

Final details

QO Forest League (QOFL1). Level D
25th September, 2016
Triscombe Stone and Aisholt Common.
Grid Ref: 163359. Postcode (Signs) TA5 1HL

Location: Triscombe Car Park, Cockercombe, Quantock Hills

Officials: Planner: Simon Beck, Controller: Jeff Pakes (QO), Mapper: Bill Vigar,
Organisers: Judy & Roger Craddock (Tel 01823 323850)

Directions: -from Taunton: through Kingston St Mary take road up to the Pines Café and follow signs to Nether Stowey.

-from Bridgwater: Take A39 towards Nether Stowey and turn left at Cottage Inn. Turn left at crossroads signed to Taunton.

The turning into Triscombe will be signed from both directions.

Avoid using the road from Blue Ball to the West as the road is closed to vehicles heading down.

Car parking: A farm field at Triscombe Stone public car park. Please do not use the public car park. The £1 parking fee per car will be paid to Mr Fewings who owns the field and has agreed to open it to us. No toilets provided. Minibuses (or buses) should ring the Organiser for more details. If the field is too wet we will use the Forest Road at Warm Corner, about 300m to the East. Marshalls will direct you. If this parking is used it is important that juniors are escorted to the start and from the finish along the public road.

Registration/download will be in the field behind the gate from 1030hr. Entry on the day only. Starts 1100-1300hr. SI dibber hire £1. There are NO toilets or drinking water available. Courses close at 3.00pm after which controls will be collected in.

Courses available (final figures available at Registration): Maps will be printed on waterproof paper.

Course	Length (km)	Height gain (m)	Map scale	Start
Blue	5.4	340	1:10,000	Far
Green	3.9	215	1:10,000	Far
Short Green	2.9	100	1:7,500	Far
Light Green	2.9	110	1:7,500	Far
Orange	2.5	90	1:7,500	Near
Yellow	2.4	85	1:5,000	Near
White	1.8	70	1:5,000	Near

Loose, pictorial, control descriptions will be available at the start for all courses except Yellow and White who will collect their maps at Registration. All descriptions on the map will be written descriptions. There will be two starts. The Junior start will be by the Finish.

A blank map and Risk Assessment will be on display at Registration.

Entry fees: Senior £8 (£5 BO/QO), Junior £2 BO/QO),
Family of runners £16 (£10 BO/QO), Family group £6

Distance to near start (adjacent to finish) 200m, level route. To far start 1km with 40m climb on a forest track. No clothing dump. Both near and starts starts will be manned, and the finish will be close to the near start. Report any injuries or problems to the near start official.

First Aid: In the registration tent. The nearest hospital is Musgrove Park, TA1 5DB. Tel 01823 333444

Terrain: Mixture of open moorland, scattered trees and some woodland. For those who felt previous Orange to Green courses were too physical, this has been addressed!

Roger and Judy Craddock
Jandr.craddock@gmail.com
18/09/2016