



Bristol Orienteering Klub ASO BOK
Level D Score Event
Sunday 17th September 2017
Ashton Court near Bristol
UBOC 10th Anniversary Weekend
Bring a Friend (who can have a free run)

- Car Parking:** Location and directions : Within Ashton Court Estate at Church Lodge car park
Grid Reference ST556712 post code BS41 9LX.
Sign-posted from B3128 (0.5km west of A370 junction).
- Map:** Scale 1:7500. Contours at 2.5m. Map revised 2014 with minor updates in 2017. Overprinted with course on A4 waterproof paper. For most of the area, the map shows an excellent level of detail, although the courses will visit other parts that have been mapped more simply. The vegetation and paths have been updated locally where they affect route choice or navigation within the control circle.
- Terrain:** Mixed Woodland and open parkland, many tracks and paths. Some undergrowth thick in places. Half of the area is on a hillside, so all runners, except white, can expect some climb.
- Courses:** Forty five (45) minute score event, of which control numbers 101-113 form a sequence of yellow standard. All controls are worth the same. Penalty of 1 control per part minute late back. There will be a separate white course of 12 controls, 1.5km with 25m climb. For after your run, there is a TrailO Tempo competition. String Course will also be available on the day
Helpers with 'Ask Me' bibs will assist beginners choose an appropriate course and provide advice.
Bring a FREE friend – have a two for one run.
Do you have a friend who may be at a loose end on Sunday 17th September? Help them fill their time, by having a free run around Ashton Court. If you accompany them around the course you can both have a map for free. Take one dibber between you and if you need to borrow one, that's free too.
- TrailO Tempo:** TempoO course of 5 stations, 4 tasks at each + a warm-up station planned by a competitor at the world championships. Time limit of 120s per station with a 30s penalty per wrong answer. Full explanation and help available on the day. Go to registration to collect your score card. Starts 11:30-13:30. To gauge numbers, please comment on Fabian4 or email the organiser if you intend to participate.
- Registration:** From 10:00 – 12:00 noon. Online entry preferred at www.fabian4.co.uk by Friday 15th September 2017. Alternatively, fill in a form on arrival. British Orienteering number required for discount. Those bringing groups of 15+ please warn the organiser two weeks in advance so that sufficient maps are printed.
- Start/Closure** From 10:30hrs. Courses close at 14.00hrs. Start adjacent to registration
- Entry Fee:** White course: £3.00; Score course : Junior/students £4.00;
Senior BOF member £8.00, non-BOF £10.00. Helpers half price.
- Punching:** SI classic electronic punching. Hire - Juniors free; Seniors £1.50; lost cards £30
- Facilities:** Toilets at the Mansion House – ten minutes walk from Church Lodge car park. Please bring your own drink. 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. 'No whistle, no go' will be in force for all Juniors and recommended for Seniors.
- Dogs:** On a lead and in the Parking Area only
- Sprint relay:** UBOC invites you to a sprint relay around the University of Bristol the day before, so come make a weekend of it! Entries are open at www.fabian4.co.uk and details are at www.uboc.org.uk/uboc-at-10.

Officials: Organiser: Phil Fawkner-Corbett 07966 218053
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Planner: Tom Dobra (UBOC/BOK)
Controller: Jackie Hallett

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

