



BOK Regional Event, Mike Nelson BOK Trot & Yvette Baker Trophy Regional Qualifier

Sunday 16th May 2021
Black Down, Mendip Hills

Details updated 20th April 2021

This is the 11th running of the Mike Nelson BOK Trot, named in honour of a much-loved founding member of the club. Some information about Mike can be found below the event details. This event is also the SW Regional Qualifier for the Yvette Baker Trophy and Shield.

Car parking: In field by the Mendips Raceway, postcode BS40 7XU grid ref ST464557. Parking is free (ignore earlier info re: parking charge). Please do *not* park anywhere else or on verges. This is vital for local relations and future access.

Map: Fully updated Autumn 2020 by Trevor Crowe. Drawn to ISOM 2017-2. Scale 1:7,500 with 5m contours. A3 waterproof paper with courses overprinted. Control descriptions printed on the map and available loose at the Start.

Terrain: Exposed moorland to 325m (with excellent views) cut by two North/South deep valleys. Generally fast open grassland on the north-facing slopes and rough tussocky grass and indistinct marshes elsewhere. Many individually mapped trees and bushes cover the whole area. Areas of bracken in the open areas (not a hindrance in May) are mapped as 'slow run undergrowth' and areas of significant gorse in the tussocky areas are mapped as 'walk undergrowth'.

Courses:

Course	Distance	Climb	Controls
White	1.6km	50m	9
Yellow	2.1km	65m	10
Orange	2.6km	100m	12
Light Green	3.0km	135m	13
Short Green	3.4km	130m	12
Green	4.2km	180m	13
Blue	5.5km	215m	15
Brown	7.9km	225m	19
Black	10.1km	315m	27

Unfortunately, we are unable to offer a String course.

Event entry: **Pre- entry is compulsory** and there will be no entries on the day. Entry is open to all (not limited to British Orienteering members). Please enter via [Fabian 4](#) by midnight on Sun 9th May. Late entry to midnight on Fri 14th May costs more and is subject to availability of maps and time slots.

Start times 10.30 - 13.00 (we will extend this if there is high demand). Courses close at 15.00. Fabian4 will ask you to specify a course and a start time. There will be one start for W, Y, O and LG courses, another for SG, G, BI, Br and Blk. They will be close to each other, so parents with children can pick similar start times. We will not be enforcing the assigned times (and it will be a punching start), but **please adhere to the start time you have applied for**, to avoid bunching.

Entry fees: White/Yellow courses: £3. Other courses: £5 for juniors/students, £10 for adults (£12 for non-members of British Orienteering). Entry after 9th May costs £1 more for Juniors and £2 for adults.

Yvette Baker: Juniors competing in the Yvette Baker Qualifier (Trophy and Shield) must be registered members of British Orienteering. They should enter the White, Yellow, Orange or Green courses, and avoid 'running down' if they have had previous success at Major events (please refer to the [YBT rules](#)). There is no special entry system for YBT; just use Fabian4 and our results team will extract the Junior results afterwards. Talk to your club's Junior Coordinator in case they wish you to enter a particular course. Your result will only score if you have provided all the correct details, including your BOF number, during pre-entry. **It is your responsibility to check your personal details when you enter. We will not be able to make backdated adjustments after your run.** Note that we will not be applying the 4-minute separation rule for YBT competitors from the same club, on the same course. Please behave fairly and do not pair up. Note also that we cannot allow runners to compete in pairs on any course, unless from the same family, due to COVID rules.

Start/Closure: You will clear and check your own dibber before entering the start box for your course. We will not have start lanes specific to each course. Instead, all courses will share the same -2 and -1 minute boxes, with a maximum of two competitors permitted per box. Do not enter a box if there are already two people in it. We are restricted by COVID rules to 2 starters per minute, per start.

Competitors on the White and Yellow courses will be able to look at their maps before starting. All others will pick up their map after starting and punching.

Participants waiting to enter the start boxes should not congregate in groups of more than six (rule still in place until 17th May!).

Start location: The start is **1.4 km from the Raceway**. Allow 20 minutes. The middle 300m of the route is on a public road, past Tynings Farm, so please stay on the verge. It's a busy spot at weekends. At the farm you need to cross the road at a sharp bend. Take care! The next 400m is uphill via a narrow bridleway. You may encounter horses so please be alert and considerate. You will go through a gate onto the moorland and follow tapes straight ahead, then left, to the Start. Areas to your left and right are out of bounds. The warm-up area is between the gate and the left turn to the Start. We will have a tent near the Start for kit drop, where spare clothing can be left during your run. This will not be manned and is at your own risk.

If the weather has been very wet, less agile competitors may prefer to turn right at Tynings and walk 100m east and use an alternative public footpath as a less muddy route to the moorland.

Finish: The Finish is close to the Start, with the same 1.4 km return walk to the Raceway. Please download as soon as you get back to the Raceway.

