



HERTFORDSHIRE ORIENTEERING CLUB



Saturday Series Orienteering Event and part of the 2015 GLOSS series.

Cassiobury Park, Watford

Saturday 4th July, 2015

Location	Cassiobury Park, close to the A412, one mile west of Watford.
Terrain	Open parkland with wooded areas near the Grand Union Canal. Full leg cover is advised. The park is well-used by the public and dog-walkers. Please respect other park users, competitors do not have right of way.
Parking	Event centre is located at the Fullerians Rugby Club, Coningesby Drive, Watford, WD17 3PB. OS grid ref: TQ 089 977. Parking charge £2 per vehicle.
Public transport	W12 bus stops at Langley Way shops, 0.5 mile from event centre.
Courses (Lengths provisional - subject to final controlling)	Yellow – 2.0 km (<i>Junior Beginners</i>) Orange – 3.0 km (<i>Junior Intermediates & Adult Beginners</i>) Light Green (GLOSS) – 4.0 km (<i>Adult Intermediates</i>) Blue – 6.5 km (<i>Adult Intermediates and above</i>) GLOSS competitors will be able to run the Blue course with their times taken from a continuation control located adjacent to the finish.
Starts	Register from 09:45 to 11.15. Last start 11.30 - courses close at 12.30. Pre-registry available at: http://sat.maptypes.org from one week before the event. <i>Please report to download even if you do not finish your run.</i>
Fees	Non-HH member: Adults £5.00, Juniors £2.00, HH members: Adults £3.00, individual Juniors free (Adults accompanying juniors are free)
Punching	SportIdent will be used. Dibber hire £1.00, charge for lost dibbers: £30
Map	1:5000 overprinted for all courses.
Dogs	Dogs permitted, must be kept under control at all times and NOT ALLOWED ON THE RUGBY PITCHES at the event centre.
Facilities	Squash/water provided at Finish. Public toilets available in the park
Planner	Stu Levene
Controller	Mike Bennett
Organiser	Stu Levene, stu@stulev.com

All competitors take part at their own risk and are responsible for their own safety.

www.happyherts.org.uk