



EBORIENTEERS HANDICAP RELAY EVENT

SUNDAY 14th June 2009

Cawthorne Camps, Pickering

Grid Ref: SE 777 894

- TRAVEL and PARKING:** From the North, South and West traffic should take the A170 from Thirsk, via Sutton Bank for normal vehicles, or following the marked Caravan route (avoiding Sutton Bank) for larger vehicles. From the East take the A170 through Pickering.
- In both cases, the attack point to aim for is the turn into Wrelton village (GR SE 766860). It will be 'O' signed from here. Parking will be in the field adjacent to East Cawthorne Farm (GR SE 777894). There will be a £1 parking fee.
- ENTRIES:** There will be NO ENTRY ON THE DAY. You can enter up to Sunday 7th June.
Starts 11.00am to 12.00noon.
Finish approx 3.00pm.
Send entries to: Ebor Relays, 13, Stoneriggs, Stockton on the Forest, York YO32 9UG
- FEES:** £9.00 per team (cheque payable to EBORIENTEERS).
- TROPHIES:** Trophy to the winning team, plus mementos to top 3 teams.
- FACILITIES:** Toilets. Water.
- OFFICIALS:**
- | | |
|------------|---------------------------------|
| Planners | Josh Beech and Alice Leake |
| Organiser | Janet Leake (tel. 01757 228825) |
| Controller | Stuart Hooton |
- SPORT-IDENT:** You will not need your own dibber. Each team will be issued 6 dibbers, one for each course. On the entry form **you must** nominate the order that your team will run the courses. This cannot be changed and if you run out of order on the day, your team will be disqualified. (This may seem harsh but in previous years a lot of teams changed their running order and it meant no results were published on the day and numerous hours had to be spent downloading dibbers so that results could be printed.)

**EBORIENTEERS - HANDICAP RELAY
ENTRY FORM**

CLUB _____ TEAM NAME _____

TEAM MEMBERS	BOF AGE
1 _____	_____
2 _____	_____
3 _____	_____

PLEASE NOMINATE THE ORDER IN WHICH YOUR TEAM WILL RUN THE COURSES

LEG	1	2	3	4	5	6
COURSE						

(PLEASE INSERT THE COURSE LETTER e.g. A,B,C,D,E,F) AND NUMBER OF THE RUNNER
E.G. 1, 2 OR 3

TOTAL FEE ENCLOSED
(£9.00 per team) _____

CORRESPONDENCE NAME & ADDRESS

NAME _____

ADDRESS _____

POSTCODE _____ TEL _____

FINAL DETAILS & RESULTS WILL BE POSTED ON THE EBOR WEBSITE
www.eborienteers.org.uk

IF YOU HAVE A FAMILY MEMBER / FRIEND WHO WILL BE ATTENDING BUT NOT
COMPETING AND WOULD LIKE TO ASSIST PLEASE COMPLETE BELOW.

NAME _____ TEL _____

SAFETY WHILST ORIENTEERING IS YOUR RESPONSIBILITY
TAKE CARE!

PLEASE PHOTOCOPY ENTRY FORM FOR MULTIPLE ENTRIES

DATA PROTECTION ACT

Entry details and results may be stored on a computer disk.

EVENT DETAILS

A TEAM CAN CONSIST OF 1, 2 OR 3 RUNNERS OF ANY SEX OR AGE AND **DO NOT** NEED TO BE FROM THE SAME CLUB.

EACH TEAM WILL BE ALLOCATED A HANDICAP TIME IN MINUTES (MAXIMUM 60) CALCULATED FROM THE SUM OF INDIVIDUAL HANDICAPS AND MULTIPLIED BY THE TEAM MULTIPLIER.

INDIVIDUAL HANDICAPS ARE:

SEX/AGE	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70
MEN	14	12	08	06	04	02	00	02	04	06	08	10	14	18	20
WOMEN	18	16	14	12	10	08	06	10	12	14	18	20	24	28	30

TEAM MULTIPLIERS ARE:

1 - RUNNER x 3, 2 - RUNNERS x 1.5, 3 - RUNNERS x 1.

THE HIGHEST HANDICAP TEAM WILL RECEIVE A START TIME OF 11.00 THE REMAINING TEAMS WILL START THE DIFFERENCE IN HANDICAP TIME (MINUTES) BETWEEN THEMSELVES AND THE HIGHEST HANDICAP TEAM AFTER 11.00 AM. START LISTS WILL BE ON SHOW AROUND THE PARKING AREA AND ASSEMBLY. PLEASE BE READY TO START FROM 11.00 ONWARDS.

THERE ARE SIX COURSES TO BE COMPLETED, CONSISTING OF THE FOLLOWING APPROXIMATE DIFFICULTY - LENGTH/ DISTANCES SUBJECT TO FINAL PLANNING.

A	LONG GREEN	4.0 km	B	SHORT GREEN	3.0 km
C	LIGHT GREEN	2.5 km	D	ORANGE	2.0 km
E	YELLOW	1.5 km	F	WHITE	1.0 km

THE COURSES CAN BE RUN IN ANY ORDER AND BY ANY TEAM MEMBER BUT ALL COURSES MUST BE RUN AND EACH TEAM MEMBER MUST RUN AT LEAST ONE COURSE.

THE WINNING TEAM WILL BE THE FIRST PAST THE POST AFTER COMPLETING ALL COURSES (WITH CORRECT PUNCHING). RESULTS WILL SHOW ACTUAL RUN TIME AS WELL AS THE DECISIVE HANDICAP TIME.

MAPS WILL BE BAGGED BUT WILL BE COLLECTED AFTER YOUR RUN AND RE-ISSUED AT THE END.

IF YOU WISH TO RUN IN THE RELAY EVENT BUT HAVE NO TEAM, PLEASE PRE-ENTER. I WILL ATTEMPT TO LINK YOU UP WITH OTHER LIKE MINDED INDIVIDUALS (FOR ORIENTEERING).