



Ely City Urban Race

Saturday 5 April 2014



Part of the South of England Orienteering Urban League
and the Nopesport Urban League
Presented by West Anglian Orienteering Club

Final Details

Event Location

Assembly is in Jubilee Gardens, Broad Street, Ely, Cambridgeshire, CB7 4BJ.
Grid ref: TL 543798. There is no parking available at the assembly area.

Directions & Parking

By Rail: The assembly area is less than 10 minutes' walk from Ely railway station. There are several services each hour from Cambridge and the journey time is 13-16 minutes. Direct rail services from London Kings Cross to Ely take about 1 hour 15 mins.

By Car: There are several public car parks in Ely offering various amounts of time of free parking but are very busy on a Saturday. We suggest that you use the long stay Pay and Display car park (£3) at Angel Drove it does have a 2 metre/6 foot height restriction which is less than 15 minutes' walk from the assembly area. Directions are given below. A map of car parks can be found on the Council website at

www.eastcambs.gov.uk/parking/car-parks-ely-0

From the South (Cambridge) approach from the A14 and take the A10 to Ely. At the A10/A142 roundabout turn right onto Angel Drove (A142). After about 1.5km take a right turn to the car park.

From the Huntingdon use the A141 to Chatteris and the A142 to Ely, at the A142/A10 roundabout turn right onto the A10 at the A10/A142 turn left onto Angel Drove (A142). After about 1.5km take a right turn to the car park.

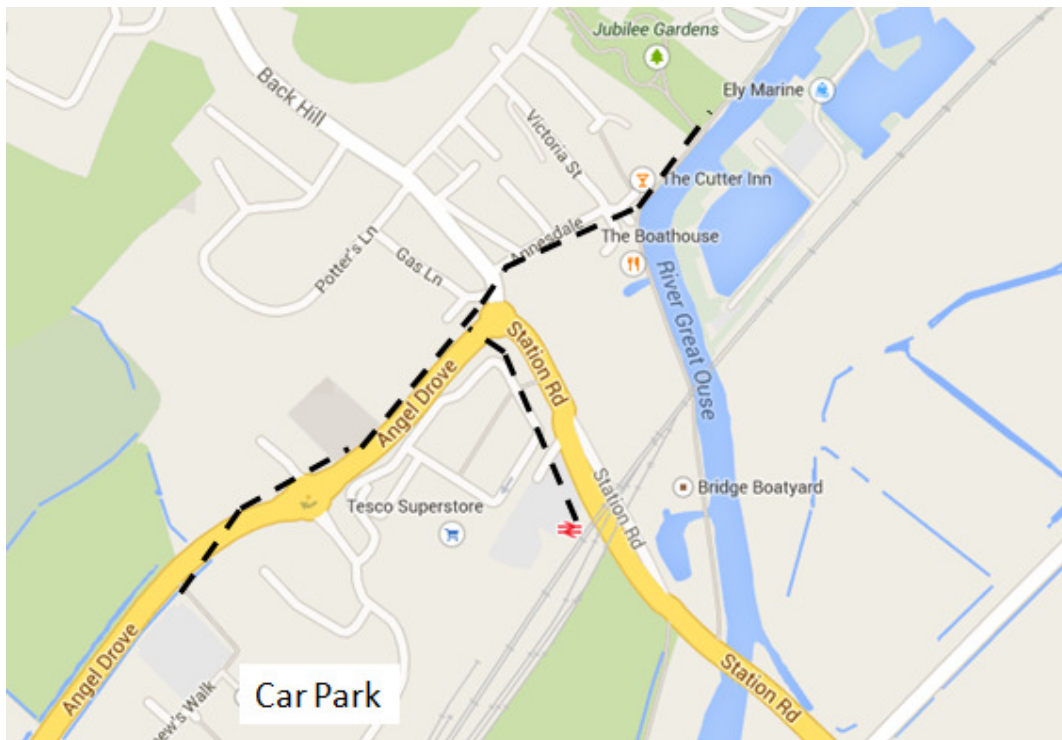
Note: If you intend to go across country from Huntingdon please make sure roads are open as some roads were flooded at the end of February and may be liable to further flooding.

Assembly Area

Enquiries, registration, SI card hire, finish and download will be in the assembly area which is in Jubilee Gardens, Broad Street. See map below for how to reach here from the car park and Ely Station.

Dogs on leads are allowed in the assembly area.

Route to Assembly from Angel Drove Car Park and the Station



Facilities

There are public toilets at the Ship Lane Car Park, about 2 minutes' walk from the assembly.

Changing facilities are not provided, but there will be a place to leave bags at Registration.

Entry on the day

Entry on the day will be accepted on all courses subject to availability of maps. Registration is from 11.00 to 12.30.

Entry fees for courses 1-6:

Seniors (members of British Orienteering)	£ 11
Seniors (non-members)	£ 13
Juniors (under 21), including first junior in a family	£ 5
Further juniors in the same family	£ 4
Students	£ 5
SI card hire	£ 0.50

Junior entry fee for the MW12- course will be £4.00, and £3.00 for second and subsequent juniors. (The 'volume discount' will also apply to entry on the day juniors on this course who have elder siblings who were previously entered on-line).

Courses

Course	Classes	Length	No of Controls	Map Size
1	M Open (M16+)	7.2km	23	A3
2	W Open, M40+	6.1km	18	A3
3	W40+, M55+	4.7km	19	A3
4	M65+, W55+	3.6km	11	A3
5	W65+	2.8km	12	A4
6	M16-, W16-	2.8km	18	A4
7	M12-, W12-	1.5 km	14	A4

The M12- and W12- course is for juniors Under 12. This will be Entry on the Day only.

