



DAY 1 – Fox Oring Friday 21st May



Travel & Facilities

Frimley Lodge Park

Lat, Long: 51.2981,-0.7283, OSGB: SU887562 Postcode: GU16 6HY (nearby)

Park in 'Main Car Park' and follow signs on foot for The Pavilion (approx 100m)

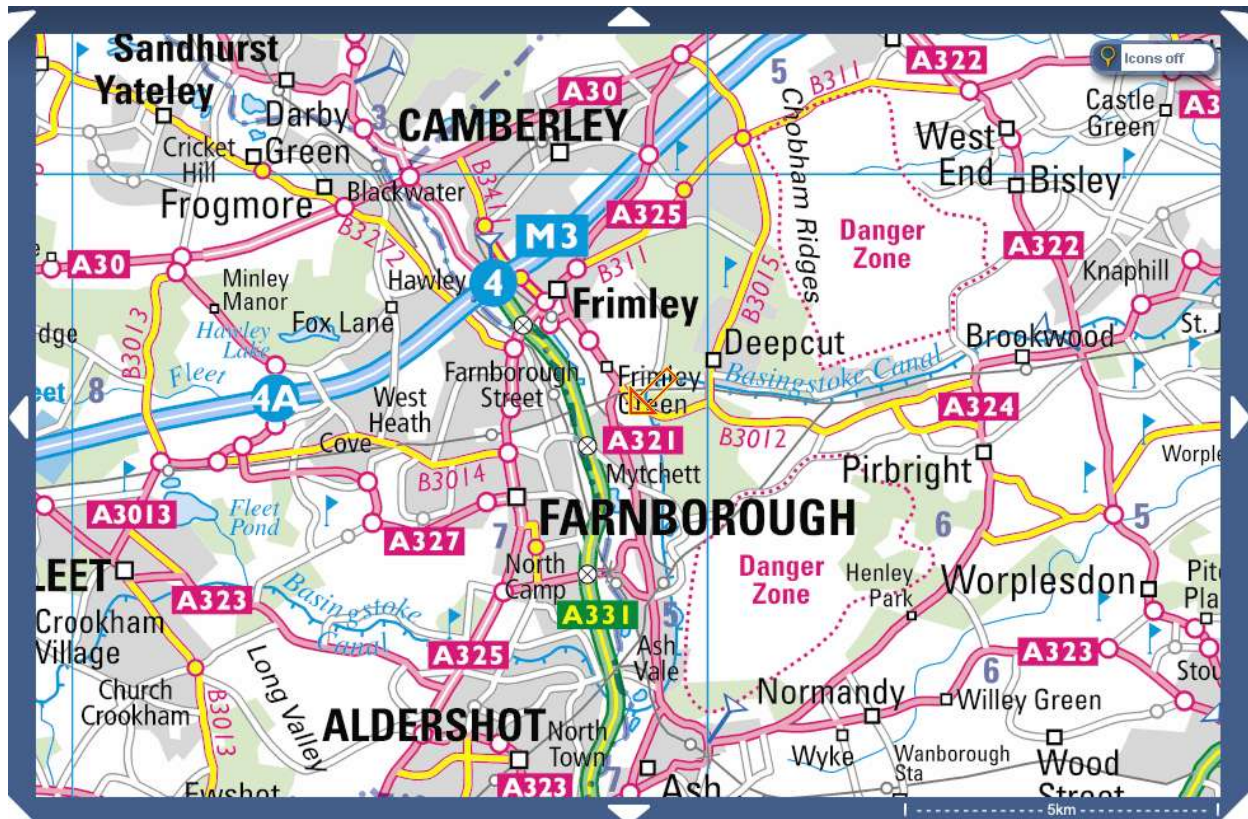
Public Transport (see www.transportdirect.info or www.travelinesoutheast.org.uk)

