



Bristol Orienteering Klub (BOK) Local Event

Sunday 13 January 2019

Ashton Court Estate, near Bristol

Car Parking: Location and directions: Within Ashton Court Estate at Church Lodge car park
Grid Reference ST555712 post code BS41 9LX.
Sign-posted from B3128 (0.5km west of A370 junction).
Car parking charges apply for all. Parking costs (as @ Oct. 2018) £1.20 per vehicle per day (recommended you bring coins)

Map: Scale 1:10,000. Contours at 5m. Map revised in 2017.
Overprinted with course on waterproof paper.
For most of the area the map shows an excellent level of detail, although the courses will visit some parts that have been mapped more simply. The vegetation and paths have been updated locally where they may influence route choice or navigation within the control circle.

Terrain: Mixed Woodland and open parkland with many tracks and paths. Some undergrowth thick in places. Half of the area is on a hillside, so all runners can expect some climbing to varying degrees.

Courses:

Course	Straight line distance	Climb
White	1.7km	45m
Yellow	2.3km	65m
Orange	3.4km	100m
Light Green	4.2km	130m
Green	5.0km	140m

This will be the 3rd event in the BOK Local League with results from Yellow, Orange, Light Green and Green courses qualifying.
Loose control descriptions will be available in the start lane. Helpers with 'Ask Me' bibs will assist beginners in choosing an appropriate course and provide advice.
Any newcomers/parents wishing to have a go are recommended to try the Yellow course.
String Course will be available.

Registration: Registration 10:00-12:00.
Registration will be adjacent to the Church Lodge car park.
Online pre-entry (available up until the Thursday before the event) via Fabian4 (www.fabian4.co.uk) is preferred. Alternatively, you can enter on the day, but it would be helpful if you would [download](#) and complete the entry form in advance.
Those bringing groups of 15+ people, please warn the organiser two weeks in advance so that enough maps are printed. (if not already pre-entered on Fabian4)
Direct computer entry for those with personal dibbers. Others are encouraged to [download](#) complete and bring a dibber hire form.

Start/Closure 10.30am – 12.30pm with queuing start. Approx. 100m from registration to start.
Courses close at 2.00pm.

- Entry Fee:** Seniors £6, Juniors and white/yellow course runners £3. Helpers half price
- Punching:** This will be an SI mixed mode punching event, i.e. contactless punching is enabled for those who have SIACs.
SI electronic punching hire: Juniors free; Seniors £1.50; Lost SI (contact) cards charge £40; lost SIAC (contactless) cards charge £60. For contactless punching the start and finish must be punched. There are a limited number of SIAC dibbers available to hire on a 1st come 1st served basis!
- Facilities:** Toilets at the Mansion House approx. ten minutes' walk from Church Lodge car park. Please bring your own drinks for hydration. Café facilities are also available at the Mansion House.
- Safety:** All competitors take part at their own risk and are responsible for their own safety. Due to the presence of deer/wild animals on the Estate full lower body cover is required and cagoules may be compulsory in the case of inclement weather **'No whistle, no go'** will be in force for all Juniors and recommended for Seniors. Competitors should wear shoes with good grip and full leg covering to protect against brambles and nettles.
The longer courses will visit areas with some crags and ancient quarry workings. The area is popular with the general public – please take care and show respect to all other users of the area. Be especially mindful of cyclists and dogs.
- Dogs:** Please keep your dog on a lead in and around the Car Parking & Event Administration Area. Ashton Court Estate is a great place to exercise your dogs in a responsible manner.
- Club Tents:** Sorry, but no school or club tents are allowed at this event.
- Officials:** Organiser: David Faulkner david.e.faulkner@blueyonder.co.uk 07867 537171
Planner: Tony Lloyd
Controller: John Parfitt
- Local Attractions:** The City of Bristol, voted best place to live in the UK in 2017:
<https://www.bbc.co.uk/news/uk-england-39320118>
- 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.bristolorienteing.org.uk

