



ASO and Bristol Orienteering Klub (BOK) Event

11 November 2017

Blaise Castle Bristol

Post code: BS10 7QS Map ref: ST 558786

- Car Parking:** Public (free) car park for Blaise Castle Estate on Kings Weston Road (B4057). Signposted at entry to car park. Please take care in car park and be considerate of other non-orienteeing users of the estate. If car park is full, please use local residential street opposite or main road
- Map:** Scale 1:7500, 5m contours. Overprinted with course on waterproof paper.
- Terrain:** A mix of open, fast running parkland and steep, wooded terrain with irregular path network. There are numerous small, unmarked paths left by walkers. Paths are muddy/slippery.
- Courses:** White (1.7km), Yellow (2.4km), Orange (3km), Light Green (4.3km), Green (5.3km) and Blue (6.4km). Loose control descriptions will be available in the start lane. Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice. Any newcomers/parents wishing to have a go are recommended to try the Yellow course.
A String course will also be available
- Registration:** Registration 10:00-12:00.
Registration will be set up in the car park at the opposite end from the café.
Online pre-entry (available up until the **Thursday** before the event) via [Fabian4](#) is preferred. Alternatively, you can enter on the day but it would be helpful if you would [download](#) and complete the entry form in advance.
Those bringing groups of 15+ people, please warn the organiser two weeks in advance so that sufficient maps are printed.
- Start/Closure** Starts 10:30-12:30. The start is 100m away and visible from registration.
Courses close at 14:00hrs
- Entry Fee:** White and Yellow courses: £3
All other courses: Junior/students £4
Seniors: British Orienteering (BOF) member £8, non BOF member £10
Helpers half price
- Punching:** SI electronic punching. Dibber hire - Juniors free; Seniors £1.50;
Lost dibber charge £30
- Facilities:** First Aid. Please bring your own drink. Toilets available next to car park (far end from registration and start). Café is open 10:00-15:00hrs and serves sandwiches, snacks and drinks. Blaise Castle is a wonderful place for a walk and explore after your race – perhaps you can find the caves? A superb playground exists for children of all ages

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. Cagoules are recommended in bad weather.

The area is popular with the general public – please take care and show respect to all other users of the area

A river runs through the middle of the mapped area. For all courses other than Blue, this river may not be crossed other than by using the bridges marked on the map. The river itself is mapped as out of bounds with a solid purple line to reinforce that it cannot be crossed. This is due to possible high water flow at this time of year. Blue course runners may cross the river at any point, although care should be taken when doing so

Light Green, Green and Blue course go near numerous large crags. On no account should runners attempt to climb up or down these crags. Courses are planned to use paths which navigate around the crags

Sorry, but no school or club tents are allowed at this event

Club tents**Dogs:**

So that runners are not adversely affected, dogs are not allowed on the courses

Officials:

Organiser: Rachel Leathwood (BOK) (07775 084232)
Planner: Jamie Hayward (BOK)
Controller: Alan Honey (BOK)

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

