



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

FINAL DETAILS

- 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 Mendip Ski Centre. Please do not attempt to park there. Please also do not park on Quarry Road itself.**
- Facilities:** First Aid. Hot refreshment (Mulled Cider, apple juice and mince pies) will be provided to runners at the end of the event at the prize-giving (At quarry/Assembly, from 12 pm – Winners announced at ~12:40). Participants are encouraged to bring their own clean drinks cups/mugs.
Portable toilet in quarry. (Note: Toilets at Ski centre will not be available)
There will be a 'clothing transfer' facility available for those that wish to use it. This will collect from the start area and deliver to the finish.
- Map:** A4, 1:7500 scale, 5m contours. Overprinted with course on waterproof paper. No loose control descriptors - on map only.
- Terrain:** Mixture of fenced fields and runnable limestone hillside and woodland with irregular path network.
- 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 juniors and recommended for seniors.** Northern steep slopes contain dangerous fissures/mines and crags which will be marked with black/yellow safety tape. Mines are marked on the map as black circles. The junior score course is planned to avoid these areas. Cagoules or suitable wet-weather clothing are recommended in bad weather. Southern fields are currently stocked with sheep, close all gates behind you. Do not climb fences. Be aware of other users of the site, and give a wide berth to any horseriders, mountain bikers, dogs and cars. Although it is 'low season' for ticks, deer are active in the area so please still check for ticks. They can be removed with the correct tool (available at First Aid). The quarry used for car parking and assembly/download has steep and dangerous sides, please supervise youngsters at all times.
- Courses:** **45 min score for seniors (junior 25 min).** 1 point penalty for every 6 seconds over time. Only members of BOK are eligible for the club championship awards, although all may participate.
Prizes 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. Limited entry on the day. British Orienteering number required for discount. Please notify first aid of any medical conditions.
- Start/Closure** **Senior mass start at 11am. Junior mass start 11:10am. Allow 15 minutes from assembly to start area, juniors to be accompanied en route to start.** Courses close

at 12:00 pm. Juniors to wait at the finish until 11:45 for the return of the adults. The Finish is ~5 mins from Assembly.

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

Dogs: **Welcome in Quarry** - on lead and under control. No dogs on courses due to the sheep. Please clear up after your dog.

Officials: Organiser: Helena Fielder and Fraser Gray (BOK)
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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.bristolorienteing.org.uk

