



Bristol Orienteering Klub
Adams Avery & Avon Schools Relays
Warmley Forest Park, Bristol
Sunday 17th June 2018



- Car Parking:** TBC.
- Map:** 1:5000 scale. Overprinted with course on A4 waterproof paper. Control descriptions are on the map. There will be no loose descriptions.
- Terrain:** Varied, including common with distinct thickets and young mainly runnable plantations and path networks. The extended map includes a small complex estate with many minor paths/roads. The area is also used by the general public for dog walking and leisure. Please show courtesy at all times.
- Teams/Courses:** This a relay event for teams of three. You can enter as an individual and we will try and place you in a team, but it may be necessary for some entries to be non-competitive. Other runners on the same leg as you may not have exactly the same course. Check all control codes carefully before punching!
- Teams can be entered in the following categories:**
- Primary Schools:** Year 6 or below. Three legs of White standard
 - Intermediate Schools:** Total of school years must not exceed 27 (6th formers count as year 11). There will be three legs in order Orange, Yellow, Orange.
 - Open Schools:** No age restrictions, but all must be in school. Legs of Green then Blue then Orange standard.
 - Ad Hoc:** No age restrictions and may include school or non-school runners. Legs of Green then Blue then Orange standard.
 - Adams-Avery:** Teams must comprise 24 points or fewer using the table on the entry form. Legs of Green then Blue then Blue standard.
- Note: The Blue course involves road crossings, so will not be open to those under 16 years of age on the day of the event. Please bear this is in mind when allocating legs within teams.**
- Relay rules available on the BOK website: No String Course will be provided.
- Entries:** **Entries close on 10th June. No entry on the day.** Entry forms on BOK website: **Adams-Avery entry form or ASO entry form.** Post entries with cheque to 'Bristol Orienteering Klub' to Jo Foster, Harford Lodge, Harford Square, Chew Magna, BS40 8RA (tel: 01275 332449). Alternatively email jofoster1924@gmail.com and bring a cheque on the day.
- Registration:** From 9.45am. Bib collection and there will be a 'change form' available for name or dibber number changes. Runners will be disqualified if they run under the wrong name or dibber number. Safety pins will be available at registration if needed.
- MassStarts** 10.30 Primary Schools, Intermediate Schools. 10.45 Open Schools, Ad Hoc, Adams Avery. Call up times will be 10 minutes prior to the start of each race. Please allow your team time to register, pin on numbers, etc.

- Entry Fee:** Juniors and full-time students: £4.00 (£12.00 per school team). Seniors: £10 (£8 for BOF members). £24 per Adams Avery/Ad Hoc team, if all BOF Senior members.
- Punching:** SI electronic punching. SI cards will be provided free to all school entrants. Entrants for the Adams Avery Relays may hire a SI card for £1.50. Lost cards will be charged at £30 per card.
- Facilities:** Public toilets 130m from registration by Warmley station. Limited shelter at registration. First Aid. Please bring your own drink.
- The Warmley Station Waiting Room café serves drinks, bacon butties, ice cream, etc.
- 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.
- Dogs:** No restrictions as the area is used frequently by dog walkers and occasionally by horse riders. **However no competitor will be permitted to take a dog on their course.**
- Officials:** Organiser: Gwen Tanner – gwen@glt.demon.co.uk - 07989865155
Planners: Geoff Ellis
Controller: Alan Honey
- 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.bristolorienteeing.org.uk

