



**Bristol Orienteering Klub (BOK)
BOK Local and Junior League (event 1)**



Sunday 22nd September 2019

Ashton Court Estate BS41 9LX

Car Parking: Location and directions: Within Ashton Court Estate at Church Lodge car park Grid Reference ST555712 post code BS41 9LX. Sign-posted from B3128 (0.5km west of A370 junction). Car parking charges apply for all. Parking costs (as @ Aug. 2018) £1.20 per vehicle per day (recommended you bring coins)

Map: Scale 1:10000 scale. Revised 2017. Overprinted with courses on waterproof paper.

Terrain: Mixed Woodland and open parkland with many tracks and paths. Some undergrowth thick in places. Half of the area is on a hillside, so all runners can expect some climbing to varying degrees.

Courses:

	Straight Line Distance	Elevation
String	-	-
White	1.5km	55m
Yellow	2.3km	85m
Orange	3.2km	135m
Light Green	3.7km	135m
Green	4.7km	150m

One leg on white course will be taped.

Competitors must not go on golf course greens but courses are planned to avoid them.

Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice. All courses count for the BOK Junior League (M/W16 and below), while Orange, Light Green and Green courses count towards the BOK Local League (adults only). Best 4 scores over the season. Participation in the leagues requires a British Orienteering membership number when registering. Junior non-members may also score, provided they join British Orienteering in November when the new membership year begins.

Registration: 10:00am – 12:00pm.

Online entry preferred at www.fabian4.co.uk by preceding Friday. Alternatively, fill in a form on arrival. British Orienteering number required for discount. Those bringing groups of 10+ please warn the organiser two weeks in advance. Registration in carpark.

Starts/Closure 10:30am – 12:45pm. Courses close at 2:00 pm.

Updated 11/09/2019 - v3

- Entry Fee:** Seniors: £6. Juniors and students and White/Yellow courses: £3
- Punching:** SI electronic punching, with contactless punching for those with SIAC dibbers.
Dibber hire: juniors/students free; seniors £1.50. Lost SI dibbers: (contact) £40 and (contactless) £60. All runners must punch the Start and Finish. Limited number of SIAC dibbers for hire.
- Facilities:** Toilets, BOK First Aid. Please bring your own drink.
Ashton Court Cafe - Open 9:30am - 5:30pm at the nearby Mansion House
- 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. Full body cover compulsory.
- Dogs:** Allowed.
- Officials:** Organiser: Matthew Pickering UBOC 07519781965 matthewtpickering@gmail.com
Planner: Peter Dobra UBOC
Controller: Carol Iddles BOK
- 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

