



Hardy Relays and Informal Orienteering

Sunday 10th July 2016

Venue: Upton Country Park, Poole Rd, Poole, Dorset BH17 7BJ
Grid Ref: SY991928

Parking: Please use the main car park. The Wessex Orienteering Club tent will be found at the South East corner of the car park. There may by now be a mandatory charge in place, if not please make a donation in box provided.

Terrain: Mainly flat park land running around the extended Upton Country House Park and woods. Terrain will include park land with some open woodland, grassy areas, flower beds and paths.

Support: Help and instruction available. Novices & families welcome.

Map: 1:5,000 overprinted on waterproof paper. 2012 mapping revised 2016 to include the substantially extended and opened out areas of the park.

Timing: S.I. Electronic timing.

Courses: South West Region Relay Series - Harris Relay format
Yellow, Orange and 45 minute score

Times: Registration: from 12:00 onward
Starts: from 13:00 to 14:30. **Relay teams - see next page.**
Course closes at 15:30

Fees: Seniors £6.00 (£18.00 per team of 3)
Juniors (up to 21) £3.00
S. I. Dibber hire £1.00 (free for juniors)

Entries: All entries (team and individual) to Tim Houlder by 30th June please, to reserve an overprinted map. Please include team member age category for working out handicapped start time. Mail to: tim.houlder@ntlworld.com

Facilities Food & drink – Upton Country Park Peacock tea rooms open 09:00 to 16:00
Public toilets are available.

Officials: Planner and Organiser: Tim Houlder 07761436588.

Orienteering is an outdoor adventure sport. Competitors take part at their own risk and are responsible for their own safety.

RELAY COMPETITION

Relay Team Start times are calculated by taking the total team handicap away from the base time of **13.00**.

For the open and vets race add together the following handicaps then divide by three.

BOF AGE	Handicap	BOF AGE	Handicap	BOF AGE	Handicap
M10	17	M55	10	W21	4
M12	15	M60	11	W35	8
M14	12	M65	13	W40	12
M16	6	M70	16	W45	14
M18	2	M75+	19	W50	17
M20	1	W10	17	W55	19
M21	0	W12	16	W60	22
M35	3	W14	14	W65	25
M40	5	W16	11	W70	28
M45	6	W18	8	W75+	31
M50	8	W20	5		

As an example: a Senior team consisting of an M40 , W50 and W55 competitors would have a total handicap of $(41 / 3) = 13$ minutes 40 seconds, giving a start time of 12:46:20 (12.00 less 13:40)

A **registration form** (available on the morning) must be handed in to the registration tent well before your start time.

Registration opens at 12 noon.

Individual courses will also be available for those wishing to turn up on the day.

Entry Fees: Team: £18 Senior and Vets £9.00 Junior
Individual: £6 Senior £3.00 junior

Competition Rules:

All members of a team punch at their start time and will be handed 3 maps. The map will show a set of "Spine" controls which all team members must visit and a set of additional controls, which must be visited by at least one team member. Teams will be disqualified in the event that

1. one or more of the team does not visit all spine controls
2. one or more controls is not visited by at least one team member.