



Bristol Orienteering Klub (BOK) Regional Event Incorporating Avon Schools Orienteering (ASO) League

Sunday 14 January 2018
Headless Hill and High Meadow,
nr. Staunton, Forest of Dean

- Car parking:** Parking along forest track. Grid Reference SO548127, post code GL16 8NZ. Sign-posted from Staunton village on A4136 Monmouth to Coleford road. Entry to forest via residential road (Wellmeadow) – please drive slowly.
As entry and exit are at same point, please arrive by 11.30. No exit before 11.30.
- Map:** 1:10000 scale with 5m contour interval. Revised in 2017, by Pat MacLeod. Overprinted with course on waterproof paper.
- Terrain:** Mixed mature forest, steep slopes, many point features including rocks, platforms and crags. Areas of bracken and brambles.
- Courses:** White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown. String Course also provided. Courses suitable for beginners of all ages – help and advice available on the day.
- Registration:** Pre-entries on [Fabian4](#) by 7th January. Late entry on Fabian4 and entry on the day from 10.00 to 12.00, subject to map availability. If you are bringing a group of 15 or more, please warn the organiser two weeks in advance to ensure sufficient maps are printed.
- Start/Closure:** 10.30am – 12.30pm with queuing start. Courses close at 2.30pm.
- Entry fee:** White and Yellow courses: £3.00.
Junior and student £5 (After 7th January: £6.00);
Senior BOF members £10, Non BOF £12 (After 7th January: £12/£14)
- Punching:** SI electronic punching. Hire - Juniors free; Seniors £1.50; lost cards £30.
- Facilities:** Toilets, First Aid. Caterer selling hot food and drinks. Ultrasport
- Safety:** All competitors take part at their own risk and are responsible for their own safety. **'No whistle, no go'** will be in force for all Juniors and recommended for Seniors. **If weather conditions dictate cagoules may be compulsory, please come prepared.**
- Dogs:** Dogs allowed on leads in car park and registration area only. Sheep, wild boar, cyclists, riders and walkers may be in the forest, so no dogs on the courses, please.
- Officials:** Organiser: Helen Kelsey BOK 01278 723246
Planner: Chris Kelsey
Controller: Joe Parkinson NGOC
- Local attractions:** White Horse Inn, Staunton 'last in England' www.whitehorseinnstaunton.co.uk
The pub distributes a brochure on local walks, taking in the Buckstone & other distinctive stones: en.wikipedia.org/wiki/Staunton,_near_Coleford,_Gloucestershire

Data Protection: Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards.

Further details and latest information on the BOK website:
www.bristolorienteing.org.uk

