

Quantock Orienteers --SWOA Galoppen League
Sunday February 1st --Rams Combe

- Directions:** Parking: OS Grid Ref. ST164381
Signed from Marsh Mills crossroads, Over Stowey;
Grid Ref. ST191384, Post Code TA5 1HG
- Costs:** Seniors - £8 Junior/Student - £3 Family of Runners - £16
Forestry Commission Pay & Display parking charges will apply (£2 per car).
The parking charge will be collected at the 'O' parking – DO NOT use the Pay & Display ticket machines.
Distance parking to registration 100 - 500m, registration to start 300m.
- Times:** Registration 10:00 – 12:00
Starts: 10:30 – 12:30 with queuing start. Courses will close at 14:30
- Punching:** SI Electronic punching.
SI Card Hire: £1, Lost card £20
Those of you who have your own SI dibber please bring it to Registration to speed up the registration process.
- Parking:** Event access and parking on unsurfaced forest tracks – there will be two way orienteering traffic. Please adhere to the Forestry Commission speed limit (15mph) and park as directed by parking marshals. Do not park where soft verges are taped and place Parking Permit (issued by marshals collecting Pay & Display fee) to be clearly visible through windscreen.
- Facilities:** Toilets at Forestry Commission Picnic Site (ST167376) about 1.5km after joining forest road – please use these before you reach the 'O' parking a further 1.4 – 1.9 km along forest road (see map overleaf). There is a one way system in use (see map) and returning to the toilets from the parking will be difficult.
First Aid. No drinks at finish please bring your own. Dogs allowed, under control
- Map:** 1:10,000 scale. A4 size, Waterproof map overprinted with courses
If bringing minibus / group please email or telephone Organiser with competitor numbers by course to ensure event map numbers are sufficient.
- Terrain:** Typical Quantock terrain consisting of mixed forest and ancient oak woodlands with some rough open patches. Areas of good run intermixed with patches of bracken and/or brashings. All courses have significant climb -- distances have been kept 'relatively' short to compensate. Good studded footwear is recommended for negotiating steep slopes.
Longer courses cross minor roads but traffic is generally slow and infrequent.
There will be no marshalled crossings so please be vigilant and take care.
Junior courses stay in the forested area south of the roads and partly use a complex area where there are many unmapped animal tracks in addition to the main paths. A system of tapes and smiling/frowning faces will assist them around their courses where necessary. **Adult carers should explain the necessity to juniors to pay attention to and follow the helpful markers**

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Courses:

<u>Course</u>	<u>Technical Difficulty</u>	<u>Length (km)</u>	<u>Climb (mtrs)</u>
White	Very Easy	1.7	55
Yellow	Easy	2.2	80
Orange	Moderate	2.6	125
Light Green	Harder	3.1	140
Short Green	Hard	3.1	145
Green	Hard	4.1	160
Blue	Hard	5.3	275
Brown	Hard	7.3	385

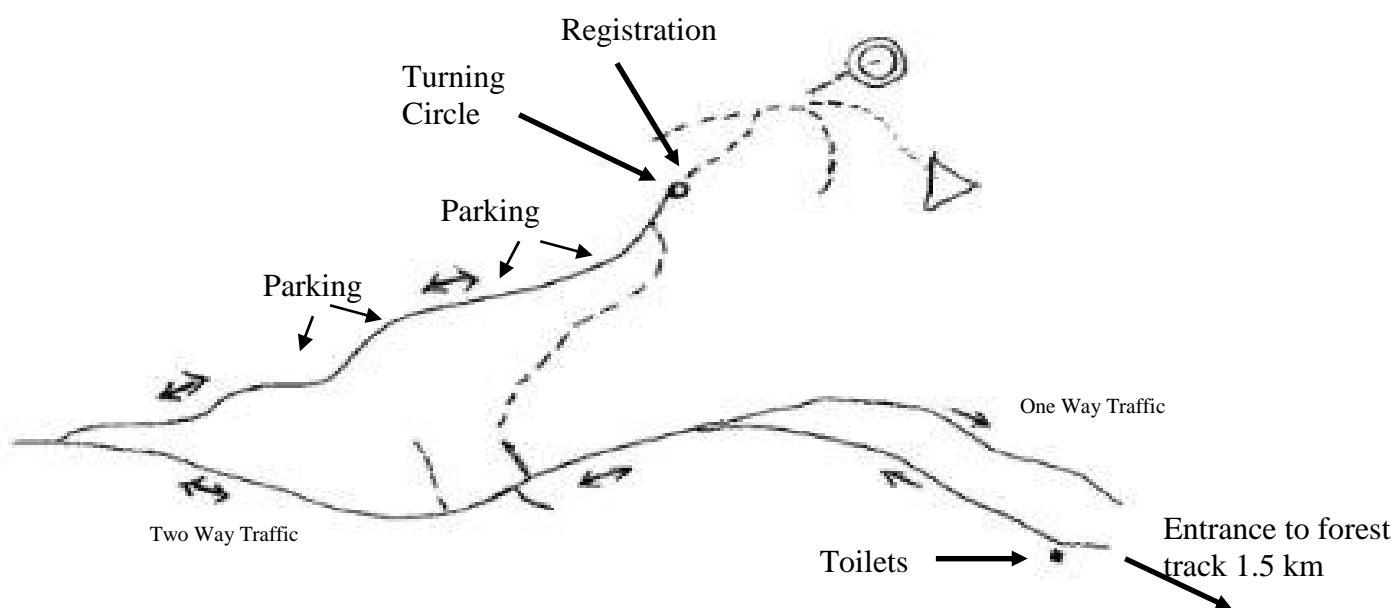
No String Course. White and Yellow courses not suitable for pushchairs.

Safety:

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

'No whistle, no go' will apply for all Juniors and recommended for Seniors. Please take care and respect other users of the forest including horse riders, mountain bikers and dogs.

In the event of bad weather (snow and/or high winds) please visit web site or telephone organiser to check if event cancelled.



Organiser: Steve Robertson (QO) 01823 430071, mobile 07578-735133,
srober100@gmail.com

Planner: Andy Rimes (QO)

Controller: Alan Simpson (DEVON)

Latest information on the QO website: www.quantockorienteers.co.uk