



Bristol Orienteering Klub (BOK) Urban Orienteering

Wednesday 16th May 2018
Cam and Dursley

- Car Parking:** Rednock School, Kingshill Road, Dursley, GL11 4BY.
- Map:** 1:5,000 scale for Blue and Green courses. 1:2,500 for Orange. Revised 2018 by Alan Honey. Overprinted with course and descriptions on waterproof paper.
- Terrain:** Streets and small parks. Hilly.
- Courses:** Orange (2.2km, 40m climb), Green (3.9km, 60m climb) and Blue (6.3kmm 110m climb). Straight line distances. You will run further. Juniors (under 16) may run Orange unaccompanied but, must be accompanied by a responsible adult on Green or Blue. There are courses suitable for beginners of all ages; help and advice available on the day.
- Registration:** In the Sports Centre behind Rednock School. Exit main school gate on to road and keep walking left. 5 min walk from parking. 5.30 – 7.30pm.
- Start/Closure** Starts 6.00pm – 7.30pm near registration. Courses close at 8.15pm. Please report to the finish by this time, even if you do not complete the course.
- Entry Fee:** Juniors/students £3; Seniors £6. Entries are available via [Fabian4](#). Entries on the day will be required to complete a details form, which they can [download](#) or obtained at registration. Timing chips (dibbers) are available for hire – both “normal” SI, and contactless SI Air (SIAC). £1.50 for seniors and free for juniors and students. Lost dibbers will be charged at £30. Lost SIAC will be charged at £50.
- Facilities:** Toilets and changing rooms are available. Please bring your own drink.
- Safety:** Runners must give way to pedestrians and vehicles. Green and Blue courses cross roads, please take great care. Due to BOF insurance rules, all under-16s must be accompanied (not only shadowed) by a responsible adult on these courses. Suitable for shorts and road running shoes. All competitors take part at their own risk and are responsible for their own safety.
- Dogs:** No dogs allowed
- Social:** Meet at Old Spot, Hill Road, Dursley, GL11 4JQ afterwards, for food and drink
- Officials:** Organiser: Alan Honey, 01453 899976
Planner: Paul Gebbett
Series Coordinator: Phil Murray murrayphilbs3@gmail.com, 07954 356488
- 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.bristolorienteeing.org.uk