Under 16s: It is a requirement of British Orienteering's Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed limited traffic. With this in mind it is important to note that anyone under the age of 16 (and over 12) may only take part in the MW16 courses.

Micro-O

There will be a fun Micro-O maze for you to try out on the day free of charge, a great way to test your micro map reading skills.

Race Numbers

All competitors must wear a bib with their race number on. **If you have pre-entered, you must collect your bib from registration before going to the start.** Please bring safety pins for attaching your number.

Start lists showing bib numbers will be available at registration, but your bib number should match the entry number shown on the Fabian website.

Control Descriptions

Courses 1-6 will have IOF symbol descriptions and loose control descriptions will be available in the start lanes. Control descriptions will also be printed on the maps.

Course 7 competitors will be given control descriptions and maps when they register.

Hire dibbers

If you have pre-entered and have requested a hire dibber, this will be pre-allocated and will be available for collection from enquiries. Hired dibbers are also available for entries on the day for 50p.

Anyone failing to return a hire dibber will be liable for its full replacement cost of £30.

Start

The MW12- course has its own start, very near registration, close to the Micro-Maze.

All other courses use the main start.

The main start is a 500m walk from the assembly area and will be signed from assembly and crosses Broad Street, which can be busy - please use the pedestrian crossing.

All courses use a punching start.

Start times

If you have pre-entered, you will have been allocated a start time. Start times are shown on the Fabian4 website, and will also be shown on the start lists available at registration.

Please remember to leave sufficient time to collect your bib number and walk to the start to arrive before your allocated start time.

If you arrive late, or if you enter on the day, just go to the start when you are ready. There are empty start slots available and start officials will tell you when you can start.

Finish

All courses finish in Jubilee Gardens.

Download

Download is close to the finish. **All runners must go to download even if you have not completed your course.** This is the only check we have that you have returned safely.

Results will be available on-line after the event at www.WAOC.org.uk. Provisional results on the day will be on display at or near download.

Safety

Courses close at 14:30. You must report to download even if you do not finish your course.

Course 6 crosses a busy Road. There is **a mandatory crossing point for this course only** at a light-controlled crossing with controls placed either side so that using the crossing is the optimum route. The time taken for the mandatory crossing will be taken off your race time.

Courses do run along the edge of the River Great Ouse but no controls are hung near the river edge.

All competitors should be aware of traffic hazards and use pavements and footpaths except when crossing roads. It is your responsibility to cross roads safely. Please also show due courtesy to pedestrians. There will be a market in Ely Market Place so parts of the town centre will be busy with shoppers.

First aid is available at enquiries. The nearest hospital is Princess of Wales Hospital, Lynn Road, Ely, Cambridgeshire, CB6 1DN. Tel: 01480 398500.

Map

The Map was produced for this event by Caroline Louth of WAOC in late 2013 / early 2014. It is a 1:5000 scale ISSOM map printed on waterproof paper. Longer course maps will be approximately A3 size. Shorter courses and junior course maps will be A4 size.

Mapper's Note

Ely provides the interesting contrast of the historic city centre and its surrounding housing estates and parks. The estates contain many cul-de-sacs which vary from gated and private via private to public highway. Competitors should be aware that only the public highway is mapped and they may pass the entrances to private cul-de-sacs which are not mapped. All legitimate ways through from one road to another are mapped.

Out of Bounds areas

Please see the attached appendix to familiarise yourself with the map symbols for urban orienteering. **Out Of Bounds areas shown by purple hatching must be observed.**

If you are seen crossing any feature that is marked as uncrossable on the map, ***even if appears to be crossable on the ground***, you will be disqualified.

Terrain

Historic city centre, residential areas and open spaces. Most of the running will be on hard surfaces but some courses cross areas of grass. Some surfaces will be slippery if wet so suitable footwear should be worn. Dobbled or spiked shoes are not suitable.

Prizes

Our sponsors have provided prizes for category winners and there will be a prize giving at 14:00.

Acknowledgements

Thanks to East Cambridgeshire District Council for the use of the area for assembly and the finish.

We would like to thank our sponsors, Cotswold Outdoors (Cambridge), Open Air (Cambridge), Advanced Performance, and the Elysian Fields Vineyard.





























ALL COMPETITORS TAKE PART IN THIS EVENT AT THEIR OWN RISK.

Organiser:	Jenny Hunt	WAO
Planner:	Bob Hill	WAO
Controller:	Mick Chopping	NOR

APPENDIX: URBAN MAPS

GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

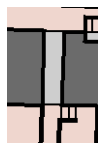
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below (and a selection of symbols will appear in the map legend too):

Symbol	Meaning	CONTROL DESCRIPTIONS: URBAN FEATURES	
	Passable fence		Building
	Impassable fence		Stairway
	Passable wall		Narrow passage
	Impassable wall		Bridge
	Building – not to be entered		Thicket
	Canopy – may be passed under		Hedge or linear thicket
	Steps of a stairway		Stone wall
	Underpass or tunnel		Fence
	Forbidden access, e.g. private land		Distinctive tree
	Large tree , small tree		Track or path
	Water pump		Road
	Monument or statue		Crossing Point
	Forbidden access (construction site)		Open Area
	Forbidden access /do not cross		Well

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

Steps: Flights of steps are only indicative of the stairway, which may be more complicated than shown (e.g. turning in on itself).

Passageways: In some places passage through a building is possible via an open passageway. The map section here shows an example of such a passageway running north-south through a building.



Pavement edges are only shown for major streets and significant paved areas, where they serve a navigational purpose - for clarity the small pavements on most roads are not shown.

Control Descriptions

IOF Pictorial Descriptions (only) will be used for all courses except the Children’s and Newcomers’ courses, which will use English text descriptions.

Out of Bounds

No impassable wall or fence may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps in it. Also, areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, railway areas or private property.