



**Mike Nelson BOK TROT Level 2 Regional Event**  
**(including Avon Schools Orienteers Championships)**

**Sunday 25 April 2010**

**Crook Peak, Wavering Down and Cross Plain**

<b>Venue</b>	Crook Peak, Wavering Down and Cross Plain, at the W end of the Mendip Hills. Assembly will be at Hill Farm, ST411560.
<b>Map and terrain</b>	A3, 1:10,000, contours 5m, waterproof. A new area for orienteering, courtesy of the National Trust and mapped by Dudley Budden (BOK) in 2008/2009. Mostly open hillside, with complex vegetation features, crags and fringe wooded areas.
<b>Car management</b>	Early arrivals will be parked at Hill Farm at ST411560 (the “upper” car park), with later arrivals a short distance away at ST411563 (the “lower” car park). The approach to both car parks uses a single track road which is very rough in places. Low-slung cars should take care. No coaches. Departures will not be permitted before 1200. Parking fee £2.
<b>Directions</b>	Signed from ST423560, on the A38, 1 mile S of Winscombe and 1 mile N of Axbridge.
<b>Courses</b>	Competitors may enter any course and earn ranking points (subject to BOF Rules Appendix K). Recommended courses by age class are as follows: Black (M21L) Brown (M35L, M40L) Short Brown (M18, M20, M21S, M45L, M50L, W21L) Blue (M16, M35S, M40S, M55L, M60L, W35L, W40L) Short Blue (M45S, M50S, M65L, W18, W20, W21S, W45L, W50L) Green (M55S, M60S, M70L, W16, W35S, W40S, W55L, W60L) Short Green (M65S, M70S, M75, M80, W45S, W50S, W55S, W60S, W65, W70, W75, W80) Light Green (M14, W14) Orange (M12, W12) Yellow (M10, W10) Long White String course (EOD only)
<b>Entries</b>	Online entry preferred at <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> . Postal entry, on BOF entry form, to Mark Dyer, 19 Bramble Drive, Bristol BS9 1RE. Entry fees: <b>To 11 April:</b> seniors £11 (£9 for BOF members), juniors/students £4, Yellow/Long White courses £3. <b>After 11 April:</b> add £2 seniors, £1 juniors/students. Late entry, and EOD at late entry prices, subject to map availability. String course is free.
<b>SI punching</b>	SI dibber hire: seniors £1, juniors free. Lost dibber charge: £32
<b>Timings</b>	Starts 1000-1230. Punching start. The Start is 10 minutes walk from Assembly and the upper car park and 20 minutes from the lower car park. Courses close at 1500.
<b>Facilities</b>	First Aid, toilets, drinks, Ultrasport, hot food outlet.
<b>Officials</b>	Organiser: Mark Dyer (BOK) 0117 968 4173 before 2130 please Planner: Trevor Crowe (BOK) Controller: Mike Crockett (QO)
<b>Safety and dogs</b>	Competitors take part at their own risk. ‘No Whistle, No Go’ will be in force for juniors and is strongly recommended for seniors. Dogs MUST be on lead at ALL times in the car park and farm areas. When on the Down, please keep dogs under control, be courteous to horse riders and be aware of cows, ponies and sheep.

Further information and the latest details are on the BOK website: [www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk)