



**Sunday 11<sup>th</sup> APRIL 2010**  
**BHS AFFILIATED**  
**TREC POR COMPETITION**  
**(orienteering only)**

**Treborough Hill XC, Brendon Hill, Somerset**

OS Grid reference is ST 005 355

by kind permission of Mr & Mrs M Weatherlake

Full directions are available from [www.treboroughcrosscountry.co.uk](http://www.treboroughcrosscountry.co.uk)

POR (mounted orienteering). An optimum speed and orienteering test of approximately 12 km (L1), 20 km (L2) and 32km (L3) marked out of 240 points. Please note there will be some hill riding.

CLASS 1: Level 1 Pairs

CLASS 2: Level 1 Individual

CLASS 3: Level 2 Pairs

CLASS 4: Level 2 Individual

CLASS 5: Level 3 Pairs

CLASS 6: Level 3 Individual

*A year's subscription to a horse magazine of choice to the best NEW Level 3 Individual rider has been kindly sponsored by Sarah Rashbrooke. Rosettes will be presented to all competitors.*

*Level 3 will include a grid and/or bearings reference test. There will also be a compulsory horse fitness check midway through the route to check soundness, heart rate and dehydration; this will be for Level 2 and Level 3.*

**Entry Fees for all Classes:**

TREC South West Members: £20.00

BHS GOLD/Affiliated Riding Club Members: £22.00

Non-members: £24.00 and a copy of public liability insurance or add an extra £5.00 for temporary TRECSW membership.

**Entries close on Friday 2nd April 2010**

Competitors between 14 and 16 years of age on the day of the competition must include a signed Minors Indemnity Acceptance Form with their entry (see below).

Individual start times and any additional information will be emailed, however if you do not have an email address then a First Class SAE must be enclosed with your entry. Times will also be posted on the TREC South West website [www.trecsouthwest.com](http://www.trecsouthwest.com) on Wednesday 7<sup>th</sup> April.

**BHS TECHNICAL DELEGATES:** Robert Billson and Julie Joseph

**TRACEURS:** Anne Hand and Sarah Rashbrooke

## **ENTRIES**

Please send your entry form and cheque made payable to TREC South West to:-

Maggie Robertson, Burrow Farm, Wootton Courtenay, Minehead, Somerset, TA24 7UD. Tel: 01643 841833 Email: [enquiries@burrowfarm.co.uk](mailto:enquiries@burrowfarm.co.uk)

## **CORRALLING, STABLING AND CAMPING**

This is available overnight on the Saturday at Windwhistle Farm Livery Yard, by kind permission of Emma Jobin. The Livery Yard is next door to the competition venue. See booking form for full details, [www.coleridgewaycottages.co.uk](http://www.coleridgewaycottages.co.uk). There is no access to the competition venue on the Saturday.

## **ACCOMMODATION**

For a list of hotels and B&Bs see [www.wheddoncross.org.uk/accommodation](http://www.wheddoncross.org.uk/accommodation) also [www.theroyaloakinnluxborough.co.uk](http://www.theroyaloakinnluxborough.co.uk) and [www.raleghscross.co.uk](http://www.raleghscross.co.uk)

## **FOOD**

There are no catering facilities at the competition venue, so please bring your own refreshments. However Raleigh's Cross Inn has a bar and restaurant and is approximately ½ mile from the venue. See [www.raleghscross.co.uk](http://www.raleghscross.co.uk).

## **TOILETS**

There will be a porta-loo at the competition venue. There is human and horse drinking water on site

## **RUBBISH**

There are no facilities for rubbish disposal – please kindly take your rubbish home with you. Please do not muck out your horse vehicles on site and if you use paper bedding DO NOT allow it to blow around the venue.

## **RESULTS**

We will not be able to give the results on the day. Full results will be posted on the TREC South West website [www.trecsouthwest.com](http://www.trecsouthwest.com). Riders should leave with the secretary an A4 self addressed envelope with a Large 1<sup>st</sup> class stamp for their individual sheet and any rosette.

## **LEGAL LIABILITY**

All vehicles should be locked when left unattended and no personal items should be on visible display. The organisers and landowners accept no responsibility for any accident, loss, damage, injury or illness to any horse, other animal, rider, spectator or any other person or property.

## **HEALTH & SAFETY**

The event organiser has taken all reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the officials and stewards on the day. Please ensure that dogs are kept on leads at all times, children are supervised and horses/ponies are not left tied up to vehicles without supervision. DO NOT tie your horses/ponies to any fence posts.

Trained First Aiders will be present at the event and should be summoned through an official in the event of an accident. The organisers will have contact telephone numbers for emergency veterinary.

