



Mike Nelson BOK Trot

National Event and ASO Championships Sunday 6 May 2018 New Beechenhurst Forest of Dean

Initial details v 5 April

Car Parking: Speech House, ST 620122.

Assembly area: The parking and assembly area is shared with the OMM Festival event including catering, orienteering equipment suppliers, and toilets. Registration and download will be in the pavilion.

Map: 1:10,000, overprinted with course and descriptions on waterproof paper, size A3.

Terrain: The forest is mostly runnable with some intricate contour and irrigation detail, plus a good path network.

Courses:

	Course	Distance Km	Climb Metres	Controls	Start
1	Black	13.2	350	21	Far 2.7 Km
2	Brown	10.1	290	19	Far
3	Short Brown	8.5	250	17	Far
4	Blue	6.9	240	14	Far
5	Short Blue	6.2	200	13	Far
6	Green	5.2	150	12	Far
7	Short Green	3.9	90	11	Near 1.8 Km
8	Very Short Green	3.1	60	11	Near
9	Light Green	4.0	150	10	Near
10	Long Orange *	5.8	150	11	Near
11	Orange *	3.3	80	11	Near
12	Yellow *	2.8	60	13	Near
13	White *	2.1	50	13	Near

String course. **These courses are suitable for beginners of all ages; help and advice will be available on the day.*

Registration: 9.30 - 12.00

Start/Finish: Starts 10:30 to 13:00.
This event will use allocated start times
Starts 1.8 and 2.7 km from assembly. Finish 100metres from Download.

Entry: Entry is available via [Fabian4](#). Entries close 29 April 2018.
Seniors £12 Juniors £6 Non members supplement £2/£1 Yellow/White only Seniors £6 Juniors £3
Dibber Hire £1.50 free for juniors. (£30 fee for non return/loss of 'dibber')
Limited EOD for Long Orange, Orange, Yellow and White

Safety: Whistles compulsory for all Juniors (No whistle, no go) and recommended for Seniors.

Punching: SportIdent

Facilities: A first aider will be in attendance. Toilets, traders and catering. Bring your own drink. Anyone wishing to camp (tent, caravan or motorhome) on Friday / Saturday night, at Speech House, facilities are very limited and the cost is £10, [please visit](#) to reserve a pitch.

Safety: All competitors take part at their own risk and are responsible for their own safety

Dogs: Dog's on leads at all times in assembly area, but not on courses.

Officials:

Organiser	John Parfitt	Johnparfit@aol.com	07538470230
Planner	Charles Daniel	BOK	
Co-ordinator	Clive Caffall	NGOC	

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

