



# Bristol Orienteering Klub (BOK) Regional Event

Incorporating Avon Schools Orienteering (ASO) League

**Sunday 14 January 2018**  
**Headless Hill and High Meadow,**  
**nr. Staunton, Forest of Dean**

## FINAL DETAILS

**Car parking:** Parking along forest track. Grid Reference SO548127, post code GL16 8NZ. Sign-posted from Staunton village on A4136 Monmouth to Coleford road. There is 30mph speed limit through Staunton. Entry to forest via residential road (Wellmeadow) – maximum speed on forest track is 15mph – please take great care as there will be runners on some courses crossing the track.  
**As entry and exit are at same point, please arrive by 11.30. No exit before 11.30.**

**Map:** 1:10000 scale with 5m contour interval. Revised in 2017, by Pat MacLeod. Overprinted with course on waterproof paper.

**Terrain:** Mixed mature forest, steep slopes, many point features including rocks, platforms and crags. There are many large branches that have been blown down in the recent gales, so some footpaths may be blocked.

**Courses:** White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown. String Course also provided. Courses suitable for beginners of all ages – help and advice available – ask anyone wearing a hi viz jacket.

Course	Technical Difficulty	Suitable for	Length (km)	Climb (m)	Number of controls
Brown	5	Experienced orienteers	7.3	405	21
Blue	5	Experienced orienteers	5.0	285	18
Green	5	Experienced orienteers	3.7	150	16
Short Green	5	Experienced orienteers	2.4	110	11
Light Green	4	Those with some previous experience of orienteering	2.6	120	11
Orange	3	Beginners with experience of navigation	2.3	110	11
Yellow	2	Beginners	1.8	100	9
White	1	Beginners of all ages	1.6	50	10

**Registration:** Pre-entries on [Fabian4](#) are still available subject to map availability (until Friday 12<sup>th</sup> January), similarly on the day from 10.00 to 12.00.

**Entry fee:** **White and Yellow courses:** £3.00.  
**Other courses:** Junior and student £7  
Senior BOF members £12, Non BOF £14

- Punching:** SI electronic punching. Hire - Juniors free; Seniors £1.50; lost cards £30.
- Start/Closure:** 10.30am – 12.30pm with queuing start.  
Start is approximately 300m from the assembly area.  
**Courses close at 2.30pm – if you will not be able to complete your course by then, please return to download by 2.30pm, this is particularly important given the short amount of daylight at this time of year.**
- Finish:** The finish is approximately 200m from assembly – **please make sure that you download as soon as you have finished your run.**
- Facilities:** **Carolyn Pritchard** – local caterer “**Only food and sauces**” this is the first time she has catered at an orienteering event, so please make her welcome (and buy her food and drink!).  
**Ultrasport** - Ian will be attending the event selling all the usual orienteering essentials – a chance to buy for yourself all those orienteering must haves that Santa failed to notice on your Christmas list.  
**Toilets**  
**BOK First Aid team**
- 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. **If weather conditions dictate cagoules may be compulsory, please come prepared.**  
There is a deep pothole in the area that is used by the brown course; this will be taped with yellow/black hazard tape.  
There are wild boar in the area. They usually run away if approached, but give them a wide berth if they don't.
- Dogs:** Dogs allowed on leads in car park and registration area only. Sheep, wild boar, cyclists, riders and walkers may be in the forest, so no dogs on the courses, please.
- Officials:** Organiser: Helen Kelsey BOK 01278 723246  
Planner: Chris Kelsey  
Controller: Joe Parkinson 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.bristolorienteering.org.uk](http://www.bristolorienteering.org.uk)

