



**Bristol Orienteering Klub (BOK)
Klub Championships (Local Event)
Sunday 9th December 2018
Sandford and Lyncombe Hill
Post Code BS25 5RW Map Reference ST 421589**

- Car Parking:** Signed from A368 in the centre of Sandford. Take Hill Road south towards Winscombe. After 500m, turn left into Quarry Road, then left again through the metal gates into the quarry. Parking is on large level hard standing in disused quarry. The track into the quarry has some potholes, but is passable to standard cars. **There is no access to this event from the Avon Ski Centre. Please do not attempt to park there.**
- Map:** A4, 1:7500 scale, 5m contours. Overprinted with course on waterproof paper.
- Terrain:** Mixture of fenced fields and runnable limestone hillside and woodland with irregular path network. Northern steep slopes contain dangerous fissures/mines which will be marked with black/yellow safety tape. Stunning views (in good weather!)
- Courses:** 45 min score for seniors (junior 25 min) Only members of BOK are eligible for the club championship awards, although all may participate. Trophies will be given for best senior, best junior (M/W14-) and best parent/junior combo. The results will be adjusted with a handicap based on age and gender.
- Registration:** 9:45 – 10:30am. Online entry preferred at www.fabian4.co.uk by Thursday 6th December. Alternatively, fill in a form on arrival. British Orienteering number required for discount. Those bringing groups of 15+ please warn the organiser two weeks in advance so that sufficient maps are printed.
- Start/Closure** 11 am mass start. 10 minute walk (uphill). Courses close at 12:00 pm.
- Entry Fee:** Junior/students £4; Senior BOF member £8, non-BOF £10. Half-price entry for helpers.
- Punching:** SI electronic punching hire - Juniors free; Seniors £1.50; lost SI £40
- Facilities:** First Aid. Hot refreshment will be provided to runners at the end of the event at prizegiving (At quarry/assembly, Time TBC). Portable toilet in quarry. **Note: Toilets at Ski centre will not be available**
- 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. Cagoules or suitable wet-weather clothing are recommended in bad weather.
- Dogs:** No dogs on course, as there is a possibility of livestock in the area. On lead and under control in quarry only. Please clear up after your dog.
- Officials:** Organiser: Helena Fielder and Fraser Gray (BOK) drfrasergray@gmail.com 07753248505 07761770582
Planner: Nicola Morris (BOK) nicolajanemorris@yahoo.co.uk
Controller: Carol Iddles (BOK) bokmemberssecretary@gmail.com
- 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

