



QUANTOCK ORIENTEERING CLUB

SWOA Galoppen

St. Audries

Sunday 28th February 2016

General information: This event is part of the South West Orienteering Association's Galoppen league series. The event is open to all, beginner or experienced orienteer, young or old and there are courses suitable for all.

Location: St. Audries, West Quantoxhead. The assembly area is at grid ref. ST 117 411. Signed from Bridgwater (A39), and from the Taunton direction (A358).

Car parking: On forest roads, free. Please take care on the narrow road leading up to the area. As space is limited, please car-share if possible.

Safety: This part of the Quantock Hills is an area of high level, exposed terrain, frequently with low cloud, wind and rain (and snow). Due to the high and exposed nature, all competitors are required to carry (and know how to use) a whistle. All competitors **MUST** download even if you do not complete the course.

NB. In the event of poor weather, the carrying or wearing of a cagoule or similar may be compulsory.

Extreme weather cancellation policy: In the event of severe weather, the event may have to be cancelled at short notice. Please check the QO website before travelling.

All competitors take part at their own risk and are responsible for their own safety.

Planner's Notes on Terrain: The North-western end of the Quantock Hills is almost entirely open heathland consisting of gorse, heather and bracken of varying densities, as well as grassed areas. There are a few small wooded areas plus areas of scattered trees. Areas of old, thick gorse and heather are frequently burnt off to provide reasonable to good running.

Most open areas are grass and short/low heather/gorse which should not present a problem for stronger runners. The 'thick undergrowth' screen has been used to show significant areas of thick gorse/heather that may impede progress. It is used to show the general areas only, and should not be used for fine navigation. Areas of bracken have not been mapped as these should not impede progress at this time of year. Mapped thickets are generally gorse.

Horses and sheep graze the area and as a result there are numerous small animal tracks which have not been mapped. There are also a number of old indistinct vehicle tracks which have not been mapped.

Part of the area to the east, which is visited by the longer courses, has not been used for orienteering for a number of years.

Other Info:

Distance from Registration to Start 400m with 45m climb
Distance from Registration to Finish 250m

Registration: From 10:30 until 12:30
Starts: 11:00 - 13:00
Courses Close: 15:00 Please download by then.

Controls will be collected progressively from 14:00

Facilities: Toilets in the assembly area. Coffee & Cake stall run by students from Sidcot School, raising money for an expedition to Tanzania over Easter.

First Aid: First Aider at registration. The nearest A & E Hospital is at Musgrove Park Hospital, Taunton, TA1 5DA. The nearest Minor Injuries Unit is at Minehead Community Hospital, TA24 6DF.

Dogs: Dogs allowed but must be under control at all times.

Entry details: Pre-entry is via Fabian4. Also entry on the day until maps run out.

Seniors - £10 (£8 for BOF/QO members)
Junior/student - £4 (£3 for BOF/QO members)
Family of runners £18
Family group - £8.
SI dibber Hire - £1

Courses:

Course	Length (Km)	Climb (m)	Technical Difficulty	Map Scale	No. of Controls
Brown	7.7	295	5	15000	18
Blue	5.4	185	5	10000	12
Green	4.0	125	5	10000	11
Short Green	3.2	90	5	10000	9
Light Green	3.1	95	4	10000	8
Orange	3.1	90	3	10000	9
Yellow	2.3	45	2	5000	9
White	1.7	45	1	5000	11

Planner: Jim Mallinson (SLOW/QO)

Controller: Chris Kelsey (BOK)

Organiser: Chris Hasler (QO). Email: chris.hasler@gmail.com

Phone: 01823 338921, 07792 873 514 (before 9pm please)

For further details for this event and other events see:

www.quantockorienteers.co.uk

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