



BOK Urban Orienteering Series
Race no. 1
Wednesday 24th April 2019
Bristol University Halls and Stoke Lodge

- Car Parking:** Event parking is along Saville Rd and registration at Wills Hall, grid ref ST568756, postcode BS9 1AE. Please use Wills Lane to get to registration. All under 16's should be accompanied by an adult between parking and registration.
- Map:** Long and Medium, 1:5,000 scale with 2.5m contours size A3. Short 1:4,000 scale with 2.5m contours size A4. Updated by Lawrence Jones, Peter Dobra and Dan Weaver 2019. Waterproof with courses overprinted. Loose control descriptions will also be available. Newcomers are advised to familiarise themselves with uncrossable features and out of bounds symbols. (*Ask registration*)
- Terrain:** A mixture of residential roads, paths and uni campus. Grassy slopes may be slippery if it has been raining. Road shoes suitable. **NO STUDS ALLOWED IN THE BUILDINGS**
- Courses:** Short (Orange standard) 2.0 km, 40m climb, Medium (Green standard) 4.1 km, 80m climb, Long (Blue standard) 6.3 km (*distances as straight line*). Juniors (under 16) must be accompanied by a responsible adult if running the Long or Medium, the Short is entirely off road and Juniors can run unaccompanied. There are courses suitable for beginners; help and advice available on the day.
- Registration:** 5.30pm – 7.15 pm in Wills hall main building
- Start/Closure** Starts 6.00pm – 7.30 pm. Courses close at 8.30 pm. Start and Finish are within 50m of download and registration.
- Entry Fee:** Juniors and students £3, seniors £6. On-line entries via www.fabian4.co.uk. Entries on the day will be required to complete a details form, which can be [downloaded](#) or obtained at registration. Dibbers are available for hire – both standard SI and SI Air (SIAC). Costs are £1.50 for seniors; free for juniors and students. Lost dibbers charged at £30 (£50 for SIAC).
- Facilities:** Toilets opposite registration and download. A first aider will be in attendance.
- Safety:** Long and Medium courses cross some busy roads. They are planned so that these can and should be crossed at safe crossing points. Beware of fast moving cyclists on cycle paths and be respectful to other pedestrians, particularly in the university halls.

Competitors take part at their own risk and are responsible for their own safety. If traveling alone or with relevant pre-existing medical conditions may wish to notify organiser.
- Dogs:** Dogs are permitted on leads, under the control of an adult.
- Officials:** Organiser: Dan Weaver - email contact [via website](#)
Planner: Peter Dobra
Series Co-ordinator: Phil Murray 0795 4356488
With thanks to Bristol City Council for permission to use the facilities.

Bristol Orienteering Club is participating in the ["Happy Eggs 2-for-1 Adventure"](#) promotion until 30th September 2019. Newcomers, families and accompanied children are welcome at this event. Just show your paper or electronic voucher to the Registration desk on arrival, and they will be happy to process the discount. Help will be available to guide you to an appropriate course for your age and ability. The 2-for-1 offer is only available for entries on the day of the event.

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

