

**ADAMS AVERY RELAYS / AVON SCHOOLS RELAYS  
SUNDAY 5<sup>TH</sup> JULY 2009**

**Advice to competitors**

Welcome to the event. Please could you take note of the following.

- **Assembly is very close to registration.**
- **There is a porta-loo in the assembly area.**
- **Go to registration and collect your team bag. This will have a copy your entry details, running numbers, pins and sealed maps.**
- **Check that the details are correct. Make any changes on the amendment form and give it back. Please DO NOT CHANGE ANY SI NUMBERS for any of the ASO entries.**
- **Pay your entry fee to BOK if you have not done so already.**

**Start times**

- **10.30 Primary**
- **10.35 Schools Intermediate**
- **10.45 Schools open and Adams Avery**

We hope that all of the races will be completed by 1.00pm and prize giving will be very soon after. The ASO League trophies and certificates will be awarded after the Relay trophies.

**ALSO.....**

**All competitors Juniors and Seniors**

- **Ticks** Please be aware of the risk of ticks attaching to the skin after running in undergrowth at this time of year. Please do ensure that you make a thorough inspection after the event. Should a tick be found follow recommended removal procedures to remove the tick in its entirety? For further information [www.tickalert.org](http://www.tickalert.org)
- **Boulders** Some boulders within the Bushey Norwood field are concealed in the long grass. Please run with caution in this area.
- **Dogs** Please be aware that the area is popular with dog walkers. We have requested that dogs should be kept on a lead. However this cannot be guaranteed.
- **Horse jumps** Please note that the horse jumps are **not** mapped due to their regular relocation.
- **Gaffling** All courses, including white, are gaffled – therefore competitors should not follow others and competitors should check their control codes.

## Senior courses

- **Steep slopes** Eastern slopes adjacent to the courses drop away sharply, with severe steepness. Run with caution in these areas – however please note that all courses are designed to avoid the steepest slopes.
- **Crags and cliff faces** The area adjacent to Bushey Norwood field has extensive former mine workings, crags and cliff faces. Please be aware of the general rough ground and hazards and run appropriately.
- **Fences** Please be aware that some fences in the course area have barbed wire.
- **Golf course / golfers** The golf course at the west end of the competition area is marked '*out of bounds*' on the competition map. Please do keep to footpaths in this area and to be particularly considerate to golfers and other users of public footpaths.

Have a good run and do enjoy your day to the full. Please make sure that you report to the download tent – even, and particularly, if you are retiring with your course unfinished.

Competitors do take part in this event at their own risk.