

TRIPLE O SEVERN 2009



**You are warmly invited to a festival of Orienteering
over the May Bank Holiday weekend
in the Forest of Dean**

2nd to 4th of MAY 2009

Consisting of Regional, National and Score Events and featuring the British Elite Long Distance Championships and the Future Champions Cup Finals.

**The event is centred on the Speech House Hotel event field, Coleford,
Gloucestershire GL16 7EL (SO 620121).**

Day 1 Saturday 2nd May – Mallards Pike.

A Level 2 Regional event incorporating the Future Champions Cup Middle Distance Final, JWOC selection race and the Avon Schools Orienteering Championships.

Terrain: Typical Forest of Dean mixed woodland with extensive track and path network located to the east of Speech House. The area is a large water catchment with ditches and streams directing water to the Speech House Lake.

Map: All courses use an overprinted 4 colour water proof map at 1:10,000 scale. Two square kilometres of the map are new to Orienteering and only the Short Blue course and above get into the Mallards Pike old map.

Regional Courses:

Colour	Max & min lengths KM	Men	Women	S Men	S Women
Black	10.0 – 14.0	M21			
Brown	8.0 – 12.00	M35 M40			
Short Brown	7.0 –10.0	M20 M18 M45 M50	W21	M21S	
Blue	5.5 –7.5	M16 M55 M60	W35 W40	M35S M40S	
Short Blue	4.5 – 6.5	M65	W20 W18 W45 W50	M45S M50S	W21S
Green	3.5 – 5.0	M70	W16 W55 W60	M55S M60S	W35S W40S
Short Green	3.0 – 4.0	M75 M80	W65 W70 W75 W80	M65S M70S	W45S W50S W55S W60S
Light Green	3.0 – 4.0	M14	W14		
Orange	2.5 –3.5	M12	W12		
Yellow	2.0 – 2.9	M10	W10		
White	1.0 – 1.9				

Regional Courses: Competitors should select and enter their course by colour from the table above which shows the age classes recommended for each course. Competitors (**other than FCC and BEOC athletes – see below**) are however free to enter the colour course of their choice.

The **Future Champions Cup Final** is a two day event for M&W18Es and M&W20Es consisting of a middle distance race on the Saturday and a long distance race on the Sunday with the winners having the fastest times over the two races. The best 15 qualifiers in each of the above four classes from the FCC series will be eligible to compete in the Final.

Aspiring athletes who wish to compete must enter the following courses in advance:

Saturday – The FCC Middle Distance race

Sunday – The FCC Long Distance race.

The start list will be compiled according to the guidelines with any non qualifying runners starting before the FCC finalists on either or both days.

British Elite Orienteering Championships – those athletes wishing to run on Saturday and remain competitive for the **BEOC** on the Sunday **should enter the M or W Open Middle Distance races.**

Avon Schools Championships – All school representatives will be sent details and a separate entry form. Please use this and do not enter electronically. Contact the ASO Secretary via www.avonschoolsorienteers.org.uk for details.

Registration: Apart from ASO all competitors are strongly encouraged to pre-enter via Fabian4 www.fabian4.co.uk but limited EOD will be available whilst map stocks last. Registration will be open from 11.00 – 15.00.

Start Times: 12.00 – 13.00 for FCC Finalists (non qualifiers from 11.30)
13.15 – 15.30 for all other courses

String Course: It is hoped to provide a String Course which will be open from 12.00 – 16.00.

Day 2 Sunday 3rd May – New Beechenhurst

A Level 1 National event 'The Mike Nelson BOKTrot' incorporating the British Elite Orienteering Championships and the Future Champions Cup Long Distance Finals. The event will also be a selection race for the 2009 Veteran Home Internationals, JWOC and Junior Summer Tours.

Terrain: Mixed, mainly deciduous woodland, north east of Speech House, with some evidence of the area's industrial history in the guise of spoil heaps, pits, depressions and charcoal burners platforms. The terrain is fast but contains some areas of technical complexity. The start and early stages of the FCC and BEOC long distance races will be in Mallards Pike before crossing over to New Beechenhurst.

Map: 1:10,000 and 1:15,000. New Beechenhurst was surveyed for JK2007 by Peel Land Surveys and is being updated during spring 2009. All maps will be overprinted on waterproof paper.

Courses: Full range of National Event courses from M/W10 to 16A & B through to M75 L & S plus W75 and M/W80 apart from M/W21N.

Future Champions Cup - athletes should enter the **M or W FCC Long Distance race** (see the notes for Saturday). **Any M&W18Es and M&W20Es who only wish to compete on the Sunday should enter the FCC Long Distance race.** The results of the FCC Long Distance races will also count as the British Elite Orienteering Championships for 18s and 20s.

Start times will be based on the results of the middle distance races with the fastest athletes starting last.

