



**Bristol Orienteering Klub (BOK)**  
**Regional Event**  
Incorporating Avon Schools Orienteering (ASO) League Event 8

**Sunday 22 April 2018**  
**Black Down, Mendip Hills**



- Car Parking:** At the Mendips Raceways track, south of Tynings Farm (Assembly area). BS40 7XU. Signposted from Charterhouse and Shipham (West and East). Parking fee of £1 per vehicle. Please **DO NOT** park on the side of the road between Raceways and Tynings Farm.
- Map:** A3 1:7500 scale, 5m contours (2013 map). Overprinted with course on waterproof paper.
- Terrain:** Open hillside. A steep convex slope cut with deep streams. Expect climbs on the longer courses and it could be very muddy. Much of the bracken on the hillside has been cleared. The views over the Bristol Channel are good on a clear day.
- Courses:** White, Yellow, Orange, Long Orange, Light Green, Short Green, Green, Blue and Brown. Helpers with 'Ask Me' bibs will assist beginners to choose an appropriate course and provide advice. There will be a String course if the fields are not waterlogged.
- Registration:** 10:00am – 12:00am. Online entry preferred at [www.fabian4.co.uk](http://www.fabian4.co.uk) by midnight on Friday 20<sup>th</sup> April. Alternatively, fill in a [form](#) beforehand or on arrival. Your British Orienteering number is required for discount. Those bringing groups of 10+ please warn the organiser two weeks in advance so that sufficient maps are printed.
- Start/Closure** 10:30am – 12:30pm with queuing start. 450m uphill to start. Courses close at 2:30 pm.
- Entry Fee:** White and Yellow courses: £3; Orange & above: Junior/students £5; Senior BOF member £10.00, non-BOF £12.  
Late Entry fee + £2 / £1 (this applies on-line after April 15<sup>th</sup> and on the day)
- Punching:** SI electronic punching hire - Juniors free; Seniors £1.50; lost cards £30
- Facilities:** Toilets and First Aid. Please bring your own drink.
- 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.
- Dogs:** No dogs on the courses (livestock in area).
- Officials:** Organiser: Jo Foster BOK [jofoster1924@gmail.com](mailto:jofoster1924@gmail.com) 01275332449  
Planner: Pete Foster BOK  
Controller: John Simmons 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](http://www.bristolorienteeing.org.uk)

