near the run-through. The Arena will be available from 7pm on Saturday evening to pitch tents and inspect the layout. Event officials will be on site throughout the night. It is hoped that competitors will base themselves in the Arena before and after their runs to support their team mates, contribute to the atmosphere and enjoy the excitement as the race unfolds.

Note: The layout is subject to change, an updated map will be published before the event. This only effects the position of the download tent.

Course Layout

After the start you must follow the 50m taped route to the start kite. The spectator control is visited by all courses 80 – 87% round the course. Distance from spectator control to the finish is:

Yellow - 290m (not much time for the Green leg runner to get ready)
Orange - 690m
Red - 660m
Light Green - 590m
Green - 900m

For clarity the finish symbol is shown just short of the actual finish position. The incoming runner touches the outgoing runner before punching the finish control positioned in the finish lane to the left of the changeover. Last leg runners have a separate lane to the left of the handover area. **In the event of a sprint finish on the last leg, the winner is the first over finish line.** Please punch the final control in finishing order as directed by the finish official

Start & Finish Procedures

The Peter Palmer Relay starts in the dark at 05:00 and the DayBreak Relay starts at 06:30 (Sunrise).

1st Leg competitors will be called up 10 minutes before the start time, other legs should enter the waiting pen after their team has passed through the arena on the final loop.

Bibs will be issued to team captains at team declaration. Safety pins will be provided if required. Bibs should be pinned to the front of race tops, and the number should be clearly visible throughout the race.

The map issue point will be in the Results Tent. There will be a bib, whistle and spare light (night legs only) check. SI cards will be Cleared and Checked, before competitors are issued with a sealed map.

Control descriptions are on the map; there are no loose descriptions. Competitors must not remove the map seal until the mass start for first leg or mini-mass start participants or after takeover from the previous leg runner.

After completing the course incoming runners hand over to outgoing runners by touch and then punch the finish control before downloading at the Results Tent. Maps must be placed in the club bags in the finish lane. The bags can be collected by team managers after the last start.



In the event of a sprint finish on the last leg, the winning team is the first to pass the finish line as adjudicated by the finish official. Please punch the finish control in finishing order as directed by the finish official. There may be a couple of mini-mass starts for waiting competitors who are more than an hour behind the leading teams. It is expected that all competitors will start before 8.15am, and courses will close at 10.00am. Teams involved in mini-mass starts will remain competitive.

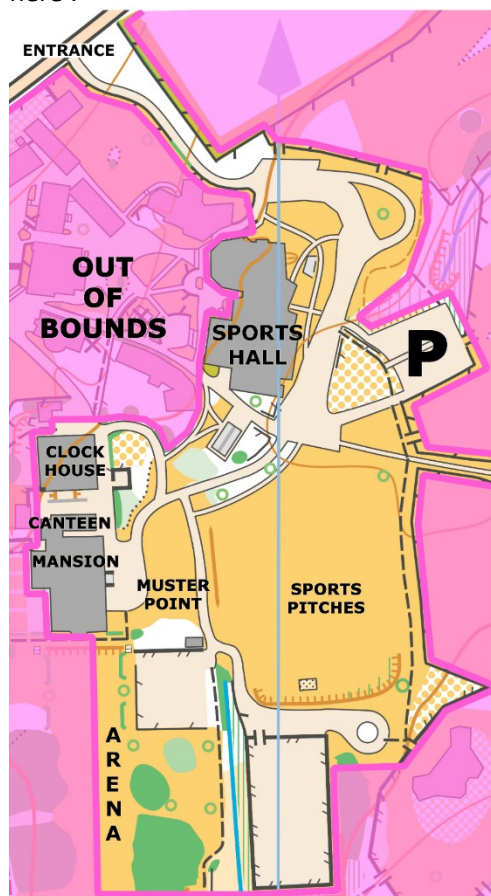
Map

The map is printed at 1:7,500 scale with 5m contours. The area used for the PPJR was resurveyed in summer 2018 using the ISOM 2017 with minor updates in August 2019 and combines the Kidbrooke Park map and the northern part of Hindleap Warren. There is a legend on the map. A previous map of Hindleap Warren can be seen on Routegadget. Please don't bring the old map onto the competition area, or use it to discuss courses after the event has started. Copies of the previous maps will be available to view on the Saturday evening in the Registration area.

Click to view the old map <https://www.saxons.routegadget.co.uk/rg2/#8> (Hindleap Warren 2017)

Out of Bounds

The competition area is out of bounds except while competing. A map showing the inbounds area is shown here :-



Terrain

The competition area covers a variety of terrain including school grounds – playing fields, wild garden and woodland including areas of rhododendron. Hazards include:

1) A stream with steep banks – out of bounds except for the two bridges which are used as control sites by all courses

2) Old ha-has (A ha-ha is a type of sunken fence that was commonly used in landscaped gardens and parks in the eighteenth century. It involved digging a deep, dry ditch, the inner side of which would be built up to the level of the surrounding turf with either a dry-stone or brick wall. Meanwhile, the outer side was designed to slope steeply upwards, before levelling out again into turf. The point of the ha-ha was to give the viewer of the garden the illusion of an unbroken, continuous rolling lawn, whilst providing boundaries for grazing livestock.) These are mapped as gullies and often have a vertical drop on one side. Courses are planned to avoid them but black and yellow tape will be used where needed.

