

Harlequins Orienteering Club

We welcome you to our Regional Orienteering Event on the Malvern Hills on
Sunday 29th October 2006

FINAL DETAILS

Planners: Lindsey and Katherine McMillan; Controller: Dave Holmes QUANTOCK; Organiser Rollo Rumford

This event is using Si electronic punching. If you have not got your own Si equipment you may hire one on the day for £1 from Registration.

Parking, Registration and Download will be in the YELLOW car park at the **Three Counties Showground** at Grid **SO 789430**. This is 2 miles south of Malvern and well signposted. Competitors will be moved by coach or minibus to and from the START /FINISH near British Camp. The journey to the drop off point will take up to 15 minutes and you should allow up to 10 minutes to walk up to the START so please ensure you catch a coach early enough to meet your start time block.

Terrain Update The Planners have asked me to tell you that due to the really hot summer most rough open areas are chest high bracken and, although courses have been planned to avoid the worst of these, route choices through these areas are best avoided!

Start times Pre entered competitors have been allocated to one of six 30 minute start blocks. Please try to stick to these times, although a punching start system will be in operation to give flexibility.

Very Early: (helpers)	10:00-10:29
Early:	10:30-10:59
Early Mid:	11:00-11:29
Late Mid:	11:30-11:59
Late:	12:00-12:29
Very Late: (helpers)	12:30-13:00

Coach departures Departure times for coaches from the Yellow car park are planned to be every 25 minutes as follows: 1005, 1035, 1055, 1125, 1145, 1215. These will also be displayed at Registration. In addition to the coaches, there will be a number of 15 seater minibuses with departures roughly every 15 minutes from 0945hrs.

Coach return journey The drop off point near the START is also the pick up point for the return journey. Please wait at the drop off point for a returning coach to arrive. For road safety reasons near British Camp, children not accompanied by an adult will be moved by minibus back to the Yellow car park.

Clothing Dump There will be a manned clothing dump at the British Camp Car Park which is convenient for the START and when returning from the FINISH. The clothing dump will be located in a tent which can also be used as a shelter for children before they return to the Yellow Car Park.

SI Clearance Clearing and checking of SI cards will be done at the START

Maps Maps for all courses are A3 in size, printed on waterproof paper and unbagged. Competitors may wish to provide their own map bags, but a limited quantity of suitable bags will be available at the start.

Drinks Post run drinks – orange squash and water will be available near the manned clothing dump.

First Aid First Aiders will be in attendance near the manned clothing dump. For serious accidents or emergencies the nearest **A&E** department is at the Royal Worcester Hospital on the Newton Road, Worcester WR5 1DD 01905 763333. Location Maps will be available from First Aiders and Inquiries.

Download All competitors are reminded to download at the Yellow car park after their run.

Retirements Competitors who decide to retire from the event should report to Download in the Yellow car park.

Ultrasport Ultrasport plan to be in attendance in the Yellow car park.

Toilets Toilet facilities are available in the Three Counties Showground approx 200m from Registration. Limited toilet facilities are also available adjacent to the coach drop off point near the British Camp car park.

Refreshments Caterers from the Three Counties Showground will be in attendance in the Yellow car park.

Control Descriptions These can be downloaded from the event website or collected from the Registration Tent on the day. They are also printed on the front of the map.

End of British Summer Time - Remember to put your clocks back one hour on Saturday night !

EOD and CC competitors – For those registering on the day, Course details are:

- | | | |
|-----|-------------|------------------------------------------------------|
| 1. | 7.75Km 420m | M21L |
| 2. | 7.05Km 430m | M35L, M40L |
| 3. | 5.95Km 320m | JM5L, M45L, M50L, M21S, W21L |
| 4. | 5.2Km 230m | JM5M, M55L, M60L, M35S, M40S, JW5L, W35L W40L |
| 5. | 4.95Km 200m | M65L, M45S, M50S, W45L, W50L, W21S |
| 6. | 3.73Km 180m | M70L, JM5S, M55S, W55L, W60L, JW5S, W35S, W40S |
| 7. | 3.30Km 130m | M75L, M60S, M65S, W65L, W70L, W45S |
| 8. | 2.90Km 130m | M70S, M75S, W75L, W50S, W55S, W60S, W65S, W70S, W75S |
| 9. | 5.13Km 170m | RED |
| 11. | 3.2Km 110m | JM4, JW4, LT GREEN |
| 12. | 2.8Km 130m | JM3, JW3, ORANGE |
| 13. | 1.95Km 70m | JM2, JW2, YELLOW |
| 14. | 1.8Km 30m | JM1, JW1, WHITE |

EOD Fees:

Badge:	Seniors £10	Juniors £6 (Non BOF Members add £2 / £1)
Colour Coded:	Seniors £5	Juniors £2

ALL COMPETITORS COMPETE AT THEIR OWN RISK.

Data Protection Act: The personal data you give will be used by the event organisers only for the purpose of processing and publishing entries and results.