

Harlequins Orienteering Club
invite you to a Western Night League event
at
Frith Wood, Ledbury, Herefordshire
on
Saturday 19th November 2011
starting at dusk (circa 17.30 - 18.30)

Venue & Parking

Frith Wood, north of Ledbury. Parking in disused Upper Mitchel Farm yard at Landranger ref: 149/722393

Directions

Signed from the A449 just to the east of Ledbury from Landranger ref:149/715380

Terrain

A steeply wooded ridge with coniferous and broadleaved trees and a good path network. Recent thinning operations have deposited brushings, and autumn leaf-fall has masked minor paths.

Map

A4 1:7,500 on waterproof paper with courses overprinted. The start and finish are 500m uphill from the carpark.

Courses

One hour score event, but with 25% of controls providing a number of yellowish course options for those wishing to keep to the paths. Usual penalty of 1point per six seconds (or part) for times over one hour. Sportident electronic punches will be used. SI cards available for loan. Lost cards £30.00.

Entries

On the day. Adults: £4.00. Juniors: £1.00

Pub of the night

The Farmers Arms, Wellington Heath. 3km by road. 1km by foot. A hot "O" buffet has been arranged.

Safety

Competitors take part at their own risk. Whistles must be carried. In adverse weather, competitors may be required to carry or wear waterproof tops.

Results

Available on the HOC, NGOC and WNL websites.

Cancellation

Any changes will be posted at <www.harlequins.org.uk>

Officials

Planner - David Jones, NGOC.

Organiser - Colin Palmer. Phone on the day 07906 964702. Otherwise 01531 633500

Woodview, Coddington, Ledbury. HR8 1JH. email: cp@branchline.demon.co.uk