



Sunday 28 February 2010

MELDON HILL RACE

Near Okehampton, Devon

Held under British
Orienteering
Federation rules.

COURSES: There will be three courses available, all starting and finishing at Meldon Reservoir (near Okehampton) and going out onto Dartmoor: Long, Medium & Short, approximately 20km/14ml (750m climb), 14km/9mls (600m climb), and 8km/5ml (350m climb) measured by straight line route – **new courses this year!** All the courses have a number of checkpoints which competitors must visit in order, choosing their own route between each one. The checkpoints will be advised in advance so that you can plan (and even practice!) your route if you wish. All courses will require some off-path running on open moorland although it will be possible to follow tracks for some of the courses if you prefer. Broadly speaking the courses are the equivalent of covering 20, 14 or 8 miles on a relatively flat road. Navigational skills are required – ie you must be able to use a compass and follow your own route across Dartmoor, particularly on the Long and Medium courses.

PRIZES: Trophy to the first: man, woman and team on all courses, man and woman 40+ on the medium course, man and woman 60+ on the short course. Under BOF rules, your age for this event is your age at 31st December 10.


VENUE: Meldon Reservoir, near Okehampton (SX561917). The courses will use a specially prepared A3 size map at 1:25000 scale, based on the OS map for the area but enhanced to show the runnability of the moorland and recent paths and tracks. Parking, Start and Finish are all close together. Mass start for all courses at 10:00am.

TERRAIN: Open moorland varying from steep sided tors to large open expanses of heather/rough grass. At least 25% of each course will be on tracks and paths (50%+ on Short course).

ENTRY FEES : Seniors £8, Juniors (16-17) £4, Teams £10 (2 maps). Price includes BOF levy: if you are a BOF member deduct £2 (Snr & Tms) / £1 (Jnrs) and put BOF number on form. This year we are using pin punches to ease course-setting & collecting. Pre-entry by Tuesday February 9th please so we can order maps. Entries after that date will be accepted until maps run out and there **may** be entry on the day (+£2) if there are still some unallocated maps. Maps will be printed on waterproof paper. Minimum age for an individual entry is 16 on the short course and 18 on the medium and long courses. Entries to: Meldon Hill Race, 44 West St, Tavistock, Devon PL19 8JZ

SAFETY : Dartmoor can be a dangerous place if conditions turn bad so compasses, whistles and waterproof jackets will be compulsory and will be checked at the start. If the weather forecast is bad then waterproof trousers must be taken. If it is very bad then courses may be shortened. It may be advisable to carry some food/water around with you as well.

OFFICIALS: Organiser Nigel Bateman Controller Steve Rose Enquiries 01822 617291 to 9:30pm, nigelb8man@tiscali.co.uk

		MELDON HILL RACE ENTRY FORM - 28th FEB 2010 Competitors take part at their own risk and are responsible for their own safety. Please complete this form using BLOCK CAPITALS.				
NAME:		Navigational Experience?				
Address:		Phone:				
Postcode:		e-mail:				
DATA PROTECTION: Details may be stored on computer. It may not be possible to process an entry for anyone who objects to having their details so recorded.						
COURSE	NAME	BOF NO	CLUB	BIRTH DATE	TEAM?	FEE
L/M/S	ANDY MARKER	123456	STRIDERS	15/04/1962	Yes/No	£
Where did you hear of this event?				TOTAL FEE ENCLOSED		£
Please enclose one A5 SAE for final details and a cheque made payable to DEVON OC						