



Ashbourne Urban Event

(Part of the 2016 East Midlands Urban League)

Level C Orienteering Event

Friday, 1st January 2016

RECREATION GROUND, ASHBOURNE

Note although a mass start at 11a.m. this is not a score event

Terrain: All courses will include the playing fields and pavements / streets within the Town and associated Housing Estates.

Car parking and Assembly: The Recreation Car Park off Cokayne Avenue, Ashbourne.

Nearest Post Code: DE6 1ER Cokayne Avenue, Ashbourne. Entrance signed from Ashbourne to Wirksworth Minor Road. **Grid Reference:** SK 184 469

Courses: 1. Men's Open; 2. Women's Open and Men's Veteran 40+; 3. Women's Veteran 40+ and Men's Super-Veteran 55+; 4. Women's Super-Veteran 55+ and Men's Ultra-Veteran 65+; 5. Women's Ultra-Veteran 65+; 6. Junior 16-; 7. Young Junior 12-. Course Lengths subject to final controlling. Over 16s may run any course you wish but to count in the East Midlands Urban League you need to run at least the correct course for your age class.

Course	Length	Climb
1	8.5 km	115m
2	6.7 km	125m
3	5.5 km	100m
4	3.7 km	50m
5	2.8 km	45m
6	3.2 km	40m
7	2.3 km	25m

No String Course.

Juniors under 16 on the day of the event may only enter courses 6 and 7.

Entries and fees: Entry on the day only.

Adults: £6 (members of British Orienteering); £8 (non-members)

Juniors and Students: £3.00

Family £15 (members of British Orienteering); £19 (non-members)

Family groups with a child on courses 6 and 7 will pay £3.00 for one map and can purchase additional maps for 50p
Please include your British Orienteering membership number on your registration form.

Timing: The event will use Sportident electronic punching. If you do not have a Sportident card, you can hire one at Registration. Hire fee of 50p for Adults, free for Juniors & Students.

Registration on the day only: 10.00 am until 10.50 in the Pavilion.

Start Times: Mass Start at 11.00. The Start and Finish are both adjacent to the car park.

Courses close at 13:00. Please report to Download, even if you retire.

Toilets: Are available in the Pavilion (posh toilets may be available in the main Shawcroft car park)

Parking: Parking is free.

Refreshments: Bring your own.

Map: The map was surveyed and drawn by Derek Gale and Mike Godfree in 2015. The scale is 1:5,000 with 5 metre contours.

Dogs: Dogs are not allowed on courses; they are permitted in car park/assembly but must be on a lead and any poo removed.

Safety: The event courses are mainly around Ashbourne streets and housing estates. Only adults will have to use/cross major roads. A waterproof jacket and hat should be brought if the weather is bad.

All competitors must report to Download even if they retire. Courses close at 13.00, after which controls will be collected. You must still report to the Finish and Download, even if you miss the cut-off time, to avoid a search being instigated.

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