



Mike Nelson BOK Trot

**National Event - Sunday 6 May 2018
New Beechenhurst, Forest of Dean**

Initial details

- Car Parking:** Speech House, ST 620122.
- Assembly area:** The parking and assembly area is shared with the OMM Festival event including catering, equipment supplies, and toilets. Registration and download will be in the pavilion.
- Map:** 1:10,000, overprinted with course and descriptions on waterproof paper, size A3.
- Terrain:** The forest is mostly runnable with some intricate contour and irrigation detail, plus a good path network.
- Courses:** Black, Brown, Short Brown, Blue, Short Blue, Green, Short Green, Very Short Green, Light Green, Long Orange, Orange, Yellow, White. String course. *These are courses suitable for beginners of all ages; help and advice will be available on the day.*
- Registration:** 9.30 -12.00
- Start/Closure:** This event will use allocated start times
Starts 10.30 to 13.00. Courses close at 2.45 pm. *The start and finish are in the forestmetres*
- Entry:** Entry is only available via [Fabian4](#) for technical and senior courses.
Seniors £12 Juniors £6 Non members supplement £2/£1. Yellow/White only Seniors £6 Juniors £3
Dibber Hire £1.50 free for juniors. (£30 fee for non return/loss of 'dibber')
Limited EOD for Long Orange, Orange, Yellow and White
- Safety:** Whistles compulsory for all Juniors (No whistle, no go) and recommended for Seniors.
- Punching:** Sport Ident
- Facilities:** A first aider will be in attendance. Toilets, equipment and catering. Bring your own drink.

Anyone wishing to camp (tent, caravan or motorhome) on Friday / Saturday night, at Speech House the cost is £10, please email the organiser to reserve a space
- Safety:** All competitors take part at their own risk and are responsible for their own safety
- Dogs:** Advised no dogs on courses.
- Officials:**
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| Organiser | John Parfitt | Johnparfit@aol.com | 07538470230 |
| Planner | Charles Danniell | BOK | |
| Co-ordinator | Clive Gaffel | NGOC | |
- 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

