



**MIKE NELSON BOK TROT**  
**Avon Schools Orienteering Championships**  
**NEW BEECHENHURST**  
**6 May 2018**  
**Final details v2**

Bristol Orienteering Klub (BOK) welcomes you to the Forest of Dean for a day of traditional long distance cross country orienteering. The event commemorates one of our founder members, Mike Nelson, whose prodigious efforts on behalf of orienteering helped to establish our sport locally and nationally. It will also incorporate the individual championships of the Avon Schools Orienteering Association.

Our event is part of the [OMM running festival](#) and we acknowledge their help with hosting this event. We are grateful to The Forestry Commission for permission to run in New Beechenhurst

The event is a National level 'B' event in the British Orienteering single ranking system.

**PARKING AND EVENT CENTRE** on Speech House Hotel Field GL16 7EL - Grid ref: SO621118. The event will be signed from the junction of the B4234 and B4226 - GR SO630125. The entry and exit point into the field will be on the minor road to the west side of the hotel. Please obey the parking marshals instructions. Our event centre will be in the pavilion .



As part of the OMM festival we share the Speech House field with other runners and bikers who are parking, competing and camping for the weekend

## MAP, CONTROL DESCRIPTIONS AND TERRIAN

**Map** -Scale 1:10000 , contour interval 5 metre. drawn to ISOM 2017. A3 size printed on waterproof paper.

**Symbols**  new ISOM 2017 symbol for platform, orientated to north, *runners cannot assume anything about the direction of the slopes of the ground from the way the symbol is orientated.*

 special symbol for sculptures

**Control Descriptions** - courses 1 to 9 will have pictorial, courses 10 to 13 written descriptions. These will be printed on the map, loose descriptions available in the start lanes.

**Terrain** - New Beechenhurst is a prime Royal Forest of Dean area previously used for British and JK individual races. The terrain is undulating and centuries of mining have resulted in many pits and complex spoil heaps. The area is a mixture of deciduous and coniferous woodland and is now almost completely runnable. With the introduction of wild boar there is little bramble but much of the forest floor is muddier from their scrapings. There are brushings and fallen branches from recent gales. Occasional windblow is not marked as it can be readily avoided There are a number of streams and ditches: only major ditches are shown. There are abandoned railway lines and a good path network; minor bike, pedestrian and animal tracks are omitted from the map. The perimeter roads are out of bounds.

## COURSE TABLE

	Course	Men's classes	Women's classes	Distance in Km	Climb in Metres	Controls	Start
1	Black	M21		13.2	350	21	Far
2	Brown	M35 M40		10.1	280	19	Far
3	Short Brown	M18 M20 M45 M50	W21	8.5	240	17	Far
4	Blue	M16 M55 M60	W35 W40	6.9	230	14	Far
5	Short Blue	M65	W18 W20 W45 W50	6.0	180	13	Far
6	Green	M70	W16 W55 W60	5.1	120	12	Far
7	Short Green	M75 M80 M85 M90	W65 W70	3.9	90	11	Near
8	Very Short Green		W75 W80 W85 W90	3.1	60	11	Near
9	Light Green	M14	W14	3.9	140	10	Near
10	Long Orange	M21N		6.0	140	11	Near
11	Orange	M12	W12	3.1	60	10	Near
12	Yellow	M10	W10	2.7	60	12	Near
13	White	M10B	W10B	2.1	50	12	Near

**String course** is available and free to children aged 12 or under. See layout map for directions

**ENTRY** - Entry is available via [Fabian4](#). Entries close midnight 29 April 2018.

Seniors £12 Juniors £6 - Supplement for non BO members £2/£1  
Yellow/White courses only Seniors £6 Juniors £3

Dibber Hire £1.50 free for juniors. (£30 fee for non return/loss of 'dibber')

EOD (*Entry On the Day*) for Long Orange, Orange, Yellow and White, subject to map availability. EOD entrants will be required to complete an entry form, which can be obtained at registration.

Help and advice available on the day

Competitors can amend or get a refund of their entry (less an admin fee) through Fabian4 up to the 29 April.

