



Informal Orienteering Event  
**Saturday September 8<sup>th</sup> 2018**  
**West Park, Long Eaton**

(Courses suitable for novices and experienced orienteers with help and advice available)

**Terrain:** Urban park with adjoining Local Nature Reserve

**Car parking:** large car park at West Park Leisure Centre. Access from mini-roundabout on Wilsthorpe Road. Registration visible from the car park.

Nearest Post Code **NG10 4AA**  
Grid Reference: SK477334

**Courses:** : Short ( White/Yellow), Medium ( Orange ) and Long ( Light Green in places)

**Entries and fees:** Entry on the day only.

**Adults** £5.00

**Children and Students:** £2.00

**Timing:** The event will use Sportident electronic punching. If you do not have a Sportident card, you can borrow one free at Registration.

**Registration on the day only:** 12.30pm - 2.30pm

**Start Times:** From 1 pm to 3pm. The start and finish are near Registration

**Courses close at 15:30.** You must report to Download even if you retire, to avoid a needless search.

**Toilets:** Available in the Leisure Centre. Showers also available there at £2.55.

**Map:** by Mike Godfree, 2016. 1:5000, ( no contours! )

**Dogs:** Dogs are not allowed on courses. They are permitted in car park/assembly but must be on a lead and any mess removed.

**Safety:** Shorts are not permitted, as courses may take you into overgrown vegetation areas.

**Photography:**

*You are welcome to take photographs or record video at this event, but please respect people's privacy and avoid photography close to first-aid and toilet facilities, or in areas where runners are changing. Photographs may be posted on the internet. If there are particular reasons why an individual should not be photographed, please discuss the issue with the organiser in advance of the event. Report any concerns about inappropriate photography to the event organiser.*

**Organiser:** Andy Hawkins, 0115 854 2634 [a.hawkins517@hotmail.com](mailto:a.hawkins517@hotmail.com)

**Planner:** Andrew and Claire Selby