



Bristol Orienteering Klub Urban Orienteering

Wednesday 23rd May 2018
Oldbury Court Estate and Frenchay

- Car Parking:** Within Oldbury Court Estate (Vassels Park), Fishponds, Bristol BS16 2JW (Just Off Oldbury Court Road). Car Park and Overflow Car Park available.
- Map** 1:5000 scale. Updated May 2018 by Chris Johnson. Waterproof Paper. Loose Control descriptions will also be available.
- Terrain:** The area is built around a steep sided gorge with a number of fields, small forest paths and large cliffs; while the optimum routes steer far away from the largest of cliffs, regardless, **they should not be crossed under any circumstances**. The longer courses visit a variety of urban areas including the historic village of Frenchay, the twisty Sixties estate of Begbrook, and a new development finished just 2 months ago! The area is physical and can be very slippery when wet, studded shoes are strongly recommended.
- Courses:**
Orange 2.7km, 90m, 16 controls
Green 5.7km, 130m, 28 controls
Blue 6.6 km, 200m, 30 controls.
Juniors (under 16) are expected to run the orange course. There are courses suitable for beginners of all ages; help and advice is available on the day.
- Registration:** 5.30pm – 7.30pm, in the car park at Oldbury Court Estate.
- Start/Closure** Starts 6.00pm – 7.30pm next to registration. Courses close at 8.30 pm.
- Entry Fee:** Juniors and students £3, seniors £6. Entries are available via www.fabian4.co.uk. Entries on the day will be required to complete a details form, which they can [download](#) or can be obtained at registration.
Dibbers are available for hire – both “normal” SI, and SI Air (SIAC). Costs are £1.50 for seniors, and free for juniors and students. Lost dibbers will be charged at £30. Lost SIAC will be charged at £50.
- Facilities:** Toilets available. A first aider will be in attendance. Please bring your own drink. Pub of the Night – White Lion in Frenchay. Food available there until 9.30pm.
- Safety:** All courses cross some roads. The short course involves crossing minor residential roads. (20mph). All competitors take part at their own risk and are responsible for their own safety.
- Dogs:** Allowed, but please clean up if necessary.
- Officials:** Organiser : Caroline and David Potter (potter.clan@btconnect.com – 0117 9702860)
Planner: Adam Potter
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.bristolorienteeing.org.uk

