



Venue: Race #3: Headington Hill Park & Oxford Brookes campus

Date: Saturday 22nd July 2017 - Part of **Love Parks Week 2017**

Terrain: Headington Hill Park is like an arboretum, with a variety of specimen trees, vegetation detail, paths and small streams. The Oxford Brookes campus consists of two student village areas and the Headington Hill Hall campus, with a complex array of buildings, underpasses, paths and open areas. There are toilets available in the Brookes Sport building, over the footbridge.

Registration: 10:00 to 11:30 Just turn up.
Starts: 10:30 to 12:00 Start whenever you want to.
Courses close: 13:00 Everyone to finish by this time and report back to download.

Entry on the day: £6 adults/family groups (£4 for TVOC or British Orienteering members); £2 juniors (under 21) and students. Free second runs
Includes a detailed waterproof map (extra maps £1); and hire of an electronic timing chip ("Emit"), but if you own one please bring it. A compass may be useful if you have one.

Dogs: Unfortunately not allowed, due to University rules.

Parking/directions: Parking and event registration will be located at the Headington Hill Hall campus of Oxford Brookes University. It's to the north of the A420 Headington Road, at grid ref. SP533065 and the nearest postcode is OX3 0FJ (NB this is **not** the Gipsy Lane campus). **Please note that the car park is now pay and display - it is two hours free parking (number plates must be entered into the machines) after two hours there is a fee; this is displayed on the tariff boards.**

Course	Length	Description + navigational difficulty (TD): 1 (easy) to 5 (hard)	Ideal for:
White	1.1km	TD1. Easy and short - all on paths, positioning of orienteering flags (controls) to guide you in right direction.	Under 10s, families.
Yellow	2.1km	TD2. Slightly less easy and a bit longer. All controls near paths, further between controls with some navigational decisions.	Newcomers, families.
Orange	2.8km	TD3. Longer, with more route choices. Medium navigational difficulty. Controls near paths or other line features (paths, walls, streams). Basic use of the compass and route choice.	Runners, adult newcomers, families, juniors.
Red	3.8km	TD3. A longer course for runners. Similar navigationally to an orange course but longer (actual running distance ~5k). An extensive tour of the campus areas and Headington Hill Park!	Ideal for runners looking for a challenge!
Light Green	4.1km	TD4. Navigation skills needed; slightly longer with most controls away from paths. Route choices need to be made between controls. For those moving up from Orange or Red.	Runners, improvers with experience, confident newcomers!

Courses are measured as straight line distances between the control points - you'll run further!

More info: Visit our website at www.tvoc.org.uk
Say you're going on the Facebook event page via www.facebook.com/tvocclub
Or contact the Race Director Neville Baker via publicity@tvoc.org.uk

Results: Your entry fee includes a waterproof map to keep as a souvenir, the hire of a timing chip, a print out of your result and split times at the finish. Overall results are put on our website later that day.

New to orienteering?

An orienteering race doesn't follow a set route. Instead you have to visit a series of checkpoints (called "controls") and register each one with an electronic timing chip. The controls are marked by flags on the ground and may be along paths, earth banks, streams or anywhere in the woods/parkland. The challenge is to race between each one, choosing your own route between the checkpoints, using a detailed orienteering map (which you get to keep). Most newcomers start with a White, Yellow or Orange course. White is good for those with very young children; yellow is good for newcomers and families, and orange is ideal for runners or those looking for more of a navigational challenge. Red will be an actual running distance of around 5k so it's ideal for runners looking for a trail run with a navigational challenge, which is not too difficult. If you're feeling confident, Light Green will provide more of a navigational challenge and will have an actual running distance of just over 5k. Plenty of help will be available and we can help you choose a course on the day and explain what to do.

If you've enjoyed our events, why not join TVOC and get £2 off all race entry fees for the remainder of this year. Plus lots of other benefits! Join online at: www.britishorienteering.org.uk/page/join_online