

Regional (Level C) Orienteering Event

16th June 2019

Allestree, Derby (West) Urban

(An event in the 2019 East Midlands Urban League)



Terrain: University Campus and Housing estate.

Car Park: Derby University, Kedleston Road, Derby DE22 1GB. Free parking.

Getting There: From A38 northbound take exit slip (brown sign for Mundy Play Centre) after A38/A52 junction and left at the traffic lights at the top of the slip road. From A38 southbound U turn at A52 roundabout and then same exit. Entrance to the University is a right turn off Kedleston Road (Clearly signed + Orienteering sign) Courses cross the main access road to the campus car park. Please drive carefully when arriving at or leaving the event car park and be alert for competitors crossing the road.

Registration: Carefully cross the University entrance road to the Sports Centre See map below.(There will be Marshalls to direct you)

Courses: (subject to final controlling)

	Length (straight line)	Climb	Controls
1 – MO (M 18+ M21+)	8.6km	150m	19
2 – MV (M40+), WO (W18+, W21+)	6.9km	110m	17
3 – MSV (M55+), WV (W40+)	6.4km	125m	18
4 – MUV (M65+), MHV (M75+) WSV (W55+)	5.0km	65m	16
5 – WUV (W65+) WHV (W75+)	3.5km	70m	12
6 – MJ (M16-), WJ (W16-)	2.8km	35m	18
7 – MYJ (M12-), WYJ (W12-)	1.9km	25m	12

N.B. EMUL - No separate category for Mens Hyper Vet. Therefore they run Course 4.

The Special Control Description **X** is used for one control located on a park seat.

Courses 6 (M/W16-) and 7 (M/W12-) cross minor public roads with residential traffic. These courses are only suitable for Juniors who have had previous experience of running by themselves on Urban events. None of the courses on offer today are available to individual, Under 16 Beginners and shadowing of individual Juniors is not permitted on any of the Courses. Family groups may enter Courses 6 and 7 under the name of a responsible adult and do the chosen Course together. Individual Juniors, Under 16, of any ability, are not allowed to enter Courses 1 to 5.

All courses start and finish on the Derby University campus. Note that there are only 2 permitted routes for leaving and returning to the campus : these are the footpaths adjacent to the main vehicle entrance on the west side and an alleyway on the north side. There is an out-of-bounds area in the vicinity of the alleyway exit which means it can only be approached from one direction.

Please take great care:

- When crossing the University Entrance Road.
 - Crossing the roads in Allestree. In particular Courses 1 to 5 cross several roads that have significant traffic.
 - In the Park Farm Shopping Centre. Often elderly, less mobile, people about.
- Running round blind corners - other competitors may be running towards you.

Entries and fees: Entry on the day only.

Adults: £8 (members of British Orienteering); £10 (non-members)

Please include your British Orienteering membership number on your registration form.

Individual Students: £4.00

Individual Juniors: £4.00.

Family: Family groups Courses 6 & 7. £5

Timing: The event will use Sportident electronic punching. Both SI contactless and contact punching is possible. Sportident cards can be hired at Registration. Contact SI cards are £1 for Adults, free for Juniors & Students to hire. Contactless SI cards are also available to hire at £2 each, on a first-come first-served basis.

Registration on the day only: 10:00 until 12.00 .

Start Times: 10.30 until 12.30. The Start and Finish are within 150m of Assembly

Courses close at 14.00 and Controls will start to be collected after this time.

Download : Is situated in the Sports Centre. No muddy footwear please.

Please report to Download even if you retire.

You must still report to the Finish and Download, even if you do not finish your Course, to avoid a search being instigated.

Toilets There are toilets and Vending machines in the inside the Sports Centre.

Water: Available in Sports Centre, but please bring your own as well.

Map: Surveyed and Drawn by Derek Gale, Sal Chaffey Mike Godfree -Autumn 2018. Scale 1:5000 -5m contour intervals

Dogs: Dogs are not allowed on courses, they are permitted in University car park only, but must be on a lead and any mess removed.

Clothing - Shorts are permitted.

SAFETY: Care should be taken crossing roads. Both the urban and University have areas that become slippery after rain. Please choose your footwear with this in mind.

Competitors are responsible for their own personal safety and for assessing their own ability to complete the course. However, possible risks have been identified and addressed through the RISK Assessment, planning of the courses and the information we provide to competitors.