## **BHS RULES**

The competition will be run under the BHS TREC Rulebook 2009 (fourth edition) and additional rules in this schedule. BHS TREC Rules Handbook is available (cost £5.95 inc p&p) from the Competitions Office, British Horse Society, Stoneleigh Deer Park, Kenilworth CV8 2XZ or telephone the BHS Bookshop on 08701 201918

1. Insurance – all riders MUST have public liability insurance if they are not Affiliated Riding Club, TRECSW or BHS Gold members then they must provide a photocopy of their own public liability insurance or take temporary membership to TRECSW for the competition.

2. Minimum age of horse: four years on day of competition. Mares more than four months pregnant should not compete.
3. Clearly visible coloured tail wraps/ribbons should be worn to advise riders of a potential hazard; Red – horse may kick, Green – young or inexperienced horse, Blue – stallion.
4. Riders under fourteen years of age must be accompanied by an adult aged sixteen years of age or over. No lead-rein competitors.
5. Whips must not exceed 75cms
6. Standing Martingales and fixed reins are forbidden.
7. Spurs must be rounded and not exceeding 3.5cms in length and pointed downwards.
8. Boots and half chaps are recommended. No Wellingtons or muckers. If riders use shoes without a heel then a suitable stirrup cage must be worn.
9. Loss of record card will mean elimination from the competition.
10. The decisions of the BHS Technical Delegates are final.

#### **ADDITIONAL COMPETITION RULES**

1. No entry fee will be refunded after the closing date.
2. On arrival please check in and collect your Competitor/ Bridle number and if you are taking a mobile phone with you then it must be declared and presented switched off in a non-see through sealed bag
3. Any bit or saddle may be used, except no fixed martingales or reins. A combination bridle or a headcollar is required although it need not be worn on the horse, but carried. A leadrope may be carried on the saddle. Horse nose covers and ear covers are permitted.
4. As there will be NO horse holders, riders must leave their horses in their vehicle or with a helper when they come to the Map Room at their designated Map Room time. Riders will be given a separate POR start time to allow them time to collect their horses. **Please ensure your horse is safe and do not leave it unattended if tied up outside of your vehicle.**
5. Note the riders' time in the map room: Level 1 and Level 2 10 minutes, Level 3 15 minutes. If you finish your map before your allotted time you may leave the map room. Your map will be held and returned to you at the start of the POR.
6. Once you have finished in the map room return to your vehicle and collect your horse and equipment and then return for your tack check, 5 minutes before your POR Start Time. **Please do not be late as this will have a knock on effect for other competitors. Riders who are late for their POR start time will receive a penalty for every minute over, see rule N8:14.**
7. At the Tack check your fluorescent/reflective clothing will be checked and a selection of the equipment listed in the schedule. Please ensure you arrive at least 5 minutes before your POR start time to allow for the checking.

8. Whilst orienteering you may encounter 'Ticket Points', this is to ensure you are on the correct route. Examples will be on display in the map room.
9. All riders must obey the instruction of the Checkpoint judges. Failure to do so may mean elimination.

### **COMPETITION COMPULSORY EQUIPMENT**

**No rider may start if they do not comply with rules 1 to 4. Penalties will incur for not having any of the items listed from 5 – 12. Items 13 – 18 are optional.**

Pairs competitors must have all the items (5-12) between them unless otherwise advised.

1. Hard hat to current BHS standard: PAS 015, EN 1384, ASTM F 1163 and bearing the kite mark of SEI. Must be worn at all times whilst mounted.
2. Fluorescent/reflective clothing for the rider. The minimum requirement is clearly visible fluorescent strips (or garment) on the rider's torso. A hatband is recommended.
3. Medical arm-band or similar for rider to contain relevant first aid information and should also include the name and address of the next of kin. Name and emergency contact telephone number (to be supplied) to be made visible on rider, not on the torso or head.
4. Identification tag on saddle/bridle for horse to include rider name and emergency contact telephone number, to be supplied.
5. Compass
6. Pens for map marking – (ideally 2 colours, permanent ink with thin nibs, red and fluorescent orange are popular and blue or black for notes or a pencil)
7. Torch – (lightweight, sufficient to read a map – a head torch is ideal)
8. First Aid Equipment – both equine and human, eg bandage, saline solution, sterile dressing, wound power – (human first aid kit to ideally be carried on rider)
9. Waterproofs (minimum: jacket)
10. Whistle (for use in emergencies – to be carried on the rider)
11. Headcollar and leadrope OR combination bridle
12. Emergency farriery tools (suitable for the removal of a shoe and nails) and Equi-Boot/Shoof or similar (ONLY compulsory for Level 3)
13. A map case
14. Riders may choose to wear a body protector and if so Beta 3 is recommended.
15. Saddle bags / bum bag (or suitable alternative).
16. Mobile phones must be declared at the start of the competition and presented switched off in a non-see through sealed bag (note there is limited mobile network)
17. Drink and snack for rider.
18. Digital watch or stopwatch.

