



Hardy Relays & Wessex Region Summer Series Score Event **Sunday 15th July 2018**

Venue: Upton Country Park; Poole Rd, Upton, Poole BH17 7BJ

The Wessex Orienteering Club tent will be found at the far end of the car park.

Terrain: A mixture of parkland and woods.

Map: 1:5000

Timing: S.I. Electronic timing.

Courses: South West Region Relay Series - Harris Relay format
Plus an Individual 60 minute score for the Wessex Region Summer Series

Times: Registration: from **10.00 onward** but please ensure that your Teams are registered at least 30 minutes before your due start time.

Starts: Individual runs from **10.30-12.00** Relay teams - see next page.

Courses close: 14.00

Fees: Seniors and Vets (60+) £6.00 (£18.00 per team of 3)

Juniors (up to 21) £3.00 (£9.00 per team)

S. I. Dibber hire £1.00 (free for juniors)

Entries: All entries (team and individual) to Tim Houlder by **5th July.**

Please include each team member's age category for working out handicapped start time. Mail to: tim.houlder@ntlworld.com

Facilities: toilets and cafe.

Officials: Planner – Jon Brooke
Organiser: Julie Astin 07584 430587

Orienteering is an outdoor adventure sport. Competitors take part at their own risk and are responsible for their own safety.

www.wessex-oc.org

RELAY COMPETITION

Relay Team Start times are calculated by taking the total team handicap away from the base time of **12.00**

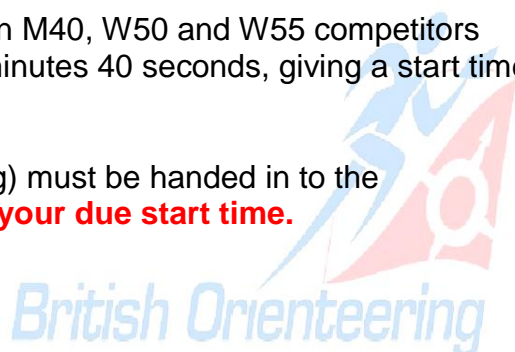
For the Senior and Vets (M/W 60+) race add together the following handicaps then divide by three.

BOF AGE	Handicap	BOF AGE	Handicap	BOF AGE	Handicap
M10	17	M55	10	W21	4
M12	15	M60	11	W35	8
M14	12	M65	13	W40	12
M16	6	M70	16	W45	14
M18	2	M75+	19	W50	17
M20	1	W10	17	W55	19
M21	0	W12	16	W60	22
M35	3	W14	14	W65	25
M40	5	W16	11	W70	28
M45	6	W18	8	W75+	31
M50	8	W20	5		

As an example: a Senior team consisting of an M40, W50 and W55 competitors would have a total handicap of $(41 / 3) = 13$ minutes 40 seconds, giving a start time of 11:46:20 (12.00 less 13:40mins)

A **registration form** (available on the morning) must be handed in to the Registration tent **at least 30 minutes before your due start time.**

Registration opens at 10.00



Competition Rules:

All members of a team punch at their start time and will be handed 3 maps. The map will show a set of "Spine" controls which **ALL** team members must visit and a set of additional controls, which must be visited by at least one team member.

Teams will be given a 30-minute Penalty in the event that:

1. one or more of the team does not visit all spine controls
2. one or more controls is not visited by at least one team member.