Stagecoach route 3 (Camberley - Aldershot), passes the park entrance

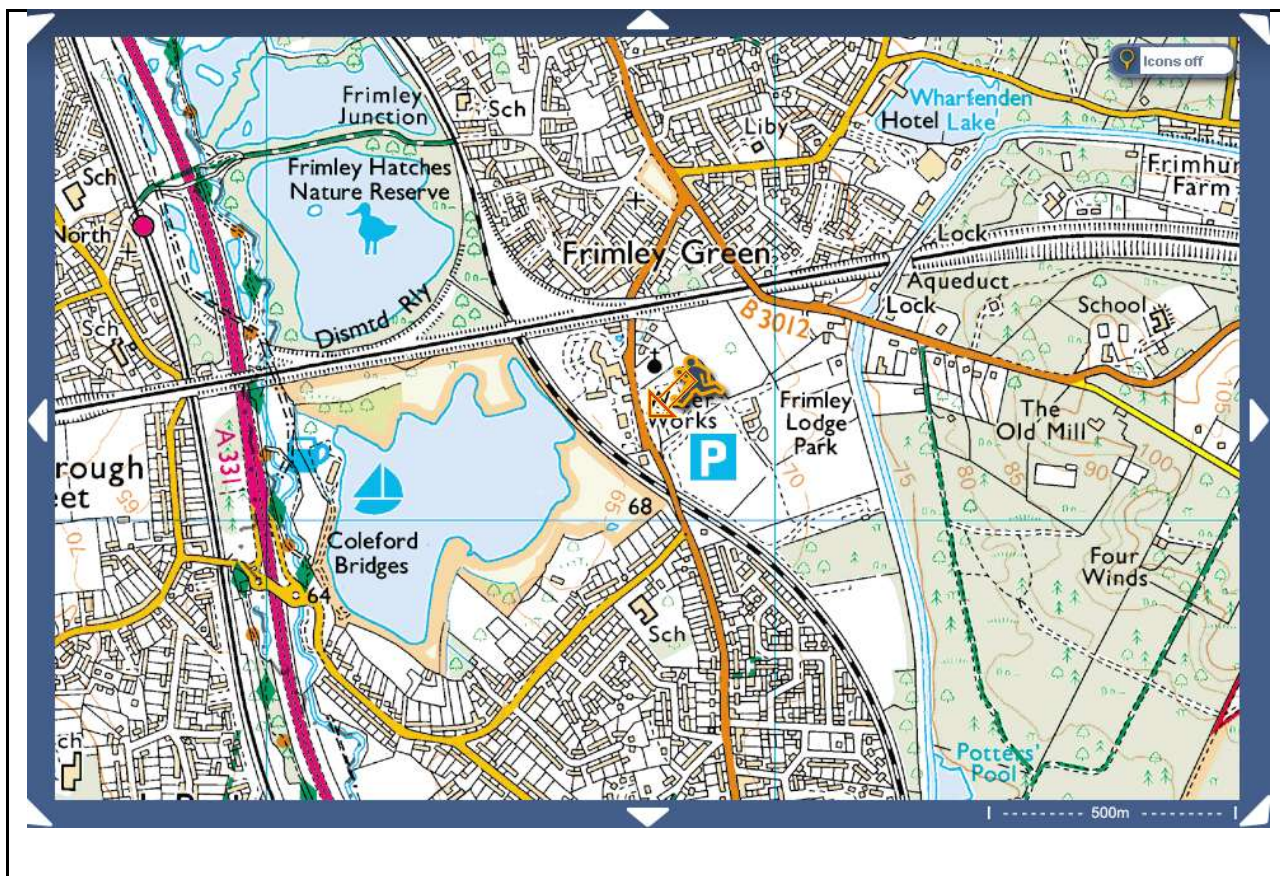
Countryliner route 48 (Farnborough - Woking), passes the park entrance

The bus stop is outside 'St Andrew Church' in Sturt Road.

Orange arrow shows the location...



RSGB BRITISH ARDF CHAMPIONSHIPS 21-22-23 MAY 2010



Day 1 Registration: 16:00 to 17:30

After parking make your way to Radio registration.

1. Fill in the registration slip.
2. Confirm that we have all your information correctly recorded on the master registration sheet.
3. Pay your entry fees for the days that you are running. Cash please - we cannot take cheques or credit cards. Day 1: £4, Day 2: £8, Day 3: £8
4. Receive control punch card (waterproof but you may wish to stiffen with tape)
5. Select a your starting time.

DAY 1 Starts: 17:00 to 18:00

- Start location is close to “The Pavilion”
- All times are given in British Summer Time (BST = UTC + 1)
- Map issue will be at the start at -1 minute
- Receivers will not be impounded.
- Competitors are recommended to start as early as practical - due to increasing risk of signal interference into the evening.

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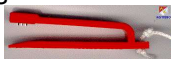
Map: 1:5,000 scale with 5m contours

- The map is printed on waterproof paper. You may wish to protect the map from mud etc. with a suitable plastic bag.
- The map is Size is 141mm x 280mm (Almost as tall as A4 but narrower.)
- Only the start and finish locations will be marked on the map. The triangle shown on the map indicates the position of the **start line**. The transmitter locations will NOT be marked on the map.
- Please do not enter the out of bounds areas shown on the map. These will NOT be marked with tape.
- Where practical, use gates and crossing points to cross fences, take great care and report ANY damage done (you will not be blamed).

Course and Competition

- All competitors seek all 10 transmitters. Transmitters may be found in any order.
- Within age classes competitors will be ranked in order based on number of transmitters found and then time.
- The time limit is 60 minutes
- Courses will close at 19:30 - we must be out of the park before the gates are locked.


Transmitters & Punches

- 100mW maximum output into a small antenna at 3.5795 MHz
- 10 micro Tx's, transmission ON 30s and then OFF 30s, repeating. When ON the Tx sends a single Morse character followed at the end of the transmission by regular call sign as per license conditions.
- Transmitters will have codes A, B, C, D, E, F, G, H, I, J - unless we have a technical incident - in which case the transmitter codes will be shown at the start.
- There will be no beacon/home transmitter
- Transmitter separation will be minimum 100m. No transmitter will be within 100m of the start/finish location
- An example transmitter (K) will be available at the registration point so that you can set your tuning and see what you are looking for. This will be switched off just before the first start at 17:00
- Pin punching will be used: . Competitors do not punch at the start or finish.

Finish

This will be close to registration and the start

Safety and Etiquette

- You compete at your own risk
- You **MUST** carry a whistle.  We have a very limited number available for loan.
- Contact telephone: 0798 021 5561
- Nearest Accident and Emergency: Frimley Park Hospital, Portsmouth Road, Frimley, Surrey, GU16 7UJ
- If you are not native to Europe please ask at registration information on animal and plant hazards. (nettles, brambles, snakes, ticks)
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- You are required to wear 'full body cover' - this is typically defined as LONG TROUSERS or BREECHES

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& GAITERS plus at least a T-SHIRT

- In case of thunder or lightning the race will be abandoned.
- After your run you must report to the finish - event if you do not complete your course. We must make certain that you have safely returned. If you time out you must return **promptly** to the finish.
- The forest may be very busy - especially near to the finish location. Please give way to walkers and cyclists and careful with your antenna. Please show respect for other forest users and do not expect them to get out of your way! One disapproving letter to the authorities is all it takes for us **and the orienteering club that has arranged our access** to be banned from the forest.

-END-