



Bristol Orienteering Klub (BOK) Local Event

Sunday 11th November 2018
Oldbury Court and Frome Gorge

Car Parking: Public car park within Oldbury Court Estate, Fishponds, Bristol BS16 2JW, grid ref ST634765. Just off Oldbury Court Road. Overflow car parking is on adjoining roads; please be considerate to residents' access. Parking is likely to be limited, please car share if possible.

Map: 1:5000 scale, updated 2018 by Chris Johnson. Overprinted with course on waterproof paper.

Terrain: The area contains a steep-sided gorge with open parkland, small forest paths and large cliffs; while the optimum routes are planned to avoid the largest cliffs, these should not be crossed under any circumstances. Paths may be muddy and/or slippery.

Courses: White, Yellow, Orange, Light Green, Green and Blue. Please note that only Yellow, Orange, Light Green and Green courses count towards the BOK Local League. Loose control descriptions available in the start lanes. 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. We regret that it has not been possible to provide a string course at this event.

| Course | Straight line distance (km) | Climb (m) |
|-------------|-----------------------------|-----------|
| Blue | 5.7 | 270 |
| Green | 4.5 | 250 |
| Light Green | 3.5 | 150 |
| Orange | 2.6 | 120 |
| Yellow | 1.8 | 25 |
| White | 1.4 | 10 |

Registration: Registration 10:00 – 12:00. Online entry available at www.fabian4.co.uk by Thursday 8th November. Alternatively, you can enter on the day but it would be helpful if you could [download](#) and complete the entry form in advance. Those bringing groups of 15+ please warn the organiser two weeks in advance so that enough maps are printed.

Start/Closure 10:30 – 12:30 with queuing start. Courses close at 14:00. Start is approximately 100m from the car park, finish is adjacent to car park. Competitors must download by course closure time to avoid the organiser initiating a lost runner search.

Entry Fee: White and Yellow courses: £3
All other courses: Junior/students £4
Seniors: British Orienteering (BOF) members £8, non BOF members £10.
Half price discount for helpers.

Punching: SI electronic punching hire - Juniors free; Seniors £1.50; lost SI £40, SIAC £60.

Contactless punching will be enabled; the start and finish must be punched.
Limited number of SIAC dibbers available to hire.

Facilities: Public toilets close to car park. The first aid team will be in attendance. There is a café and children's play area near the car park.

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. To call attention in an emergency use 6 long blasts. Suitable waterproof clothing is recommended in bad weather. Competitors should wear shoes with good grip and full leg covering. The area is popular with the public - please take care and show respect to all other users of the area. There are numerous large crags in the woods. Competitors do not need to cross any crags or cliffs and on no account should you attempt to climb up or down these crags.

Dogs: Allowed in the car park area (this is a public dog-walking area) but please clean up if necessary. No dogs allowed on courses please.

Officials:

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| Organiser: | Carolyn Dent (BOK) carolynldent@yahoo.com 07921 611900 |
| Planner: | Potter family and Ifor Powell (BOK) |
| Controller: | Phil Warry (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.bristolorienteeing.org.uk

