



BOK Urban Orienteering Series 2021

Race no. 2

Wednesday 5th May 2021

Henleaze and Westbury

- Car Parking:** Parking on Horfield Common, BS6 7YL (In front of the Ardagh Sports Club), with overflow parking at Tescos on the other side of Kellaway Avenue.
- Map:** 1:5,000 scale with 5m contours, drawn by Mike Forrest in 2011 and regularly updated, most recently in 2021, printed on waterproof size A3 with courses overprinted. Loose control descriptions will also be available. Newcomers are advised to familiarise themselves with uncrossable features and out of bounds symbols. (if in doubt ask at Assembly)
- Terrain:** Mixture of urban roads, footpaths and parkland. In wet weather, trail shoes are recommended (but not metal dobs).
- Courses:** Short (Orange standard) 3 km straight line, 3.7km optimum route, Medium (Green standard) 4.2 km straight line, 6.2km optimum route, Long (Blue standard) 6.2 km straight line, 8.7km optimum route.). Juniors (under 16) must be accompanied by a responsible adult. The short course is suitable for beginners.
- Registration:** Pre-entry only will be via F4: www.fabian4.co.uk - there will be no entry on the day. **The closing date for entries will be Wednesday 28th April.** Start times will be allocated to control numbers and flow. Your entry will be conditional on conforming to extant BOF COVID-19 guidelines available at: https://www.britishorienteering.org.uk/COVID19_Safe_orienteering
As a club we reserve the right to prevent participation of anyone deemed not complying with those guidelines.
Numbers of entries will be limited to comply with COVID guidelines so, in the words of the late Sir Fred Pontin "book early."
- Start/Closure** Starts 5.30pm – 7.30 pm. Courses close at 8.30 pm. Start and are adjacent to the main car park.
Please comply with your allocated Start time (as per Fabian)
- Entry Fee:** Juniors and students £3
Seniors £6
Dibbers available for hire – both standard SI and SIAC. £1.50 for seniors; free for juniors and students. Lost dibbers charged at £30 (£50 for SIAC).
- Punching:** SI and SIAC (contactless) electronic punching.
- Facilities:** No toilet facilities are available at assembly, but the Tesco superstore has facilities.. Assembly will be from the back of a van so that participants will not need to mix indoors. Please bring your own drink for hydration. A first aider will be in attendance.
- Safety:** Please wear reflective or light coloured clothing as drivers are not likely to be used to urban orienteering!
The courses cross a few busy roads. They are planned so that the roads can and should be crossed at safe crossing points (pedestrian traffic islands). Beware of

traffic around the suburban streets and please be respectful to other pedestrians. Competitors take part at their own risk and are responsible for their own safety. If travelling alone or with relevant pre-existing medical conditions may wish to notify organiser.

Dogs: Dogs can attend with owners, but remember that this is an Urban race, and therefore it is unlikely to be safe to allow your dog off the lead on any of the courses due to road traffic.

Officials: Organiser: Mike Forrest 07774 626850
Series Co-ordinator: David Faulkner 07867 537171

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

