



Bristol Orienteering Klub (BOK) Level D Event Vr 2

Urban Series Race 6

Wednesday 30th May 2018

Emersons Green from Pomphrey Hill Pavilion

(Park Run Venue)

Beginners and Experts, Young and Old, all welcome

- Car Parking:** Pomphrey Hill Sports Pavilion BS16 9NF ST670761, signed from B4465. (Note more detailed public transport information on Pomphrey Hill Park run website)
- Map:** 1:5,000, 2.5m contours extended by Dudley Budden 2018, overprinted, waterproof size A3. Loose control descriptions will also be available. Newcomers are advised to familiarise themselves with uncrossable features and out of bounds symbols. (*Ask registration*)
- Terrain:** Complex network of streets, intricate village centre and sports fields. Fun, fast and flat running but testing navigation. Minimal overlap with 2018 event. Road shoes preferred.
- Courses:** Short (Orange standard) **2.7 km**, Medium (Green standard) **4.5 km**, Long (Blue standard) **6.4 km**. (*Distances as straight line*). Juniors (under 16) should run the Short course as only crosses roads with minimum traffic or marshalled: on other courses must be accompanied by a responsible adult. *Blue and Green top tip "I found magnifier handy!"* There are courses suitable for beginners of all ages; help and advice available on the day.
- Registration:** 5.30 – 7.15pm, in the Sports Pavilion.
- Start/Closure** Starts 6.00pm – 7.30pm. Courses close at 8.30 pm. Start (400m) along road with unsupervised crossing. (Responsible adults to note.) Finish on South side of B4456
- Entry Fee/Sl:** Juniors and students £3, seniors £6. Entries are available via <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:** Toilets. A first aider will be in attendance. Bring your own drink.
- Safety:** All courses cross roads and although traffic calmed, (restrictions, bends and humps) some are busy and care must be taken. Easy crossing points on the main roads (pedestrian crossings, widths etc.) are overprinted on competition maps. These are not compulsory.
The Orange (short) course crosses a road with traffic and will be marshalled.
Beware of fast moving cyclists, particularly on cycle paths and be respectful to other pedestrians particularly in town centre.
Competitors take part at their own risk and are responsible for their own safety. If traveling alone or with relevant pre-existing medical conditions may wish to notify organiser.
- Dogs:** Allowed (*only Short has much off road*): owners should be considerate to other users.
- Officials:** Organiser: Charles Daniel (advised by Dudley Budden) charles2ddaniel@yahoo.co.uk 01179584104. Series Co-ordinator: Phil Murray 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