3) A small area mapped as marsh. It is full of Gunnera. The area is shown as out of bounds and while some courses pass close it is not on any likely route choice. Neither the mapper or the planner have tested the depth and black and yellow tape will be placed across possible access points. See picture below!



Also within the school grounds are grass fields used for grazing. Be aware of the slight risk of *E. coli* bacteria and wash your hands before eating. The fields are enclosed by **barbed wire fences that are not to be crossed**. This is shown on the maps and lines are bent through gates or other crossing points. Given the time it takes to safely negotiate a barbed wire fence the gates are quicker! All courses except Yellow access Hindleap Warren, part of Ashdown Forest, through a post and rail fence. The area is characterised by woodland and rough open areas. The stream that runs through the school grounds runs across the area. It is crossed by a bridge with a control by all courses. Do not attempt to cross elsewhere. There is abundant bracken that grows strongest where there is good light. An effort has been made to map it with the green vertical line symbols used. However, they should not be relied on for accurate navigation.

Courses

Please ensure that all competitors have seen and understood the course layout diagrams and instructions in the final details and posted in the arena.

The courses are designed to accommodate a wide range of abilities, the paths will offer reassurance to novice competitors but the more experienced should gain time with judicious use of contours and cutting corners. To discourage following, the Red, Light Green and Green courses are 'gaffled' so teams may not be running the same course at the same time, but the variations are balanced to ensure each team has the same course overall. Expect head to head racing late on in the courses. After the spectator control there is an area with many controls and short legs. It will be important to take extra care not to take controls out of order or punch the wrong one.

Yellow Course: this has textual control descriptions and has one leg (3-4) where a faint path is taped by red and white tape on canes.

Course Details

Course	Distance	Climb	Difficulty	Spectator Controls
Yellow	2.0km	35m	TD2	85%
Orange	3.4km	50m	TD3	86%
Red	4.7km	110m	TD3	85%
Light Green	4.5km	115m	TD4	87%
Green	5.4km	115m	TD4	84%

Subject to final controlling.

Peter Palmer Relay Details

Lap	Course	Est. Leader's Start	Lighting/Notes
1	Red	05:00	Night Headlight and spare torch required
2	Red	05:35	Night/Dawn Headlight and spare torch required
3	Light Green	06:10	Dawn/Day May need a headlight to read map in woods
4	Orange	06:45	Day
5	Yellow	07:05	Day Up to three runners start together
6	Green	07:20	Day First finishers expected around 8.00am

DayBreak Relay Details

Lap	Course	Est. Leader's Start	Lighting/Notes
1	Red	06:30	Sunrise May need a headlight to read map in woods
2	Orange	07:10	Day
3	Yellow	07:35	Day Up to three runners start together
4	Red	07:50	Day First finishers expected around 8.30am

Commentary and Results

The commentary team aim to describe the race as it progresses from the comfort of the PA tent. Please use the biography sheets provided for background on the team members and club. These can be downloaded and emailed in advance to the organisers, or hard copies collected and completed at team declaration on Saturday.

Results will be displayed on monitors at the Results Tent. The spectator control will have radio links to give pre-warning to the commentary team and waiting competitors as the runners enter the Arena.

Any queries about the results should be directed to the SI Team in the Results Tent.

Peter Palmer Relays		Team Details
Club	Team Name	Club Kit
Club/Team Notes (past PRS and other junior team achievements, recent form, awards, etc.)		
Leg	Name	Notes, for the commentary - background, past results, form, likes etc.
1		
2		
3		
4		
5a		
5b		
5c		
6		
E.g.	Anne Orienteer Norman Novice	Third Peter Palmer but first time on the first leg. Ran for England in JRS in 2017. Best result this year 1 st JK day 2 in W16. Big joy! See fan! First Peter Palmer. Started orienteering with school in 2006. 10 th in Y8 at British Schools last year. Never run 5km before, but a bit of star on the footy pitch.

If you have an unresolved query or complaint, please speak to the event Organiser as soon as possible, to enable any issues to be resolved prior to the prizegiving.

Safety

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event. Team Managers remain responsible for their team members throughout the competition.

Team members are also responsible for:

- Ensuring their team is accompanied by a minimum of one male and one female adult supervisor who have undergone appropriate checks for criminal records, whether that be DBS/Access Ni/PVG for UK clubs or their own national equivalent for non-UK clubs
- Bringing with them all necessary medical details and consent forms.
- Ensuring that all members of their team are familiar with the contents of the safety briefing.
- Ensuring all participants and accompanying adults are correctly registered so that they are included on the fire roll call list.
- Ensuring participants and accompanying adults know the route from their sleeping area to the fire muster point.

Equipment

All competitors will be required to carry a whistle.

First and second legs on the Peter Palmer relay will be required to carry a backup light unless starting after 6:30am.

Waterproof, hooded cagoules may be required in the event of bad weather. Full leg cover is required.

Running shoes with good grip are required. Metal studs are allowed on courses but not in buildings.

