



SARUM ORIENTEERING CLUB



SARUM SAUNTER

FONTHILL ABBEY WOOD SATURDAY 30TH MAY FINAL DETAILS

SARUM WOULD LIKE TO THANK MR MORANT FOR ALLOWING US TO USE HIS WOOD AND FOR HIS GENEROSITY IN ALLOWING US TO USE ON-SITE TOILETS AND BUILDINGS.

PARKING GR ST 913306. Post Code (SP3 6QR). Signed from GR ST 912327 in the centre of Hindon. Please follow signs as you turn into the entrance by the gate house. DO NOT DRIVE DOWN THE MAIN DRIVE. Please follow marshals instructions. Your exit will be up the drive DO NOT DRIVE ON THE GRASS please.

TRADER TBC FACILITIES First Aid, Toilets x 2 on-site

DOGS ON LEADS IN CAR PARK ONLY. PLEASE CLEAN UP ANY MESS

REGISTRATION 10.00 – 12.00

STARTS 10.00 – 12.30 COURSES CLOSE 2.30PM. GO WHEN YOU ARE READY

Preferred entry at www.fabian4.co.uk up to 24/5/2020. Seniors £10 Juniors £5

ENTRY FEES E.O.D. (while maps last) Seniors £12 Juniors £5 (£2 extra for non BOF members)

Senior runners on White/Yellow/Orange courses £6

Emit electronic controls will be used. EMIT HIRE Senior £1.50 Juniors 50p Lost Emit £50

Start/Finish Both close to the assembly and parking. Free string course at assembly

COURSES	LENGTH	CLIMB	CONTROLS	DIFFICULTY
BROWN	8.4k	220m	27	HARD
BLUE	6.9k	180m	19	HARD
GREEN	4.7k	130m	16	HARD
SH. GREEN	3.1k	70m	10	HARD
LT. GREEN	3.0k	90m	13	MEDIUM
ORANGE	2.6k	75m	14	MEDIUM
YELLOW	1.9k	50m	10	EASY
WHITE	1.5k	15m	15	EASY

Brown Blue and Green courses will cross the road at a compulsory crossing point marked on the map, all other parts of the road are OUT OF BOUNDS. There will be no Marshall as there is a clear view either way. Signs will be out to warn any traffic of runners crossing. To return from the west side of the map you will use a tunnel, your control will lead you to this. Do not use the road.

TERRAIN

This is a working wood with a mixture of Deciduous and Coniferous trees, with a good network of paths. Brambles and brashings in places.

Mostly runnable, some areas have been thinned leaving brashings on the ground.

First aid team is in the registration building. The nearest A& E is Salisbury District Hospital at Odstock Salisbury. Maps are at First Aid for directions + a map indicating roads on the orienteering map which are drivable in an emergency.

DOWNLOAD

ALL COMPETITORS MUST REPORT TO DOWNLOAD EVEN IF THEY DO NOT FINISH. Please report to download as soon as you have finished so the computer team know you are back. COURSES CLOSE AT 2.30pm.

SAFETY

Full leg cover is compulsory. Juniors should carry a whistle and it is advisable for adults to have a whistle.

Ticks may be active please check yourselves and your children.

E.O.D

If you have not pre entered .

- 1) Fill out a registration form
- 2) Go to the registration team and pay your fee
- 3) Then to the computers (next to registration), here you will get your emit if needed and be registered on the computers.
- 4) Go to the start. There will be people there who can help you

if Orienteering is new to you.

If you have pre entered and have your own Emit go straight to the start.

Hired emits will be at registration on a separate table so just take the one with your name on.

All courses use a 1:10,000 map printed on waterproof paper by BML printers
Control descriptions are on the front of maps and loose control descriptions are at the start.
Brown/Blue/Green maps are A3
Sh. Green/ Lt. Green/Orange/Yellow/White maps are A4
Yellow/White have text control descriptions. Orange maps have text/IOF control descriptions

There are no legends on any of the maps therefore there will be a blank map at registration with the legend on it. There will also be loose legend descriptions at registration & start.

Disclaimer Orienteering is an adventure sport and competitors take part at there own risk. Please note that personal injury through Orienteering is not covered by British Orienteering's public liability insurance.

Medical Problems If you have an on going medical problem you may want to write details in a letter, with contact details and medication details at registration. This will only be opened if you have problems on the day. When you return from your run you can either retrieve the letter or we will destroy it. Just a precaution.

Cancellation

In the event of cancellation due to extreme weather or other circumstances a notice will be posted on the club website www.sarumo.org.uk. Sarum Orienteering Club reserves the right to retain part of the entry fee to cover costs already incurred.

PLANNER Dave Mullins (Sarum)

CONTROLLER Martin Cross (WIM)

ORGANISER Denise Mullins (Sarum) 01963 33579 before 9pm denamul@live.co.uk