

Cleveland Orienteering Klub
invites you to a
Local Orienteering Event (C5) at
Pinchinthorpe
on Saturday 4th April 2009

Location Parking at Guisborough Forest & Walkway Visitor Centre near Guisborough (Grid Ref: NZ584154). Follow brown signs from A173 Guisborough to Stokesley road.

Terrain Woodland with many paths and tracks.

Courses Short Length (about 2.5km)
Medium Length (about 3.5km)
Long Length (about 6.0km)

Map 1:4000 Scale – A4 size – Pre-printed and bagged or waterproof paper

Punching Manual timing. Electronic punching will not be used.
Please bring a pen to write down the marker codes on your control card.
The courses will use permanent orienteering course markers.

Registration **10:00 to 10:30** Limited maps will be printed – first come, first served or recycled maps.

Starts **10:00 to 10:45** (or until everyone has started). Courses close 12.30.

Fees Seniors: £2.00 Juniors / Students / UB40: £1.00

Facilities Toilets – None.
No drinks – Bring your own.

Officials Planner/Organiser – Martin Adamson & Will Dehany – will@dehany.clara.net

Results Simple results will be published on the CLOK website.
No split times. No RouteGadget. No string course.

Safety Please remember that competitors take part at their own risk.
Your safety whilst orienteering is your own responsibility.

CLOK strongly recommends that you carry a whistle whilst participating in this (and every) orienteering event.

Please remember that you must return to the start/finish even if you have not completed your course so that your safety can be assured.

Cancellation If the event is cancelled there will be an announcement on the CLOK web site.

Controls **Permanent Orienteering Course Markers**
Permanent Orienteering course markers consist of a red square. Most are wooden posts including existing gateposts. The control number/letter will be in the upper triangle, and the marker letter in the bottom triangle.