



BOK Urban Orienteering Series 2021 Race No. 5
Wednesday 9th June 2021
Eastville Park and Stapleton

- Car Parking:** **Eastville Park Car Park in Park Avenue BS5 6QL.** Note this is a small car park with approx. 35 spaces. If full, please park responsibly on nearby roads or at the Tesco's Eastville store which has 3-hour free parking and is a short walk to the Eastville Park Car Park. If parking at Tesco's keep to the footpath to the east of the park to avoid walking through areas visited on the courses.
- Terrain:** Urban footpaths, residential streets, open fields and parkland. Shorts & trainers suitable.
- Map:** 1:5000 scale, 2.5m contours updated 2020 by Chris Johnson. Overprinted with course on waterproof paper.
- Courses:** Short (2.4 km), Medium (3.7 km) and Long (5.1 km). The Short course is suitable for beginners and for sensible Juniors. Juniors (U-16) may run alone on Short, but on Medium or Long must be accompanied by a responsible adult.
- Registration:** Pre-entry only via Fabian4. Closing date is Wednesday 2nd June. No entry on the day. Please ensure that your contact details are up to date (for track & trace). Start times will be allocated to control flow. Please comply with your allocated start time to avoid bunching. Participation is conditional on conforming to the BOF COVID-19 guidelines.
- Entry Fee:** Juniors and students £3. Seniors £6 Punching: SI and SIAC (contactless) electronic punching. Dibbers available for hire through Fabian4. £1.50 for seniors; free for juniors and students. Lost dibbers charged at £37 (£62 for SIAC).
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- Start/Closure:** Starts 17:30-19:30. Courses close at 20:30. The Start and Finish are adjacent to Eastville Park carpark. Assembly and download are in the car park where hired dibbers can also be collected.
- Facilities:** A first aider will be in attendance. There are public toilets adjacent to the carpark. Other toilets can be found in Tesco's Eastville which is approx. 1km from the car park. Please bring your own refreshments (e.g. water) for after the run.

Dogs: Allowed on courses but must be accompanied by owner! Note this a popular dog walking area.

Safety: All competitors take part at their own risk. Please be respectful to other park users and pedestrians. Courses do pass close to both Eastville Lake and the River Frome. Please take extra care near the water.

Officials: Organiser: David Potter 07873 316205. Planner: Adam Potter
Series Coordinator: 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

