



**A weekend of Orienteering in the
Forest of Dean.
(3 events available in all)**



Southern Championships Weekend Feb. 20th - 21st, 2010.

Saturday afternoon: Middle Distance event (Level 3)

This event is being staged by and on behalf of the Welsh Junior Squad

Venue: Mallards Pike South, an area of fast and runnable Forest of Dean woodland.

Map: Scale 1:10000 for all classes. Courses will be pre-printed on waterproof maps.

Courses:	Course No.	Length	Suggested Age Classes
	Black	6.5k	M18, M20, M21, M35, M40
	Brown	5.0k	M45, M50, M16, W18, W20, W21, W35, W40
	Blue	4.0k	M55, M60, W16, W45, W50
	Green	3.0k	M65, M70, M75, M80, W55, W60, W65, W70, W75, W80
	Light Green	3.0k	M14, W14
	Orange	2.5k	M12, W12
	Yellow	2.0k	M10, W10
	White	1.5k	

The technical courses are being planned to give winning times of 30-35 minutes.

Entries: Pre entry preferred but limited EOD will be available.

On line entries (preferred) at www.fabian4.co.uk

Postal entries on SEF, and entry enquiries, to John Fallows, The Cottage, Comptons Alley, Tewkesbury, Glos. GL20 5QE. Tel. 01684 290256.

Closing Date 7th Feb. 2010.

Entry Fees: To 7th Feb. £7 (Juniors/Students £3). After 7th. and EOD £9 (Juniors/Students £4). £2.00 discount on all courses for Senior BOF National or WOA local members. The latter will need to claim their £2 from Enquiries on production of their 2010 Local BOF membership card.
All courses use SI electronic punching. SI card hire £1.00 (Juniors free).

Start Times: 13.00 – 15.00. A block starting procedure will be used. Start times will be on www.fabian4.co.uk website

Website: www.ngoc.org.uk or www.fabian4.co.uk for late changes, start lists and results.

Officials: Organiser: Sarah Jenkins (SBOC), jenkinssarah@btinternet.com
Tel. 01639 830065 (before 9.30 please)
Planner: Hannah Jenkins (SBOC)
Controller: Mark Saunders (BOK)