WESSEX ORIENTEERING CLUB

HARDY RELAY

**Sunday 12th July Littledown Park/Kings Park**

**Location**

Littledown Sports Centre, Chaseside, Bournemouth BH7 7DX, opposite Bournemouth Hospital, close to the junction of Wessex Way A338 and Castle Lane (A3060) GR: SZ127940

**Facilities**

Parking in Littledown Centre Car Park. Toilets and cafeteria in the centre. Follow O-signs from foot of Sports centre steps to the Cricket Pavilion.

**Terrain**

Flat, open parkland for Juniors plus, for Seniors and Vets, some residential urban controls linking to another area of parkland which contains patches of scrub and woodland.

Care must be taken, as usual, when crossing any roads.

**Map**

Both the Littledown Park and Kings-Littledown maps have been revised in 2015. The former is 1:3500 and the latter 1:6000. Juniors will be using the Littledown Park map only; Vets will be using both and the Seniors the Kings-Littledown map only.

**Start times** are calculated by taking the total team handicap away from the base time of **12.00.**

 For the open and vets race the following handicaps will apply

**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 two M40 competitors and two W55s would have a total handicap of 48 minutes, giving a start time of 11.12 (12.00 less 48).

For the junior race the following handicaps will apply

**BOF AGE Handicap BOF AGE Handicap**

M10 12 W10 12

M12 11 W12 11

M14 9 W14 10

M16 4 W16 8

M18 1 W18 5

As an example: a junior team consisting of a M10, a W12 and an M16 would have a total handicap of 25 minutes, giving a start time of 11.35 (12.00 less 25)

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

**Registration opens at 10am.**

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

**Entry Fees: Team:** £20 Senior £15 Vets £8 Junior

 **Individual:** £4 adult £2 junior

**Seniors**

**Team of 4 to run:**

**Course A Green** 4.2 km

**Course B** **Light Green** 2.9 km

**Course C** **Orange** 2.5 km

* **Course A must be run twice (by different team members)**
* **Courses B and C four times, i.e. by every team member.**

**Vets (M/W 60+)**

**Team of 3 to run:**

**Course A: Light Green** 2.9km

**Course B: Orange** 2.5 km.

**Course C: Yellow** 2.0 km.

* **Each course must be run twice by different people**
* **Every member must run at least two courses.**

**Maps.** At the start the each team will be handed a map which will have an SI Dibber attached and this must be used by all team members running that course. The first team to complete all their courses, having correctly visited all controls in the correct order, will be the winner. **You must ensure that only the first runner on each course dibs at the Start Control and the last runner on each course dibs at the Finish Control by the Tent. All other runners** should **only** dib at the numbered controls on their course.

**Junior**

**Team of 3 (total BOF ages less than 48 with no team member more than M/W18) EACH TEAM MEMBER TO RUN ONE COURSE ONLY, IN SEQUENCE:**

**Course A: Yellow** 1.8 km.

**Course B: Orange** 2.4 km. Note: there are two ‘butterfly’ loops on this course

**Course C: Yellow** 1.8 km.

**Maps** At the Start, the first team member (running course A) will be given a double sided map with a dibber attached**. Please ensure that each runner uses the correct side of the map.**

* **The first runner dibs at the Start but not the Finish,**
* **The second runner dibs neither the start or finish**
* **The third runner dibs at the Finish but not the Start**

ANY QUERIES, PLEASE CONTACT JULIE ON 07584 430587, OR julie.astin@hotmail.co.uk