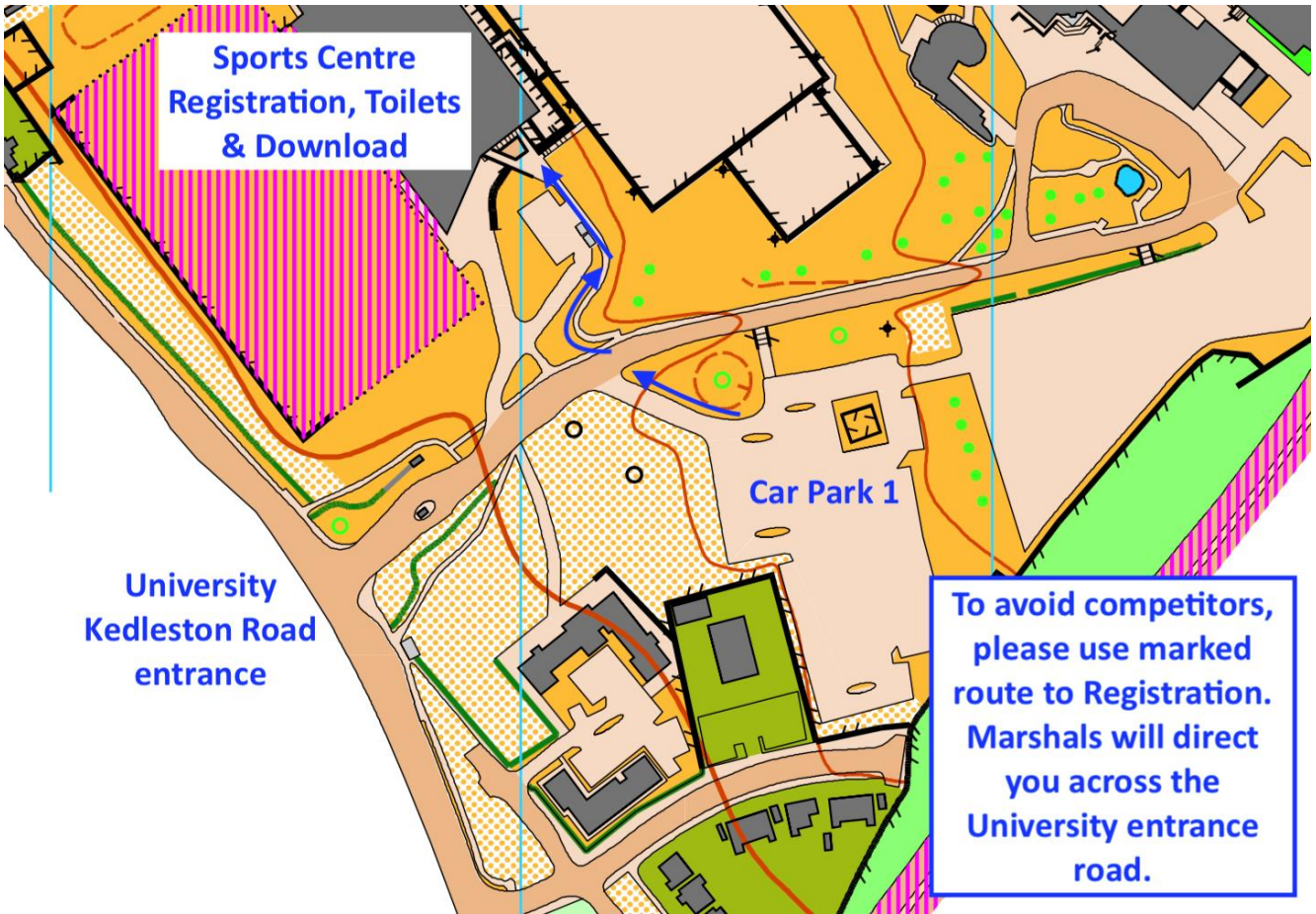
First Aid: A First Aid Kit will be available at the Finish and Download.

Nearest hospital: Derby Royal Hospital, Uttoxeter Road, Derby DE22 3NE 01332 340131

Photographs: You are welcome to take photographs or record video at this event, but please respect people's privacy and avoid photography close to first-aid and toilet facilities, or in areas where runners are changing. Photographs may be posted on the internet. If there are particular reasons why an individual should not be photographed, please discuss the issue with the organiser in advance of the event. Report any concerns about inappropriate photography to the event organiser.

Organiser: Rex Bleakman rexbleakman321@btinternet.com

Planner: Sal Chaffey **Controller** John Hurley



**Sports Centre
Registration, Toilets
& Download**

**University
Kedleston Road
entrance**

Car Park 1

**To avoid competitors,
please use marked
route to Registration.
Marshals will direct
you across the
University entrance
road.**