



Bristol Orienteering Klub (BOK) Urban Orienteering

Wednesday 25th April 2018
Troopers Hill

- Car Parking:** Limited parking in Dundridge Park Car Park, BS5 8SW. ST633725 and on surrounding roads when this fills. Please park with consideration for local residents.
- Map:** 1:5,000, overprinted with course and descriptions on waterproof paper, size A3. Loose control descriptions will also be available.
- Terrain:** Mainly residential urban area with narrow footpaths and alleyways in addition to the open grassland area of Troopers Hill, an old quarry and mining area with knolls and pits. The rough open land and woodland footpaths can be brambly so full leg cover is advised. There is a significant amount of climb across the area.
- Courses:** Orange 2.0 km, Green 3.3 km, Blue 5.4 km. Unaccompanied juniors (under 16) are expected to run the Orange course which has no road crossings. Juniors on all other courses must be accompanied by a responsible adult (see separate note at registration, or [download](#)).
- There are courses suitable for beginners of all ages; help and advice available on the day.
- Registration:** 5.30pm – 7.30pm, in Dundridge Park Car Park.
- Start/Closure** Starts 6.00pm – 7.30pm next to registration. Courses close at 8.30 pm.
- Entry Fee:** Juniors and students £3, seniors £6. Entries are available via www.fabian4.co.uk. Entries on the day will be required to complete a details form, which they can [download](#) or obtained at registration.
- Dibbers are available for hire – both “normal” SI, and 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:** There are no toilets at the car park but the Trooper Pub (10minutes walk from car park) has agreed to let us use their toilets.
- PUB OF THE NIGHT** - the Trooper, 10 minutes' walk from the car park, please feel free to go and buy a drink after your run.
- A first aider will be in attendance. Bring your own water.
- Safety:** The Blue and Green courses cross some busy roads. Courses have been planned so that these can and should be crossed at safe crossing points (pedestrian traffic lights or zebra crossings. The Orange course does not cross any roads.
- On Troopers Hill Road competitors must run on the side with the pavement and cross where necessary to access Troopers Hill. Competitors should not run through the car park.

There are some areas of brambles on rough open areas and woodland paths, so full leg cover is advised. Be careful of stepping out of alleyways and stairs straight into roads or other competitors/pedestrians. Please be considerate of other users of the area.

Please be aware of moving vehicles when in the car park and neighbouring streets before and after your run.

All competitors take part at their own risk and are responsible for their own safety.

Dogs: No dogs on courses due to narrow alleyways

Officials: Organiser: Abi Bateman 07722446147 / Planner: Sophie Gordon 07788249009
Series Co-ordinator: Phil Murray murrayphilBS3@gmail.com 0795 4356488

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

