

EBORIENTEERS
HANDICAP RELAY EVENT
&
LIMITED COLOUR CODED EVENT

SUNDAY 10th JULY 2005

Duncombe Park, Helmsley
Grid Ref: SE 606825

**TRAVEL and
PARKING:**

From the A170, 2 miles west of Sproxton and 5 miles east of Sutton Bank, the entrance to the forest on the north side of the A170 will be signed. Follow signs through the forest on good tracks for 2 miles to parking at Grid Ref 590824

ENTRIES:

There will be NO ENTRY ON THE DAY for the relay event. You can enter up to Sunday 3rd July. Anyone wishing to enter for a single colour coded run may pre-enter or enter on the day.

Starts 11.00am to 12.00noon.

Finish approx 3.00pm.

Send entries to Dave Binks, 13 Stoneriggs, Stockton on the Forest, York YO32 9UG or E-mail: eborsi@stoneriggs.plus.com

FEEES:

£9.00 per team (cheque payable to EBORIENTEERS).

OR £4.00 per individual per course not in a team, £2.00 for juniors.

TROPHIES:

Trophy to the winning team, plus mementos to top 3 teams.

FACILITIES:

Toilets. Water.

OFFICIALS:

Planner Roger Smith

Organiser Ann Smith

(tel. 01347 821220)

SPORT-IDENT:

For the relay event 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 you 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 NOMONATE 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

INDIVIDUAL ENTRY / NAME AND COURSE

TOTAL FEE ENCLOSED
(£9.00 per team / £4.00 & £2.00 per individual per course) _____

CORRESPONDENCE NAME & ADDRESS

NAME _____

ADDRESS _____

POSTCODE _____ TEL _____

No OF FINAL DETAILS / RESULTS REQUIRED ? _____

PLEASE ENCLOSE 2 SAEs AND A CHEQUE (INCLUDE EXTRA SAEs IF YOU WISH EXTRA DIRECT MAILING).

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.

START TIMES ARE ALLOCATED FROM START BASE TIME, PLUS THE HANDICAP SUBTRACTED FROM 60.

E.G. A TEAM OF M35 AND W55 HAS A HANDICAP OF...
 $(02 + 20) \times 1.5 = 33$. GIVING A START TIME OF 11.27.

THERE ARE SIX COURSES TO BE COMPLETED, CONSISTING OF THE FOLLOWING APPROXIMATE DIFFICULTY / LENGTH.

A	LONG GREEN	3.2km	B	SHORT GREEN	2.8km
C	LIGHT GREEN	2.3km	D	ORANGE	2.0km
E	YELLOW	1.5km	F	WHITE	1.0km

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.

INDIVIDUALS MAY ENTER AND RUN A SELECTION OF THE COURSES. SUCH ENTRIES WILL BE TREATED AS NON-COMPETITIVE. ENTRY ON THE DAY. MAPS WILL BE BAGGED BUT WILL BE COLLECTED AFTER YOUR RUN AND WILL BE 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).