

DEESIDE O.C. SUMMER EVENING EVENT: Entry & competition notes

There are six colour coded courses: Yellow, Orange, Red/long Yellow, Light Green, Green, and Blue. Decide what course to run – if unsure, a member of the Enquiries team should be able to advise. Then carry out the following steps:

- Complete as much of the attached entry form as you can. The address and telephone number won't be held in our computer database, but are needed as a safety check.
- Proceed to the registration car for the course you wish to run and hand in your form.
- The registration official will retain your entry form, take your fee and give you a control description sheet and control card for your course. If there are no pre-marked maps available you will be given a blank map and told where the map corrections are located, if any; copy these onto your blank map. You may also be given a start time.
- Proceed to the start.
- If there are no pre-marked maps available those running Yellow should copy their course from the master maps, available in the pre-start area, before starting. Those running any other course will copy their courses after starting and for them the time taken to copy down their course will be included in the race time.
- If you have not been allocated a start time, you will be called to the start line when a time slot becomes available for your course. When told to go, unless you are on the Yellow course, proceed to the master map for your course and copy it on to your map. Proceed to the start kite and start your run.
- As you follow your map, use the punch at each control to mark your control card, in number order.
- **After you have run make sure you go to the Finish tent - even if you retire from your course**

Entry fees: £4 Seniors, (£4.50 if not an O-club member) and £1.50 Juniors (M/W20 and younger).

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