



**Bristol Orienteering Klub (BOK) Level D Event** Vr 2a  
**Urban & Park Series Race 9**  
**Wednesday 20<sup>th</sup> June 2018**  
**Bradley Stoke North (HQ Leisure Centre)**

**Beginners and Experts, Young and Old, all welcome**

- Car Parking:** Willow Brook Retail Centre (*includes 'big' Tesco*), 4.5 hours free BS32 8BS ST621818, signed Town Centre. (Accessible by bus including First 73 & 74X and Wessex 3B). The Leisure Centre has requested us not to use their (*busy*) car park.
- Registration:** 5.30 – 7.15pm, in the Bradley Stoke Leisure Centre, Fiddlers Wood Lane BS32 9BS ST 623821. Go past north end of shopping centre and use pedestrian lights.
- Map:** 1:5,000, 5m contours, overprinted, waterproof, size A3. Much extended from 2017 race. Loose control descriptions will be available at start. Newcomers are advised to familiarise themselves with uncrossable features and out of bounds symbols. (*Ask registration*)
- Terrain:** Urban, residential estate with irregular road pattern, alleys and cycle ways. A little, woodland and common to finish. Road shoes preferred except for Short.
- Courses:** Short (Orange standard) **2.6 km**, Medium (Green standard) **4.3 km**, Long (Blue standard) **6.4 km**. (*Distances as straight line*) Juniors (under 16) should run the Short course as only near traffic free roads, on other courses must be accompanied by a responsible adult. There are courses suitable for beginners of all ages; help and advice available on the day.
- Start/Closure** Starts 6.00pm – 7.30pm. Courses close at 8.30 pm. Start 400m back across Bradley Stoke way, Finish 500m to North along main road (Responsible adults to note) i.e. within 5 mins of Centre.
- Entry Fee:** Juniors and students £3, seniors £6. Entries are available via [www.fabian4.co.uk](http://www.fabian4.co.uk). Entries on the day use a details form, which they can [download](#) or obtained at registration. Contactless SIAC enabled. Standard and SIAC dibbers available for hire: £1.50 for seniors and free for juniors and students. Lost dibbers will be charged at £30 and £50 respectively.
- Facilities:** Typical Leisure centre facilities including toilets, showers, coffee, bar etc, First aid
- Safety:** Long and Medium courses cross significant roads beware of traffic, the short course is only on estate roads with minimum traffic. Major roads, A38 and Bradley Stoke Way, which are designated by purple hatching on the map are not to be crossed, use bridge or pedestrian crossing. Elsewhere easy crossing points (pedestrian lights and crossings or intermediate havens) are marked but not compulsory. Courses run along cycle paths, look out for fast moving cyclists. Cross stream using marked bridges. All competitors take part at their own risk and are responsible for their own safety. Runners traveling alone or with relevant pre-existing medical condition may wish to notify organiser.
- Dogs:** Allowed (*only Short has much off road*): owners should be considerate to other users.
- Officials:** Organiser: Charles Daniel [charles2ddaniel@yahoo.co.uk](mailto:charles2ddaniel@yahoo.co.uk) 01179 584104  
Series Co-ordinator: Phil Murray [murrayphilBS3@gmail.com](mailto:murrayphilBS3@gmail.com) 0795 4356488

**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](http://www.bristolorienteing.org.uk)

