



Present:

## **The West Midland Championships and West Midland League Event 9**

**At: Telford Town Park On: November 11<sup>th</sup>2018**

**Venue:** Visitor Centre, Telford Town Park

**Directions:** Leave M54 at junction 5, follow signs for Southwater TF3 4BZ.

The Multi Storey Car Park is located at the roundabout at the junction of Grange Central and St. Quentin Gate. Car Park cost £1 all day. This is a multi-storey car park maximum height 1.9m. Alternative carparking is available in Telford

### **Directions to Event Centre:**

Leave the Car Park at Level 2 and turn left. The Visitor centre is signed on some of the finger posts You are heading for "SW1" which is the Library and University Centre. You'll pass Premier Inn on your left and Cineworld to your right. At SW1 go around the right-hand side of Southwater Lake. At the end of the Lake turn right into the Town Park through a Grey Iron arch. The Visitor Centre is on the far side of Spout Pool which is directly in front of you.

**Map:** 1:7500, 5m contour printed on A4. Waterproof paper. Updated 2018 to ISOM 2017 by Pete Jones

**Terrain and Venue Information:** Very mixed public park with a fragmentary mosaic of runnable grassland, heath and woodland. Many steep pit mounds with contour detail and unforgiving vegetation. There is an extensive path network many with tarmac surfacing. The area is very popular with the general public. Spikes would not be the organiser's choice of footwear

There will be a Junior Park Run in the park this will finish before orienteering commences. Between 10.45am and 11.15am a Remembrance Service is taking place at the war memorial (end of the Arena near the ice rink) orienteers are welcome to attend. There will be a 2-minute start gap at 11.00. Please be respectful of this event if you do come across it while competing then please run around not through the service.

**Courses:** Blue, Green, Short Green, Light Green, Orange, Yellow and White.

**Entries:** Seniors £8. Juniors £3. Non BOF members £10

**Registration:** 10am-12pm. Starts: 10:30am till 12:30pm. Courses close at 14:30pm.

**Facilities:** Toilets available at the Event centre

**Sportident:** Electronic punching will be used. Dibbers available to hire £1. Lost dibbers will be charged at £40.

**Safety:** Whistles must be carried. In case of bad weather cagoules may be compulsory. Competitors take part at their own risk and are responsible for their own safety. Please remember to download after your run, or a search may take place for you. Full leg cover.

**Dogs:** Dogs are allowed but must be under control and must leave no trace of their presence.

**Organiser:** Adrian Pickles(WRE) Adrian.pickles@gmail.com

**Planner:** Clive Richardson(WRE)

**Controller:** Bob Brandon(OD)