



Bristol Orienteering Klub (BOK) Local & Junior League Event

Sunday 24th November 2019

Blaise Castle

Post code: BS10 7QS Map ref: ST558786

Car Parking: Public car park for Blaise Castle Estate on Kings Westin Road (B4057). Signposted at entry to car park. Please take care in car park and be considerate of other non-orienteeing users of the estate.

Map: 1:10000 scale. Revised 2018. Overprinted with course on waterproof paper.

Terrain: A mix of open, fast running park land and steep wooded terrain with irregular path network. Paths may be muddy/slippery – o-shoes recommended. Caution – valley sides have several steep crags but courses have been planned to avoid significant hazards

Courses: String, White, Yellow, Orange, Light Green & Green. Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice.

Course	Length	Climb
Green	4.5km	165m
Light Green	3.8km	95m
Orange	2.8km	80m
Yellow	2.1km	45m
White	1.4km	20m

All courses count for the BOK Junior League (up to M/W16), while Orange, Light Green & Green courses count towards the BOK Local League (adults only). Best four scores over the season count. Participation in the leagues requires a British Orienteering membership number when registering. Junior no-members may also score, provided they join British Orienteering in November (when the new membership year begins).

Registration: 10:00am – 12:00am. Online entry preferred via [Fabian4](#) by preceding Thursday. 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 10:30am – 12:30pm with queuing start. Start immediately adjacent to from car park. Courses close at 2:00 pm.

Entry Fee: White and Yellow courses: £3; Orange & above: Juniors/students on other courses (up to M/W20) £3; Senior BOF member £6.00.

Punching: SI electronic punching hire - Juniors free; Seniors £1.50; lost SI £40, SIAC £60

Facilities: First aid. Please bring your own drink. Toilets available at café next to car park.

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.

Dogs: Dogs allowed; they may run free at Blaise, but please keep under control. Please clean up after your dog.

Officials:

Organiser:	Andrew King (BOK) 07469 735710
Planner:	Gwen Tanner (BOK)
Controller:	Mark Dyer (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

