

BERKSHIRE ORIENTEERS

Invite you to join us for:

Regional Urban event

on **Sunday 20th July 2025**

in the superb urban area or Birch Hill & South Hill Park in Bracknell

[Summer Regional Urban - Birch Hill & South Hill Park - Information and sign up](#)

Event Final Details (Version 1, July 18th)

Summary	<p>Location</p> <p>Assembly is at South Hill Park Art Centre in Bracknell, enter from Ringmead road. Postcode: RG12 7PA</p> <p>What3words: ///sports.silks.nests</p> <p>Timings:</p> <p>Enquiries and SIAC collection from 10:15. All participants must be back and have downloaded by 14:30</p> <p>Start times:</p> <p>Between 10:30-12:30.</p> <p>Equipment:</p> <p>We recommend wearing regular running shoes as most running will be on paths and roads</p> <p>Arena:</p> <p>A very compact arena with very short distance between car park, assembly, start and finish. Assembly and First Aid is at the western side of South Hill Park Art Centre. The start is on the western side of the car park.</p>
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Location	<p>This event is being held at Birch Hill with parking and assembly at South Hill Park Art Centre. The car park is free. We will not have any marshals at the car park. Find a free space, park safely and sensibly please.</p> <p>The car park may be full. An alternate car-park is the Leppington car-park, also free of charge. See details under Car-parking below and Event Map.</p> <p>Public transport: South Hill Park Art Centre is a level 2.7 kilometres on path network from Bracknell train station. Buses are available too.</p>
Safety	<p>Competitors are responsible for their own personal safety.</p> <p>All senior courses (1-5) will need to cross roads carrying through traffic (speed limit 30mph). Junior courses are planned to cross under a busier road running through the area using marked underpasses - use of these crossings is compulsory for Courses 6 and 7, but senior courses can course the road with care at any point. Course 6 will also cross some quieter estate roads and parking areas which may have small amounts of slow-moving traffic. Course 7 has no road crossings.</p> <p>Since this is an urban event, there will be people around who are not aware of our event or prepared to meet runners. Please show consideration and take care especially around blind corners.</p> <p>The weather forecast looks like good temperature for running (i.e not too hot). However, make sure you hydrate before and after your run. We will not provide water at the event, but there is a café next door where you can purchase water.</p> <p>It is forecasted to rain before and possibly also during the event. There are many flights of steps and some steep grassy slopes which could become slippery if wet. Like most urban areas there are many blind corners and some narrow alleys, numerous kerbs, parked vehicles and other trip hazards. Be aware of the potential for competitors approaching in the opposite direction.</p> <p>Download on finishing, even if you retired early, so we know you are not in the Forest.</p> <p>First Aid will be provided by Face2Face, who will be in Assembly. Report to First Aid or to any member of the Event team in the event you are injured.</p>
Health	<p>If you have a pre-existing medical condition that could be relevant for the first aider, you are advised to place details in a sealed envelope with your name and “Medical condition information” clearly written on the envelope. Hand to Registration. The envelope will be destroyed unopened after the event.</p>

Late change to event	The event team will continue to monitor weather forecast and will communicate any late changes via e-mail and event website on Racesignup. Check before setting out.				
Courses	Course	Class	Controls	Distance (optimum running route)	Climb
	Course 1	Men open	34	12.3 km	110 m
	Course 2	Men Vet 40+, Women Open	28	10.6 km	105 m
	Course 3	Men Supervet 55+, Women Vet 40+	26	9.0 km	90 m
	Course 4	Men Ultravet 65+, Women Supervet 55+	24	7.3 km	70 m
	Course 5	Men Hypervet 75+, Women Ultravet 65+, Women Hypervet 75+	17	4.6 km	40 m
	Course 6	Men Junior 16-, Women Junior 16-	23	5.7 km	60 m
	Course 7	Men Young Junior 12-, Women Young Junior 12-	18	2.3 km	20 m
Times	Dibber (SIAC) collection from 10:15 – 12:25 Starts from 10:30-12:30 Finish by 14:30				

Start & Finish and competition area	<p>Start is located within 100 metres of assembly. The call-up is on the west edge of the main car park, to the west of the South Hill Park arts centre. Please don't watch from the top of the hill - you spoil your own fun if you see where others are going!</p> <p>Finish is in the park on the south side of the arts centre, below the cafe terrace (good view of the run-in while you enjoy your post-race refreshments!).</p> <p>Controls will be SIAC enabled but competitor must punch the start and finish controls.</p> <p>Out of Bounds: competitors can warm up in the parkland across the road to the north, or in the open area adjacent to the finish run-in. Please do not explore the surrounding woods and housing estates which are part of the competition area.</p> <p>One area to the east of the arts centre has been recently cleared and re-planted. This is marked as OOB on competition maps. Please use the paths to go around it. One faster road on the south edge of the area is a forbidden route because it has no pavement - a safe footpath runs parallel in the woods.</p> <p>Many houses along your routes have front gardens which are not fenced off and are mostly just grass. These are marked as Olive green (OOB) on the map and must not be crossed.</p>
Courses close	<p>Courses close at 14:30. Download even if you do not complete the course, so we know you are back from your run.</p>
Facilities	<p>First Aid (Face2Face) will be in the Assembly area.</p> <p>Café next to assembly and overlooking the finish is open from 10:00 on Sunday.</p> <p>Toilets (indoor) are in the art centre</p>
Dogs	<p>Allowed</p>
Map	<p>A3 size, scale 1:4000 with 2.5m contours for all courses. Descriptions on the front of the map. Courses 1-4 will have back-to-back maps with a mid-course map flip.</p> <p>Special symbol: X (black) represents a bench or play equipment (on map and in pictorial descriptions). Some control sites are on mapped benches.</p>

Terrain	<p>One of the largest and most technical high-density housing areas in the UK, providing high-quality, low-traffic racing throughout.</p> <p>Mostly hard/paved surfaces, but all courses will have the option of crossing grassy open areas and parkland in places. Standard running shoes are recommended.</p>
Contact to Event team	<p>If you need to make an inquiry before the event, please e-mail events@bko.org.uk.</p> <p>During the event, Contact the Organiser or one of the Event team in the area around Assembly.</p>
Car-parking	<p>The South Hill Park Art Centre will have an Orienteering banner at the entrance on Ringmead road.</p> <p>Postcode: RG12 7PA</p> <p>We will apply self-parking at this event, meaning you will not be guided by a volunteer.</p> <p>Arrive, find yourself a space, and make your way to assembly at western part of the art centre.</p> <p>Alternative car-park: If the car park is full, then we recommend using the Leppington car park which is SW of the art centre. This is also free of charge. 300 metre flat walk to assembly. Postcode: RG12 7WW. ///each.mute.lamp</p>

Officials		Name	Contact
	Organisers	Bo Oqvist	events@bko.org.uk
	Planner	Paul Fox	
	Controller	Craig Blackford	

General Disclaimer:

YOU TAKE PART IN THIS EVENT AT YOUR OWN RISK AND ARE RESPONSIBLE FOR YOUR OWN SAFETY

Entry details will be stored in a computer.

A club photographer may take photographs in line with the club policy - see Photography Policy.

In the unlikely event of a cancellation a notice will be placed on our website (<http://www.bko.org.uk>).

Event Map

