



Bristol Orienteering Klub (BOK) BOK Local League (event 5)

Saturday 9 March 2019

Pen Hill, near Wells BA5 3LB

- Car Parking:** Parking in field. Entrance to field on west side of A39 at Grid Reference ST568488; 1.5km south of junction A39/B3135. Dangerous road – take care. Please share transport if possible and follow marshals' instructions. £1 car parking fee. **Sorry no coaches.**
- Map:** Scale 1:10000 scale. Revised 2019. Overprinted with courses on waterproof paper.
- Terrain:** Exposed hill (**305m**) with open fields and woodland. Farm tracks and some paths. Some steep slopes. Barbed wire fences must be crossed at designated crossing points or gates.
- Courses:** White, Yellow, Orange, Light Green, Short Green and Green.
Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice. Only courses Yellow, Orange, Light Green, and Green count in the BOK Local League competition.
- Registration:** **10:00am – 12:00pm.**
Online entry preferred at www.fabian4.co.uk by preceding Thursday. 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.**
Start: 350m walk from carpark/registration (not suitable for buggies). **Finish:** in car park.
- 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.
- 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 and cagoules may be compulsory in bad weather. Keep clear of farm animals and please respect other walkers and horse riders.
- Dogs:** On a lead and in the parking area only, please – not on courses. This is a working farm.
- Officials:**
Organiser: Katy Dyer BOK (0117 9684173 or via BOK website)
Planner: Mark Dyer BOK
Controller: Katy Dyer BOK
- Local Attractions** Wells city and cathedral, Wookey Hole caves. Black Down and Burrington Ham.
- 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

