






BOK Local League &
ASO Individual Championship
Sunday 28 April 2019
Westonbirt National Arboretum, GL8 8QS
Final Details - Issue 1



Car Parking: Follow signs for Westonbirt Arboretum GL8 8QS (ST856897). The only orienteering signs will be on the entrance to the arboretum. Orienteers will be parking in the grassy overflow area to the north of the main car park. Please look out for a right hand turn into the field as you approach the main car park. Orienteers will have a separate gate to enter the Arboretum from this car park.

Map: Updated 1:10000 scale map overprinted with course on waterproof paper. Terrain is mixed woodland, some undergrowth but many tracks and paths.

Non-standard symbols used:

-  Seat
-  Information Board
-  Other Man-Made Object

There may be animals grazing in areas bounded by an electric fence. Paths are busy and you will see lots of prams, young children and mobility scooters, please be careful. The main Arboretum buildings are out-of-bounds to competitors during your run. The new Treetops Walkway is out of bounds during your run but will be used on the way to the start.

All fences around the 'Downs' in the centre of the map will be marked with purple overprint and must not be climbed. To protect future use of the area please use the plentiful crossing points marked with the purple crossing point symbol.

Registration: Registration from 10:00 to 12:00. Prize giving for the ASO Championships is planned for 1pm or as close as possible to this time.

Start/Closure: There will be one start for all courses approximately 800m from assembly. Queuing start from 10.30am to 12.45pm. Start times will be pre-allocated if you are entered into the ASO champs. Loose control descriptions available at the start. Courses close at 2pm.

Entry: Online entry preferred at www.fabian4.co.uk by preceding Friday. Entrants on the day will need to complete a form, which can be downloaded from [here](#) to save time. Those bringing groups of 10+ please warn the organiser two weeks in advance. Senior £6.00 Blue to Orange. White and Yellow courses: £3. Full time students £3.

Courses eligible for BOK Local League points are Green, Light Green, Orange, Yellow and White.

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.

BOF public liability insurance covers new members for their first three runs, after this you must join British Orienteering to protect yourself from claims.



Courses: Free String Course also provided. Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice.

Course	ASO School Year	Technical Difficulty		Length (km)	Climb (m)
Blue	Yr 12B & 13B	TD5 Hard	Expert	7.1	70
Green	Yr 11B, 12G & 13G	TD5 Hard		4.8	45
Light Green		TD4 Quite Hard	Intermediate	3.6	45
Long Orange	Yr 10 & 11G	TD3 Moderate	Beginners	6.1	55
Orange	Yr 8 & 9	TD3 Moderate		3.1	45
Yellow	Yr 6 & 7	TD2 Quite Easy		2.6	35
White	Yr 4 & 5	TD1 Easy		1.7	25

Punching: SI electronic punching, with contactless punching for those with SIAC dibbers. Dibber hire: juniors/students free; seniors £1.50. Lost SI dibbers: (contact) £40 and (contactless) £60. All runners must punch the Start and Finish. Limited number of SIAC dibbers for hire.

Facilities: Toilets in the visitor centre and Café, First Aid, Maples Restaurant/Café and shop. 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: Please keep your dog under control in all areas. Dogs need to be on a lead near the café/shops and in the car parks. Dogs are not allowed in the **old** arboretum and therefore can only accompany you on your run if doing White, Yellow or Orange.

Officials:
 Organiser: Peter Stagg 07980 698696
 Planner: Clare Howes
 Controller: Alan Honey

Local Attractions: Competitors, after their run, may visit the Arboretum without paying the public entrance fee. Supporters and spectators who wish to visit the Arboretum should pay the normal entrance fee or take the opportunity to try an orienteering course.

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.bristolorienteering.org.uk

