Quantock Orienteers SWOA Galoppen

St Audries, West Quantoxhead Sunday 28th February 2016

Grid Ref: <u>ST 117 411</u> Nearest Post code: TA4 4DQ

Directions: Signed from Bridgwater (A39), and from Taunton (A358)

Courses: White, Yellow, Orange, Light Green, Short-Green, Green, Blue, Brown.

Costs: (BOF/QO prices in brackets) Senior £10 (£8), Junior £4 (£3) Family of runners £18 Family group £8, SI Dibber Hire £1

Registration: Pre-entry through Fabian4 advised, (<u>www.fabian4.co.uk</u>) closing date Feb 22nd. Helpers contact the organiser to receive pre-entry discount code.

Entry on day: From 10:30 until maps run out.

Start times: 11.00 – 13.00 Helpers' starts from 10.30. Courses close 14.30

Safety: Due to the high and exposed nature of this part of the Quantock Hills, all competitors are required to carry (and know how to use) a whistle.

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

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.

For more information, contact:

Chris Hasler (01823) 338921 (before 9pm) chris.hasler@gmail.com www.quantockorienteers.co.uk

