



WELCOME

QOFL is a series of competitive events that attract runners from across the South-West.

All ages and abilities are welcome.

Any questions, find someone in hi-vis or a club top.

What to Do Now

Follow the signs for the Stages.

If you have entered online using Fabian 4, start at Stage 1. Otherwise, start at Stage 0.

If you take any pictures or videos today, we'd love it if you would tag us or send us the link...



STAGE 0

You do not need to do this stage if you entered online using Fabian 4.

Quantock Orienteers Entry Form and SI Card Hire						
PLEASE CHECK ALL RELEVANT BOXES ARE COMPLETED						
SI card number		Age category		Club abbreviation		BOF number
Course				Fee + SI card hire		£
Competitor details			Details for hired SI cards and non BOF members			
First name, surname			Own telephone number			
Vehicle registration			Email address			
Name & Tel Number of Next of kin			First line of address and Post code			
			Do you have a medical condition the 1 st Aid team should know about? If so, please describe:			
<p>You can join BOF and QO at http://www.britishorienteering.org.uk/page/join_online. Data collected here will be used for processing your entry, publishing results and to trace missing runners and missing SI cards. If you lose a club SI card, you will be charged the replacement cost of £40.</p> <p>Photography – be aware of club policy and inform the organiser if you object to photographs being taken/used.</p>						



Fill in one of these forms. You'll need to hand it in at Stage 3.

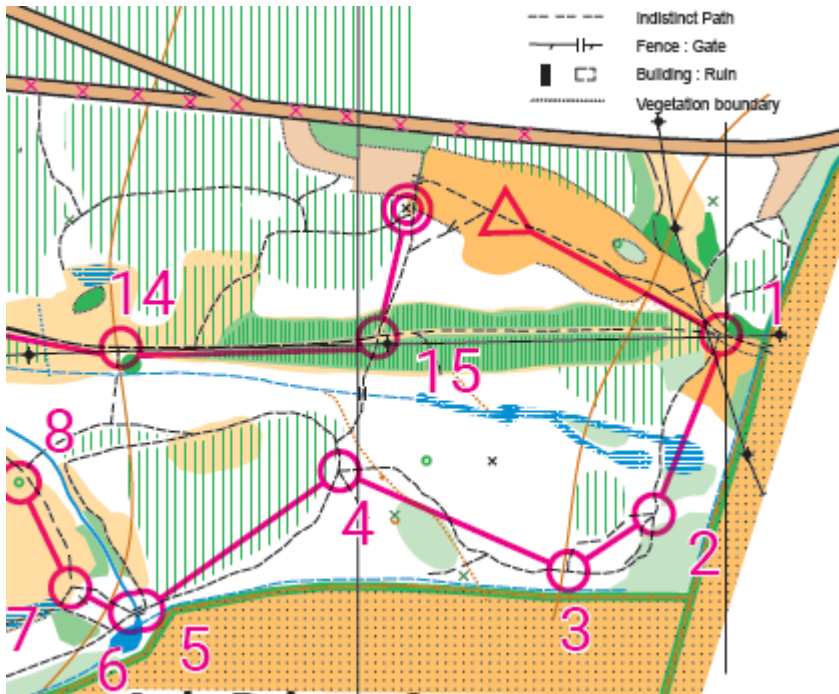
The telephone should be your mobile so we can call you if you are overdue on the course.

The email is optional. If you supply it, we'll use it to send you results and information about future events.

You don't have to be a member to take part, but joining will help the club keep going.



STAGE 1



This is where you pay. If you are doing White, Yellow or Beat The Trail you will get your map here (other courses will get their maps after dibbing the start).

You might also want to borrow a compass and whistle.

Whistles are for emergencies only – on hearing repeated blasts, competitors will stop and come to help

If you enjoy it today, perhaps you could let your friends know.



COURSES



White Courses (XS) are very easy with all controls on paths. They are mainly used by 6-10 year olds and family groups.

Yellow Courses (XS-S) use simple linear features like paths, walls and streams. They are mainly used by under 12's and family groups.

Orange Courses (S-M) progress to basic use of the compass and route choice. They are ideal for novice adults or experienced youngsters. Long Orange courses are used mainly by novice adults wanting a longer run.

Light Green Courses (S) are ideal for improvers as the navigational difficulty begins to increase and uses simple contours and 'point' features.

Green Courses (S) are used mostly by experienced under 18's and adults wanting a short but challenging course with a very hard navigational difficulty.

Blue Courses (M) are a longer, more physically demanding course in comparison to the green. The distances are more varied between controls and the course attracts experienced orienteers.

Beat The Trail (M) is a waymarked trail run. You can take shortcuts as long as you visit all controls in order.

We have different courses at other events – check our website for details...



STAGE 2

This is where you get registered. If you registered online, give your name, otherwise hand over your registration slip from Stage 0.

You'll be given an electronic dibber which is worn on a finger.



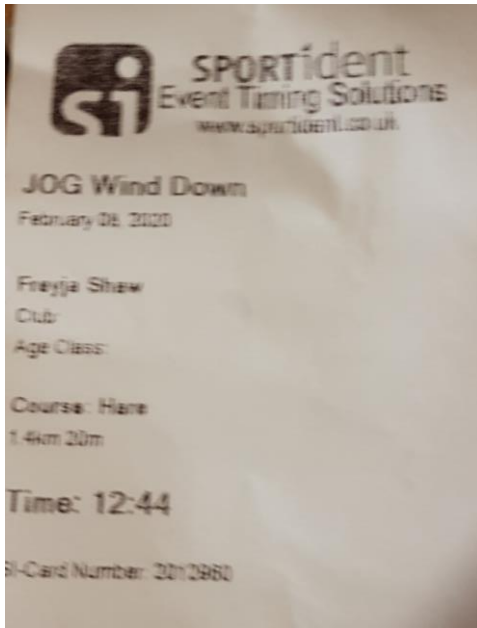
Now make your way to the start. This should be signposted, but if its isn't obvious, just ask someone in hi-vis.

If you want someone to show you what to do, just ask.



AFTERWARDS

After your run, come back here to download.



You'll get a printout of your time to staple onto your map.

You can go out to run a second course – just start at Stage 0 again. Unless your second run is a Beat The Trail, it won't be competitive.

You must always download – this shows us you are back.

If you took any pictures or videos today, we'd love it if you would tag us or send us the link...