## TIMINGS

Car park open to competitors	08:00
Registration EOD and SI card collection	09:00
Course start	10.30 – 13.00
String course	11:00 – 14.00
All courses close at	15.15
ASO Prize giving	13:00

**STARTS** Far Start - courses 1 to 6 - 1.8 Km, Near Start - courses 7 to 13. – 1.3 Km along good paths.

The Starts will be signed from the car park and pavilion leaving the field by the North gate. **The B4226, which can be busy, fast and dangerous, must only be crossed at the marshalled crossing point. Under 16's must be accompanied by an adult. Follow the marked route.**

**Start Procedure** - Competitors will have pre-allocated start times. Copies of the final start lists will be displayed at registration and at the Pre-Start.

The clear stations will be just before the start. Competitors will be called forward at -4 mins. Under 16's will have a whistle check. Blank maps and loose descriptions in the start lanes.

**Shadowing** is permitted but not by someone as yet to run.

**Clothing Transfer** To be confirmed in the days before the event..

**FINISH** The Finish is close to the assembly area (see layout diagram). **The same warning applies to access back to the Assembly field ie you must only cross the B4226 by the marshalled crossing. Under 16's must be accompanied by an adult.**

It is essential that all competitors visit Download before courses closes, whether or not they have finished their course.

Competitors are trusted not to show their map to others who have yet to run

**ELECTRONIC TIMING** - SI (SPORTident) will be used in punching mode. Should a unit not respond use the attached pin punch on the edge of your map

**RESULTS** Results will be available on the day at download. Complete results will be available within 24 hours after the event on the BOK website ([www.bristolorienteeing.org.uk/results](http://www.bristolorienteeing.org.uk/results)).

**Rules, Complaints, Protests and Appeals** The events will be run in accordance with the relevant [Rules of British Orienteering](#)

**SAFETY - Whistles** Under 16's must carry a whistle and recommended for seniors.

**Clothing** - Appropriate clothing should be worn and your legs and torso must be covered. Singlets/vests or shorts are not permitted. In the case of bad weather the Organisers may require competitors to wear or carry at least a lightweight waterproof hooded jacket or similar. Notices to that effect will be displayed in the Assembly field

**Safety Warnings** - Competitors are responsible for their own safety and for assessing their ability to complete their course.

The forests are used by walkers, dog walkers, horse riders and mountain bikers and there are also designated Family Cycle Trails. This will be a busy bank holiday weekend so please be courteous to all other users at all times. Keep off forestry equipment and stacked logs/trees.

Wild boar are common in the forests and should not be approached. They are mainly nocturnal, shy and will avoid contact unless accompanied by their young in which case you are advised to give them plenty of room.

Competitors are strongly advised to check themselves for ticks after their race.

The safety bearing in New Beechenhurst is **south**.

**First Aid** A first aid team will be available in the Pavilion. In the event of an incapacitating injury in the forest use your whistle to attract attention.

**FACILITIES – Toilets** are located north of the Marque

**Water** Competitors are responsible for their own hydration **before** and **after** their races. A drinking water tap will be located behind the pavilion.

**Catering** – the OMM has a catering outlet in the marquee at reasonable prices

*Hot Butties - Egg £2.50 Bacon or Sausage £3 - Bacon & Sausage £3.50 - Bacon, Sausage & Egg £4*

*Porridge £1.50 - Cereal £1 Crumpets, - butter & jam £2 - Flapjacks/ snacks £1.50*

*Teas, coffees, hot chocolate, cans*

**Photography** In accordance with [British Orienteering Child Welfare Policy and Procedures](#), it is requested that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the above policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should speak to the Organiser.

**Environmental Issues** To assist in the prevention of transmitting pests and diseases will you please thoroughly clean your orienteering shoes before and after the event.

**Dogs:** Dogs must be on leads at all times in the assembly area. They are not allowed on courses. Please clean up after your dog.

<b>Officials</b>	Planner	Charles Daniel BOK
	Controller	Clive Caffall NGOC
	Organiser	John Parfitt - Johnparfit@aol.com 07538470230

**DATA PROTECTION** 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.

**ACKNOWLEDGEMENTS** This event could not have happened without the work undertaken by the event Officials and the support from many Klub volunteers.

Our gratitude to The OMM for their goodwill in sharing their facilities with us.