



**SARUM ORIENTEERING CLUB
4 COURSE EVENT
LEVEL D**



Saturday 14th December 2019

Venue: Dur Hill in the New Forest – Grid Reference – SU 194011 4 miles SE from Ringwood.

Parking: In the car park at Avon Tyrrell Outdoor Centre GR - SU 187003.
Post code – BH23 8EE. Event will be signed from this entrance. Please follow marshals' directions.

Map: 1:10,000

Terrain: Mixed woodland with a good network of paths.

Entry Fees: Seniors £7.00 Juniors £3.00

Electronic Punching: Emit. Cards to hire Seniors - £1.50, Juniors - 50p. (Lost Card £50)

Courses: Green, Orange, Yellow, 1 hour score – 10 points per control, 10 point penalty per minute overtime.

Registration: from 10.00am – 12.00noon.

Starts: Start times from 10.30 – 12.30p.m. Go when you are ready.

Courses close: 2.30p.m.

Facilities: Toilets and drinking water near the Centre's Reception. First Aid at Registration which is 250m from the Car Park and Reception.

Dogs: Not allowed in the Activity Centre.

Safety: Whistles and full body cover are compulsory and in the event of bad weather cagoules will be obligatory. Be prepared! There are many low thorn trees so eye cover may be advisable. The First Aid tent will be in the assembly area. You are requested to leave car keys at registration if you travel alone. All competitors **MUST** download even if you do not complete the course. Ticks may possibly be around. Check after the event! There are significant areas of brashings and brambles in part of the forest so full leg cover is obligatory. The safety route for anyone lost in the forest or wishing to retire is to go **SOUTH** where you will meet the road going to the Avon Tyrell Activity Centre. The nearest A & E Hospital is at Southampton General 02380 777222 Post code SO16 6YD or Lymington Hospital, Wellworthy Road SO41 8QD 01590 663000. There will be a mobile phone number on the map in case of emergency. Respect other forest users – walkers and horse riders. Animals roam the forest. If you ignore them they will ignore you. **PLEASE DO NOT FEED.**

DO NOT CLIMB ON LOG PILES.

Medical Conditions: Competitors with existing medical conditions are asked to provide a sealed envelope with their name and club on the outside, and the medical condition explained inside plus details of medication and dosage. The envelope will only be opened in an emergency. The envelope is to be handed in to Registration for safe keeping before competitors start their runs. Click here for the medical form <http://sarumo.org.uk/wp-content/uploads/2016/02/SARUM-Medical-Condition-form-2016.pdf>

Planner: Dan Gallagher – Sarum.

Controller: Ian Peirce.

Organiser: Pat Hart – Sarum 01794390593 (before 9p.m. please!) [hartbriang\(at\)gmail.com](mailto:hartbriang(at)gmail.com)

Sarum Web Site: www.sarumo.org.uk

Please note that Orienteering is an adventure sport and you take part at your own risk. If you are not a member of any orienteering club, you will only be covered by British Orienteering insurance for your first 3 events. If you are not a BOF member you are advised to have your own insurance.