Punching: Combined SI and SIAC (contactless) electronic punching. Dibber hire free for Juniors, otherwise £1.50. The **first 25 entrants** on Fabian4 may opt to hire a SIAC dibber. All others will be issued with regular dibbers. Lost dibbers £37 (lost SIAC £62).

Facilities: Registration, download, first aid and toilets will be at the parking field.

Safety: The area is exposed – dress appropriately. Whistles are compulsory for Juniors (M/W16 and below) and recommended for Seniors. If the weather is bad, carrying a waterproof hooded jacket may be compulsory; please come prepared.

Walkers, mountain bikers, cattle and horses roam loose. Please respect their right to be there too. All competitors take part at their own risk and anyone with a relevant medical condition may wish to notify the Organiser.

COVID: All participants are expected to comply with British Orienteering's [COVID Code of Conduct](#). This mainly concerns social distancing before, during and after your run, but includes other guidelines that all participants should understand and adhere to. Preferably only **one parent to accompany young orienteers to the Start**.

First Aid: We will be offering a reduced First Aid provision for more serious injuries. Participants are encouraged to bring their own first aid kit for self-treating minor injuries.

There will be an emergency First Aider near the Finish for injuries requiring immediate attention. He/she will have a stand-by vehicle near Tynings Farm, in case the casualty is unable to walk back to the Raceway.

The main First Aider will be based from a car at the assembly field by the Raceway. Wherever possible, casualties should sanitise their hands and put on a face covering before visiting First Aid. Disposable masks and hand sanitiser will be available from Download if required.

Dogs: Dogs on a lead may be taken on the courses.

Officials:
Organiser: Matthew Owen 07583 428561
Planner: Trevor Crowe
Controller: Tom Mills (NGOC)

Hope everyone has a great day!

Data Protection: Any personal information provided will be used to process entries, publish results and check for missing runners/dibbers.

Further details and latest information on the BOK website:

www.bristolorienteeing.org.uk



Who was Mike Nelson?

Mike Nelson was a founding member of BOK when it was formed on 15th December 1971 by the merger of Henbury Rutters and Bristol Footpads. Mike got involved in orienteering via the Scouts, and became the mainstay of the club.

There probably isn't a job for the club that he didn't do over the years. He had at least two stints as club Chair and, together with Dudley Budden, was responsible for many of the original BOK maps, the successors to which we (and NGOC) are using to this day. Mike won the Chichester award for mapping in 1982 for his map of Brierley.

Howard Thomas recalls that Mike seemed to either organise, plan or provide the maps for most BOK events and his face (along with Mary his wife) was the first you would see at any of the events. According to Howard, "whether behind the desk in the Organiser's tent or at the stall of the Ultrasport shop [which he and Mary often ran on behalf of Ken Broad], he was always a major source of encouragement, advice, inspiration and humour."

Howard adds: "Mike seemed to be the lead for most of what we did at the club. He was the main figure [along with current BOK member Pete Foster], in introducing electronic punching to BOK, sorting out and devising the early bits of kit required to print out results at download and managing the whole system as it then was. He was also responsible for the BOK Newsletter. These important functions he did alongside the core tasks of map creation and event planning. It could be easily forgotten that he was also a very capable and successful orienteer in his own right, becoming British Champion at least once."

Tony Noott remembers that under Mike's leadership, a sub-committee was formed to examine the benefits of introducing computing to BOK. The latest IBM hardware and software of the day was chosen, and Mike immediately used it for membership lists, the newsletter and in, due course, for event organisation. Tony also recalls that it was Mike "who persuaded Messrs Parkin, MacKenzie and Noott to go to an Army event in September 1996. This became so popular that it grew into the trans-club BOK Army Group that thrives today with nearly 50 members."

Mike was also the consummate volunteer manager – "he just wasn't someone you said no to!" according to Mike Forrest. Alan Honey says "One of my earliest memories in the club is taking my daughter, aged about 8, to an event at Purdown. Mike and Mary were running the start and encouraged her to help. She came away with a great impression of them and of volunteering."

Tony sums it up: "Mike was the complete club expert. Charming, gently assertive, totally knowledgeable about all aspects of our sport, he was an outstanding club member. One in a million!"

Mike died on 10th March 2007. The April 2007 edition of BOK News carried five pages of tributes to Mike, bearing witness to the esteem and great affection in which he was held. Jenny Selley his daughter, continues to be an active member of BOK.

At a committee meeting on 30th March 2007, Sally Thomas suggested that a club event be named after Mike. The 'BOK Trot' had by that time been running since 1973. At a subsequent meeting on 24th January 2008, David Palmer, Mark Blackstone, Trevor Griffiths and Tony Noott proposed that Mike's name should be associated with the BOK Trot.

Since 2008, the event has therefore been known as the 'Mike Nelson BOK Trot'. Black Down is the 11th running, and we hope participants will appreciate the heritage of this event and the formidable man in whose honour it is named.