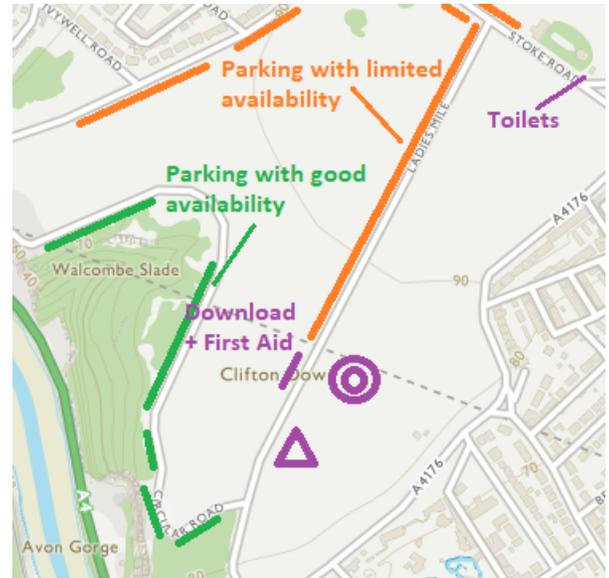




BOK Urban Orienteering Series 2021
Race no. 7
Wednesday 23rd June 2021
Clifton & The Downs

Car Parking: Start/Finish and Download will at the southern end of Ladies Mile, BS9 1FG. Parking is free on street, and will be spread across several streets. **Ladies Mile** and **Stoke Road** will have limited parking. There is usually a lot more parking available on **Circular Road** which leaves you a 200m walk across The Downs to the event. Please allow an extra 10 minutes for finding parking and walking to the Start. Some members of the public park on the grass – please do not do this. There is cycle parking by the water tower.



Map: 1:5,000 scale with 5m contours. Clifton & The Downs map drawn by Matt Whipple in 2016 using the Durdham Down map drawn by Duncan Birtwistle in 2012, updated by Trevor Crowe in 2018. 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 helpers before starting)

Terrain: Residential streets, urban footpaths. Rough open parkland with thickets, distinctive trees, and a network of paths. Trail shoes suitable, road shoes only in very dry conditions.

Courses: Short (Orange standard) 2.4km, Medium (Green standard) 6.4km, Long (Blue standard) 8.1km (distances for planner's route choice)
The Short Course could be considered the most technical of the three, and will challenge juniors or novices who are used to running Orange. In amongst the thickets it can feel like sand dune orienteering - everything looks the same and there is little to relocate from. Juniors should be aware they need to keep in contact with the map, use their compass, and they may have to use handrail features that are not paths.

Juniors (under 16) may run the Short course on their own, but must be accompanied by a responsible adult to run the Medium or Long.

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 16th June 2021** Please ensure that your contact details on the BOF database are up to date (for Track and Trace). 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 book early.

- Start/Closure** Starts 5.30pm – 7.30 pm. Courses close at 8.30 pm.
Start is on the Downs on the SE side of Ladies Mile, roughly halfway - look for the BOK flags. The finish is 100m further north, on the same side of the road.
Download will be in a parked car on the opposite side of Ladies Mile – please take care crossing the road, and be ready to accompany your Juniors as soon as they finish. 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:** Public toilets by the water tower (locked at 8pm). Please bring your own drink for hydration. A first aider will be in attendance in a vehicle adjacent to download.
- Safety:** Juniors must be accompanied to and from the start due to the on street parking and road crossings. The Short (Orange) course is on one block of the downs enclosed by roads – Juniors can run this course alone but should be reminded they should not cross any roads.
The Medium and Long courses cross a busy 30mph road twice. There will be mandatory timed out crossings with a control on each side of the traffic light pedestrian crossing. You will be timed out for a maximum of 30 seconds.
All other roads in the area are 20mph limit but please take care as there are certain spots where cars drive faster than that. When crossing any road please take an extra look for cyclists as there are a lot in this part of town.
Please do not cross football pitches or outdoor exercise classes on The Downs. Competitors take part at their own risk and are responsible for their own safety. If traveling alone or with relevant pre-existing medical conditions may wish to notify organiser.
- Dogs:** Dogs are welcome in all areas, recommend kept on a lead as the green spaces are bordered by roads on all sides. Please remember to collect & dispose of any poo responsibly.
- Officials:** Organiser: Duncan Taylor duncan.g.taylor@gmail.com 07913268522
Series Coordinator: David Faulkner david.e.faulkner@blueyonder.co.uk 07867 537171
- Local Attractions** Breaking Bread – an outdoor dining area of pop-up stalls by local restaurants, next to the water tower.
The Downs is a popular area for picnics; if you do decide to stay around after your course please walk some distance from the event and adhere to COVID restrictions if they are still in place.
- 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.bristolorienteering.org.uk

