



Bristol Orienteering Klub (BOK) Urban Orienteering Series

Wednesday 4th July 2018

Westbury-on-Trym (West)

- Car Parking:** The sports complex is in Coombe Lane, Coombe Dingle, Bristol, post code BS9 2BJ and grid reference ST561768. The complex is signposted from Coombe Lane.
- Map:** Scale 1:5,000 with 5m contours updated for the event. Overprinted with course on waterproof paper.
- Terrain:** The area is primarily urban streets with some areas of park and woodland.
- Courses:** Orange, Green and Blue. Juniors (under 16) may only run the Orange course, unless accompanied by a responsible adult.
- Registration:** 17:30-19:15 Online entry preferred at www.fabian4.co.uk. Alternatively, [download](#) an entry form in advance, or fill in a form on arrival.
- Start/Closure** 18:00-19:30 with queuing start. 400m to start/finish. Courses close at 20:30. Please report to the finish by this time, even if you do not complete the course.
- Entry Fee:** Juniors/students £3; Seniors £6.
- Punching:** Dibbers and SIAC cards are available for hire: £1.50 for seniors and free for juniors & students. Lost dibbers/SIACs will be charged at £30/£50.
- Facilities:** The sports centre has agreed to give au access to toilets, changing rooms and showers.
- Safety:** Due to BOF insurance rules, all under-16s must be accompanied (not only shadowed) by a responsible adult. All courses cross roads, please take great care. All competitors take part at their own risk and are responsible for their own safety.
- Dogs:** No dogs (the assembly area comprised sports pitches).
- Officials:** Organiser: Mike Forrest mike@forrests.org.uk, 07774 626850.
Planner: Mike Forrest
Series Coordinator: Phil Murray murrayphilbs3@gmail.com, 07954 356488
- 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

