



TAMAR TRIPLE 2008

24th to 26th May

Final Details



Welcome to the eighth Tamar Triple, the biennial Springtime weekend of orienteering in the SouthWest

Event Officials

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Planner	Peter Morton KERNO	Alan Simpson DEVON	Nigel Bateman DEVON
Controller	Mark Dyer BOK	David Holmes QO	Roger Hargreaves KERNO
Organiser	Annabel Pring KERNO	Nicholas Maxwell DEVON	Nicholas Maxwell DEVON
Event Coordinator	Lew Bean	DEVON	

Important Notices

Safety: Competitors travelling alone may wish to hand in car keys at Enquiries. All competitors run at their own risk and are responsible for their own safety. A whistle is advisable. There are a number of safety issues with each of the sites. Please read them carefully.

Cancellation: In the event of cancellation, the organising clubs reserve the right to retain all or part of the entry fees to defray expenses incurred.

Entry Errors: Please check your competitor information. In case of error please contact Entries Secretary, preferably by email at entries@tamartriple.org.uk or on 01935 863429 before 9pm.

General Enquiries: General enquiries may be made to the Coordinator, preferably at info@tamartriple.org.uk or on 01752 249043 before 9pm.

Instructions for all three days

Parking

There will be a £1 fee for parking each day. Please have the correct change available. Neither parking field can accommodate either coaches or caravans.

Dogs

Dogs are permitted in the parking and assembly areas and on courses, strictly on a lead in all cases. There are deer at all locations, and sheep on Smallhanger Waste.

Toilets

There will be portable toilets, including a urinal for male competitors, in the assembly area/car park on all three days. There are no toilets at the Starts

EPS - Sport Ident

SI will be used for all courses including Colour Coded. Dibbers are available for hire at 50p per competitor per day and can be collected from the Registration tent in the assembly areas on each day.

Clear Boxes

These will be located at the pedestrian exit from the car park fields, and also at the pre-Start.

Start Procedure

Please ensure that you dib the Check box when required before you start. This is a safety check. All three days will be punching starts including Colour Coded courses.

Download

The Download station for all three days will be in the assembly areas. Please follow the signs and do not forget to download after your run.

Traders

Ultrasport & Wilfs will be attending on all three days in the car parking fields.

First Aid

First Aid will be provided by St John Ambulance Brigade and will be located in the assembly area/car park on each day.

Timings

<u>Day</u>	<u>Date</u>	<u>CC Registration</u>	<u>Start Times</u>	<u>All Courses Close</u>
1	Sat 24 May	1200 - 1500	1230 - 1530	1730
2	Sun 25 May	1000 - 1330	1030 - 1400	1600
3	Mon 26 May	0930 - 1230	1000 - 1300	1500

Control Descriptions

Control Descriptions are available beside Enquiries each day and are printed on the maps. They are also available to download from the event web site at www.tamartriple.org.uk. All course map units will have pictorial descriptions. Text descriptions are available from Enquiries for Courses 10, 11, 12, White, Yellow & Orange.

Water Points

There will be a single water point on the longer courses on Days 2 & 3 only.

Results

Individual splits will be available at Download. Lists by course will be displayed and updated from time to time in the assembly area each day. Provisional results will also be displayed on the event web site each evening.

Clothing Exchange

We are anticipating fine, dry weather therefore there will be no clothing exchange.

Colour Coded & String Courses

White, Yellow, Orange and Light Green on all 3 days using pre-marked maps. Please enter at Registration. Entry fees: Seniors £7.00; Juniors £2.00. Discounts apply to senior National & SWOA BOF members. All CC courses are punching starts. There will be a String Course each day, free of charge. Details at Enquiries.

Camping

There are basic camping facilities for the nights of 24th and 25th May for tents and small campervans for those who have booked. Camping is in the parking field for Days 2 and 3, and will be available from 1700hrs on Day 1. Follow the directions for Day 2. Facilities consist of a water standpipe and portaloos. There are no facilities for rubbish disposal. Please take your rubbish with you. **There are fenced-off mine workings in the camping field; competitors - children in particular - should keep away.**