## TREC SOUTH WEST ENTRY FORM – 11 April 2010

Class No: ..... *Please delete as appropriate:* PAIRS / INDIVIDUAL

### First Rider's Name:

Name: .....

Email: .....

Address .....

.....Postcode.....

Tel No ..... DOB if under 16.....

BHS Gold/RC/TSW Membership No:.....(Delete as appropriate)

Are you a new rider to TREC? ..... YES or NO (Delete as appropriate)

Horse & Age : .....

### Second Rider's Name:

Name: .....

Email: .....

Address .....

.....Postcode.....

Tel No ..... DOB if under 16.....

BHS Gold/RC/TSW Membership No:.....(Delete as appropriate)

Are you a new rider to TREC? ..... YES or NO (Delete as appropriate)

Horse & Age : .....

I have seen, read, understood and agree to abide by the rules of the schedule.

First Rider :.....Second Rider :.....

Entry Fee First Rider: £..... Entry Fee Second Rider: £.....

I enclose my cheque payable to 'TREC South West' for Total : £.....

***If you are riding as a Level 3 Individual please say if you are NEW to this level .....  
If aged between 14 - 16 years of age, then entries must be accompanied by a signed  
minors indemnity acceptance form.  
If you are not a BHS GOLD, Affiliated Riding Club or TREC South West member then please  
enclose a photocopy of your public liability insurance, alternatively add an additional £5.00  
for temporary membership to TRECSW.***

## CORRALLING, CAMPING AND STABLING BOOKING FORM

This is for the Saturday night only. There is a toilet, hot water and a comfort room where hot coffee / tea and snacks will be available. See [www.coleridgewaycottages.co.uk](http://www.coleridgewaycottages.co.uk) for details of the Windwhistle Livery Yard.

Please **DO NOT** arrive at the livery yard before 3.00pm on the Saturday afternoon.

Name: .....

**CORRALLING** – please bring your own corralling fencing equipment

Number of horses .....

@ £5.00 per horse

Total £ .....

**CAMPING** – please say if tent, caravan or horsebox/trailer - if you are sleeping in it

Number of pitches .....

@ £5.00 per (please delete) tent / caravan / horsebox / trailer

Total £ .....

**STABLING** – there are a limited number of stables. Included is paper bedding, hay or haylage, hard feed and all mucking out. Please leave stables on the Sunday morning as the owner prefers to clean them herself.

Number of stables .....

@ £25.00 per stable

Total £ .....

Please send a separate cheque with this booking form made payable to 'TREC South West'

Total enclosed £ .....

See [http://www.coleridgewaycottages.co.uk/finding\\_us.htm](http://www.coleridgewaycottages.co.uk/finding_us.htm) for directions to the Livery Yard. If you do not have access to the internet and need directions posted to you with your start time then please indicate below.

**MINORS INDEMNITY ACCEPTANCE FORM**

**Sunday 11<sup>th</sup> APRIL 2010  
BHS TREC POR COMPETITION  
Treborough Hill XC, Brendon Hill, Somerset**

INDEMNITY TO BE SIGNED BY THE PARENT OR LEGAL GUARDIAN OF  
CHILDREN AGED 14 - 16 YEARS AND PARTICIPATING IN EVENTS  
ORGANISED BY TREC SOUTH WEST

1. I, the undersigned acknowledge that I have read or have been made aware of the safety rules pertaining to the participation by my child in TREC South West events, and that I understand these rules and accept the risks which are inherent in the participation in the aforementioned activity.
2. I am aware and understand that participation in the event involves intensive physical and mental exertion. I warrant that my child is free from any medical condition that may endanger his/her life or well being or the life or well being of any other participant.
3. By my signature hereto, I undertake not to hold the organisers nor landowners liable for any injury, loss or damage which my child might sustain whilst participating in the event and howsoever arising irrespective of whether such loss, injury or damage can be attributed to any act or omission of TREC South West nor the landowners.

CHILD'S FULL NAME AND SURNAME: \_\_\_\_\_

CHILD'S DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_

PARENT OR LEGAL GUARDIANS FULL NAMES AND ADDRESS

PARENT OR GUARDIANS SIGNATURE: \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

PHONE: (W) \_\_\_\_\_

(H) \_\_\_\_\_