

The Jan Kjellstrom Festival of Orienteering
Trail Orienteering at Rusland, Cumbria
10 April 2004 (plus informal Trail-O on 11th)

TRAIL-O EVENT ENTRY DETAILS

Event Officials

Planner – Beryl Blackhall (SELOC)
Controller – Dave Gittus (WREKIN)
Organiser and Mapper – Alan Goodall (MEROCC)

Event Rules

The Trail-O events are being organised in line with the IOF General Rules for Trail Orienteering. Copies of these will be available for viewing at registration and can be found on the IOF web site at: www.orienteering.org/publications/trailrul.htm - further information on Trail-O can be found at <http://www.trailo.org/>.

Parking

Car parking will be in the field immediately South of Rookhow at Grid Reference SD 332 894. Trail-O Car Park permits will cost £2 (valid for both days). You do not need to pay this if you will have a JK2004 Foot-O Car Park Permit.

Disabled persons with very limited mobility may request a SPECIAL CAR PARK PERMIT allowing them to park (or be dropped off) up at the assembly area – saving a walk of some 200 metres or so.

Map

The map has been specially surveyed and drawn for this event at a scale of 1:2,500 with a 5 metre contour interval.

Terrain

The events will take place at Rookhow in the Rusland valley by kind permission of the Quakers, The Rookhow Wardens and M and C Dickinson of Birchbank House Farm. The terrain to be used is a hilly wood with varied vegetation, crags, rocks, paths and some man-made features. For all Elite Trail-O Competitors, access to this private woodland is forbidden until the JK2004 competition.

Trail-O Courses

On both the Saturday and the Sunday (Elite Course Day and Come and Try it Day) there is one course of 385 metres with 10 metres of climb (plus a return walk back down to the Assembly Area of another 385 metres). It is expected to use about 14 controls of which 2 will be timed. The Saturday and Sunday courses will not be the same.

Classes of Trail-O Competition

Saturday 10th April – ELITE level course only

1. Paralympic class
2. Open class
3. Come-and-Try-It class: Entry to Come-and-Try-It classes is open to all.

Entrants for classes 1 & 2 must be members of BOF or of a National Orienteering Association from another IOF member country. Class 1 is for those who are unable to compete in Foot Orienteering on an equal basis because of disability (this does not exclude their participation in the Foot-O competition). The performance of BOF members may rate for international selection purposes.

Sunday 11th April – INTRODUCTORY level course only

- Come-and-Try-It class: Entry to Come-and-Try-It classes is open to all.

We hope that experienced Open and Paralympic competitors will stay on for Sunday to mutually coach each other or to advise newcomers.

“Come-and-Try-It” entrants will not be eligible for the prizes on the Saturday, but will receive certificates on the Sunday.

Event prizes will be awarded for 1st, 2nd and 3rd places on the Saturday. Junior Prizes will also be awarded if we have enough entries.

Event Organisation

An entry form is issued with these details. Entrants should clearly indicate their eligibility on that form (Open Class / Paralympic Class / “Come-and-Try-it” and Senior / Junior).

Trail-O Start Times each day will be between 1430 and 1730 hrs. Courses will close at 1830. A maximum of two hours is allowed for the Elite Course on Saturday (excluding “timed controls”). Note that any competitors starting after 16.30 on Saturday will have less than the maximum time allowed.

Entry Fees

- **£9.00** payable by the pre-entry closing date for **Senior competitors on the Saturday (Paralympic or Open classes);**
- **£5.00** payable by the pre-entry closing date for **Junior competitors on the Saturday (Paralympic or Open classes);**
- **£3.50** payable on the day at Registration for **non-competitive “Come and Try It”** participants – **£2.50 if aged 20 or under** (Saturday or Sunday).

Entry Dates

Competitors are requested to enter as early as possible and certainly before the **closing date of 20th March 2004** for the Open and Paraplegic classes. “Come and Try It” participants are welcome to enter either in advance or on the day.