British Elite Orienteering Championships – (see guidance for M&W18E and M&W20E above). Athletes wishing to compete in the senior BEOC should enter M or W21E.

Entries for the Elite classes are restricted by the available start interval. In the event of the entry exceeding the number of available start times seeding based on UK Cup; IOF and FCC rankings will be applied. Athletes with doubts about their qualification should provide additional evidence of their eligibility to compete in the Elite races. Any additional evidence should be objective and based on results/non-UK ranking. Only information supplied in advance of the final closing date will be considered. Athletes seeded out of the Elite class will automatically be placed on the next available course e.g. M21L or a course of their choice.

Elite start times will be based on UK Cup; IOF and Future Champions Cup rankings, with top competitors starting last. Competitors will not be able to request a later start time

Colour Coded: These will be limited to White, Yellow, Orange and Light Green for entry on the day. There will also be a free String course.

Registration: The National, BEOC and FCC are pre entry only preferably via Fabian4 www.fabian4.co.uk. Registration for colour coded courses will be open from 10.00 -12.30.

Starts: BEOC and FCC from 9.30 to 13.30 with the National etc courses from 10.00 - 13.30.

Day 3 Monday 4th May – Cannop Ponds

Level 3 Challenging but fun Score events with easier controls for juniors.

Terrain: Working forest with mixed woodland with many tracks and paths just west of Speech House.

Courses: A choice of a 60 minute or 45 minute races.

Registration: Please pre enter via Fabian4 www.fabian4.co.uk. Registration will be open from 9.30 to 10.30 for any EOD.

Starts: Mass start at 11.00.

GENERAL INFORMATION FOR ALL THREE DAYS

Entry Fees:

		CD 31 March	CD 12 April (Post)	CD 19 April (On line)	EOD
Day 1 Regional	Senior BO/SWOA	£9	£11	£11	£12
	Senior	£11	£13	£13	£14
	Junior/Student	£4	£5	£5	£5
Day 2 National	Senior BO	£13	£15	£15	No
	Senior	£15	£17	£17	No
	Junior/Student	£4	£5	£5	No
Day 2 CC	Senior				£7
	Junior/Student				£3
Day 3 Score	Senior BO/SWOA/WOA	£6	£7	£7	£8
	Senior	£8	£9	£9	£10
	Junior/Student	£3	£3	£3	£3

The £2 discount applies to Senior National BO members and in addition to SWOA members for Day 1 and SWOA and WOA members for Day 3.

Cheques for postal entries should be made payable to Bristol Orienteering Klub

Closing date: As above with the **CD for BEOC and FCC competitors being the 4 April** (31 March fees apply).

Entry changes: Any request for refund of entries will be entirely at the discretion of the hosting club and may be subject to an administration charge and cannot be guaranteed. Any changes to entries after 31 March will be subject to a fee of £2 per competitor per day.

Parking: There will be a charge of £1 per car and £2 per mini buss per day. Anyone wishing to bring a coach should contact the Day organiser in advance.

SportIdent Electronic Punching : Will be used on each day. There is a hire charge for seniors of £1 per day (juniors/students free). A fee of £20 will be charged for any lost or non returned dibbers.

Final details and results: Will be posted on or via the BOK website www.bristolorienteeing.org.uk. There will be a charge of £1 for each paper copy.

Traders: Wilfs, Best of Welsh, Ultrasport and Compass Point have been booked. The Welsh Junior Squad will also have a stall.

Dogs: On lead in car park and assembly areas only

Safety: Competitors take part at their own risk and are responsible for their own safety.

Cancellation: Should the event be cancelled for whatever reason the host clubs reserve the right to retain all or part of the entry fee to cover committed costs.

Officials:

Weekend Coordinator: Dave Urch 01275 857330
9 Earlesfield
Nailsea
North Somerset
BS48 4SF

Postal and Entry Changes to: Christophe Mutricy 0117 959 3629
87 Greystoke Avenue
Southmead
Bristol
BS10 6AL
(Telephone calls between 19:00 and 22:00)

Day 1 Regional Organiser: Roger Coe 01594 510444
Planner: Bob Teed
Controller: Ian Cawley (BOK)

Day 2 National Organiser: Howard Thomas 01225 334611
Planners: Katy and Mark Dyer
Controller: Roger Hargreaves (Kerno)

Day 3 Score Organiser: Kate Balmond 07811 942762
Planner: Ben Mitchell
Controller: Mark Saunders (BOK)

Elite Advisor: Charles Daniel (BOK)
Map Advisor: Eric Peckett (Devon)

Accommodation and tourist Information from:

Coleford Tourist Information Centre
High Street, Coleford, Gloucester GL16 8HG
01594 812388
www.visitforestofdean.co.uk