First Aid & Hospitals

A First Aid kit and qualified Saxons/SO First Aider will be available in the Arena at the breakfast tent. First Aid kits will also be available in the Sports Hall and Mansion.

Details of the nearest A&E department are as follows: Princess Royal Hospital, Lewes Rd, Haywards Heath, RH16 4EX and Queen Victoria Hospital, Holtye Rd, East Grinstead, RH19 3DZ (minor injuries unit from 8am-8pm).

Supervising Adults

This is a UK event so the British Orienteering O-Safe Guide to Safeguarding Children & At-Risk Adults in Orienteering forms part of the event rules and we expect all teams and those involved to be working to them. From section 4.3 of O-Safe, for this (overnight) event, we interpret this as meaning that each team will be accompanied by a minimum of one male and one female adult supervisor who have undergone appropriate checks for criminal records, i.e. DBS/Access Ni/PVG for UK clubs or their own national equivalent for non-UK clubs. The accommodation this year includes some smaller rooms which may mean adults effectively supervising teams overnight in isolation from other adults.

Electronic Punching

SportIdent Punching will be used for this event. Controls will not be Air enabled, although SIACs may still be used, but competitors must punch each control in the usual manner.

Should a control fail to register (beep and/or flash), competitors should use the pin punch provided to clip the edge of their map. Any failed controls should be reported to the Results Team upon downloading.

Competition Rules

Full details for the Peter Palmer Relay can be found here:

<https://www.britishorienteering.org.uk/document/8210c275536c514c56abfb9f201d7df5/Competition%20Rule%20M%202014peterpalmerjtr.pdf>

For non-British teams: If they win a PPJR class, they will be recognised as having won, but will not receive the trophy. The team is eligible to stand on the podium and receive medals, but the trophy will be given to the top British club. The award of free entry to next year's Tio Mila 2020 will be given to the top British club.

The DayBreak Relay will broadly follow the same rules, except for adjustment for course details & number of runners. This year the restrictions on age and gender have also been lifted to make this event as accessible as possible to smaller clubs.

Photography

Rob Lines has very kindly agreed to take photographs of the competition. These will be available for viewing following the event – a link will be posted on the event page on the Saxons OC website. Please credit him if you use these photos in any way (websites, news articles, social media etc.) Saxons OC has an agreed policy on the taking of photographs at events, based on national guidance. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser. Read the Saxons OC Photography Policy.

Prizegiving

This will be held at 09:30 in the Arena. We would like to encourage all teams to attend. Prizes will be awarded to the top 3 teams in the Peter Palmer, Joan George, Norwich Trophy, and DayBreak Relay, with trophies/awards going to the winners in each of these 4 categories. There will also be spot prizes given out at various points in the prize giving. Winners will be selected at random, but winners must be present to collect their prize.

In addition to receiving the trophy, the winners of the Peter Palmer Relay will also receive free team entry and accommodation to the 10 Mila Ungdomskavlen Relay 2019.

Contacts / Officials

Organisers: Sam Prior (samantha.prior711@btinternet.com) and Andrew Derrick (andrew.derrick@talktalk.net) (SAX)

Planner: Simon Greenwood (SAX)

Controller: Neil Crickmore (SO)

Acknowledgments

SI Manager: Simon Blanchflower (SAX)

Commentary and PA: Nick Lightfoot (SYO) and Rob and Edward Lines (SO)

Micheal Hall School Liaisons: Kate and Will Heap (SO)

Safety Advisor: Karen Ashworth (SO)

Thank you to everyone who has helped in staging this event.

We would like to reduce the impact of this event on the environment. Please help us by bringing your own Waterbottle. Also try to bring your own reusable mug/flask for hot drinks, rather than using disposable cups.

Thank you for your support!

The Peter Palmer Relay
A 6 leg relay starting at 5am (Legs 1 & 2 are in the dark) Teams of 6 to 8 M/W12-18s
Leg Order: 1, 2, 3, 4, 5, 6

Peter Palmer Trophy
all team members from the same club

Joan George Trophy
all team members from the same club, combined 80 ages to total 90 or less

Norwich Trophy
all team members either (a) from the same 'small club', or (b) from two 'small clubs' forming a combined team

The DayBreak Relay
Back in for 2019...
Only 4 legs, all in daylight
Teams of 4 to 6 M/W12-18s
Leg Order: 1, 2, 3, 4

Accommodation in the school gym and buildings. Saturday, serving chilli & nachos, burgers, jacket potatoes, cakes and hot & cold drinks. Sat pm activities include football, basketball and volleyball

Michael Hall School and Ashdown Forest
The terrain to be used is the school estate consisting of parkland and areas of woodland, and the northern part of Hindleap Warren, part of Ashdown Forrest.
Only the longer legs will enter the Ashdown Forest

Winners 2018

£16 per competitor including relay entry, accommodation and breakfast (£10 per supervising adult)

For more details see the Saxons OC website or email junior-coordinator@saxons-oc.org

Thank you to Robert Lines for allowing us to use his photos, visit him at: <https://www.flickr.com/photos/148096286@N05/>

www.Saxons-OC.org