OPTIONAL ACCOMODATION FOR THIS EASTER WEEKEND IN THE LAKE DISTRICT

It may well be possible to arrange disabled-accessible accommodation for those wanting it at an outdoor centre east of Kendal. Contact www.bendrigg.org.uk (Bendrigg Lodge)

Or telephone 01539 723766 (or FAX 01539 722446)

Or E-mail: bendrigg@msn.com

Or write to – Bendrigg Lodge, Old Hutton, Kendal, Cumbria. LA8 0NR

ENTRY FORM FOR JK2004 TRAIL-O ONLY
Please use a separate form for each person taking part

(Limited entries-on-the-day will also be possible, mainly for the "C.A.T.I" category.)

All Trail Orienteering entries to be made by post to:

JK Trail-O 2004, 121 New Lane, Burscough, Lancs. L40 0RX – telephone 01704 893837.

Send cheques payable to "JK2004" in GB pounds only.

Entrant's 1st Name	
Entrant's last name	
Male or Female?	
Date of Birth	
Orienteering Club	
Entrant's BOF no.*	
Contact Address	
Post Code	
Country	
Telephone number	
Email address	

*NOTE – Entrants for classes 1 & 2 must be members of BOF or of a National Orienteering Association from another IOF member country. Please indicate if you belong to an overseas Orienteering Association. Class 1 is for those who are unable to compete in Foot Orienteering on an equal basis because of disability

PLEASE FILL IN THE BOXES ABOVE CLEARLY, AND THEN INDICATE WHICH OF THE FOLLOWING OPTIONS APPLY BY PUTTING A RING ROUND THEM.

Disabled persons with very limited mobility may request a **SPECIAL CAR PARK PERMIT** allowing them to park or be dropped off up at the assembly area – saving a walk of some 100 metres or so. (Please note that only a very limited number of special parking places are available.)

Do you require this Special Car Park Permit because of disability? **No / Yes**

How do you intend to move along the Trail-O course? **Powered wheelchair / Self-propelled wheelchair / Wheelchair with a pusher / With sticks crutches, walking frame etc. / Walking / Other (please specify).....**

Are you likely to need someone to push a wheelchair for you? **No / Yes**

Will you need any other form of assistance? **No / Yes (please specify...)**

Will you bring your own pusher or helper? **No / Yes**

Will you bring a campervan or a minibus? **No / Yes**

ANY ADDITIONAL INFORMATION which you want us to know.....
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Which days of Trail-O are you entering? **Day 1 (Sat.) / Day 2 (Sun.)**

Class entered – 1. Paralympic / 2. Open / 3. Come-and-try-it **1 / 2 / 3**

Age-class – Senior (born 1983 or before) / Junior (born 1984 or after) **Senior / Junior**

Please write in the appropriate fee for your entry or entries – £ _____

Add Car Park permit @ £2? (You do not need to pay this if you will have a JK2004 Foot-O Car Park Permit.) **£2**

It is intended to make the Trail-O results available free of charge via the JK2004 website.

TOTAL FEE ENCLOSED = £ _____

Competitors take part at their own risk and entries will be processed by computer. Completion of this form implies your agreement to these conditions.

Entrant's signature – In the case of a participant under 18 years of age, the signature of the parent or guardian giving permission for the young person to take part is also required.

I sign this form to enter the JK2004 Trail-Orienting Event as detailed above. I have received and read the event details which go with this form.

SIGNED _____ **PRINT NAME ALSO** _____

Parent/Guardian's signature on behalf of any participant under 18: I sign this form to enter the above named person in the JK2004 Trail-Orienting Event as detailed above. I have received and read the event details which go with this form.

SIGNED _____ **PRINT NAME ALSO** _____

At the time of writing this form we are still considering whether to present the Elite Trail-O Prizes at the Main JK2004 Prizegiving at the Event Centre in Ulverston around 1900 hrs on the Sunday – Or at Rookhow soon after the competition about 1900 hrs on the Saturday. Which would YOU prefer? Please indicate below –

- I would prefer a Saturday Elite Trail-O Prizegiving at Rookhow
- I would prefer a Sunday Elite Trail-O Presentation in the Main JK2004 Prizegiving

LEAVE THIS SECTION BLANK FOR OFFICIAL USE

- **BOF Number?**
- **DoB checked?**
- **M or F?**
- **Form signed?**
- **Mode of travel on course?**
- **Parent's permission if required?**
- **Assistance required?**
- **Car Park permit requested?**
- **Class entered?**
- **Special parking requested?**
- **Age-Class?**
- **Correct fee sent?**