

Brighton City Race

2023

18:30, Saturday 16th December 2023

Final Details version 1

Welcome to Brighton and the 13th annual City Race!

Map distribution at the school will be earlier than usual as the start is close to Brighton Station (950m from the school). The running order:

16.30	School opens
16:30 onwards	Collect your numbered bibs and hired timing chips. Clear your SI cards.
17.50	Map distribution commences (maps not to be opened until the start).
18.10	Senior Race – Leave to make your own way to the start – see map below.
18.20	Clothing transfer back to assembly. Bring a labelled carrier bag. Space limited.
18.25	SI and SIAC card (timing chip) check.
18.30	Adult Start.
18.50	Junior Race – Briefing at assembly.
19.00	Junior Start adjacent to assembly.
20.00	Prize giving – Medals and mementoes for top 3 finishers in each class.
20.30	Assembly closes.

Safety has always been our number one priority, especially for junior competitors. The city centre is officially a 20mph, however the roads can be busy. Senior courses will encounter 30mph limit roads. Please do take care at all crossings and wherever the surfaces may be slippery. Juniors will receive a separate safety email during the coming week. Please would all competitors take care to avoid bumps with members of the public.

On behalf of Southdowns Orienteers, Neil and I wish you an enjoyable and challenging evening.

Robert Lines, Organiser

Neil Crickmore, Planner

Important things to note

- All juniors (U21) are required to wear a hi-viz top or jacket (free hire if needed). Hi-viz clothing is recommended for all participants.
- Competitors will need a torch or head torch.
- The cobbles in the Lanes can be slippery when wet.

Travel Directions

The event centre is Middle Street School, Middle Street, Brighton (BN1 1AL). The school will be open to competitors from 16:30.

If travelling by public transport, aim for Churchill Square shopping centre. For those driving, the closest (but expensive) option is [Churchill Square car park](#) - drive to Brighton Pier and then head west along the coast road 400m before turning north into West Street (by the cinema), the car park is the second turning on the left. More information on alternatives for [parking in the city centre](#) is here.

The [on-street parking map](#) indicates how far out you need to be to get to the free parking areas. Parking is free outside of the marked zones. There is a very good bus service in Brighton and fares are capped at £2. [Further information here.](#)

Blue arrow - Middle Street School



Pre-race shopping/sightseeing

Brighton city centre is not embargoed and so you are free to wander round the shops and attractions before the race. However please respect the spirit of the competition and do not walk round with an old orienteering map or go actively searching for controls.

Help and advice on the night

There will be plenty of helpers on the night that are able to give advice etc from 17.00 onwards. So, if anything below is unclear then please don't hesitate to ask. Alternatively, you are welcome to email the organiser [Robert Lines](#) beforehand.

Refreshments

During the event we will be serving teas, coffee and mince pies etc.

The Competition

There will be a mass start at 18:30 for all adult courses which will take place close to Brighton Station. By 18:10 competitors should leave the school and make their own way to the start location. This is a distance of 950m with a gentle incline. The junior event (Course 6) will start at 18.50 from a location adjacent to the school.

The aim of the competition is to visit the electronic controls in the order shown on the map and finish within a 1.75h time limit. It will be a timed start – i.e. you do not have to punch a control at the start. The winning times for courses 1-5 are expected to be around 35/40 minutes. The junior course will be run much quicker.

All participants must 'punch' the Finish and report back to Download at Assembly. This is a safety requirement so that we know that there are no lost or injured competitors remaining out on the course.

SportIdent (SI) Electronic Punching System (EPS)

NB. SportIdent recommends that GPS watches are worn on the opposite hand to your SIAC hire card.

The control boxes (including the finish) will be enabled for contactless punching. This means that if you have the appropriate card (known as a SIAC) then you don't have to "dib" it into the hole in the control box but just need to swipe it within 50cm of the box. If you don't have a SIAC card (codes 8000000-8999999) and want to try contactless punching then we will lend you one free of charge – please e-mail the organiser. Hired SI cards must be returned at the end of the event. Lost cards will be charged at their replacement cost of £60 for a contactless SIAC card.

If you are not familiar with the use of contactless punching equipment then please note the following:

- 1) Cards should be cleared as with older SI Cards.
- 2) Cards are enabled for contactless punching when they are dibbed in a check unit. It is therefore crucial that you turn your card on using a check box.
- 3) When the cards are activated you will see a faint green flash in the tip every 10 seconds or so.
- 4) A successful 'punch' is indicated by your card flashing and beeping.
- 5) When you 'punch' at the finish your card is turned off. You should therefore avoid running too close to the finish during the course.
- 6) If for whatever reason your card does not work in contactless mode you can still use it in traditional dibbing mode.

Courses

There are 6 courses and participants may enter any one of these. However, to be eligible for a medal (top 3 finishers in each class) you must enter a class appropriate to your age/gender.

Course	Classes	Course length	Climb	Score section?	Map scale	Number of Controls
1	Mens Open (16+)	8.8km	60m	Yes	1:5000	34
2	Mens Vets (aged 40-50) Womens Open (16+)	8.2km	60m	Yes	1:5000	30
3	Mens Super Vets (55-60) Womens Vets (40-50)	7.1km	55m	Yes	1:5000	29
4	M Ultra Vets (65+) W Super Vets (55-60)	5.3km	45m	No	1:4000	23
5	W Ultra Vets (65+)	3.6km	40m	No	1:4000	14
6	M&W Juniors (12-16) and Accompanied Juniors (-16)	2.8km	5m	No	1:2500	14

Course 1-5 maps printed on A3 waterproof paper. Course 6 has an A4 map.

If you have a version 8 SI card (numbers 2,000,000 - 2,999,999) your card can only hold 30 punches. So, if you are on course 1 please contact us for a replacement.

IOF pictorial descriptions are printed on the front of each map. No loose descriptions will be issued. On the map, each control will show both the course sequence number and the control code (eg 1-81, 2-84, 3-95, 4-101, 5-131).

Courses 1-3 include a score section where you have to visit ALL the controls, but in whichever order you chose. An example of this is shown below.



Pre-entry and entry on the day

Competitors that have pre-entered the event simply need to collect their bib (and SI card if hiring). No further registration process is required on the night.

It is possible to enter the event on the day whilst maps are available, but this must be via the website www.racesignup.co.uk. It is much better value to enter the event in advance. U16s must be accompanied, though there is no fee for the accompanying adult.

Facilities

The school hall will have refreshments and a live results service as competitors download. Unfortunately, the school only has 2 toilets. There are free public toilets available in the Churchill Square shopping centre and in the Station adjacent to the start.

What to wear

Please wear appropriate clothing for the weather conditions. It is highly recommended to wear a hi-viz jacket on top. (Compulsory for juniors U20.) Courses are mainly on hard surfaces with some sections on grass in a park.



Bibs

All participants will need to wear a race bib for safety reasons. The information fields at the bottom of the sheet include runner identification, the relevant course number and emergency telephone contact. Safety pins will be provided.

Torches and headtorches

In previous years most people wore or carried some kind of torch. This year they will be needed. As well as lighting up the map, there are other benefits including security and the reduction of potential collisions in less well-lit areas.

Health and Safety






People run in Brighton every day without incident. However, the risks that all competitors should be aware of are those of road traffic accidents and collisions with members of the public and other runners.







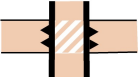
Competitors can mitigate the risks to a great extent by following the guidance:

- Hi-viz jackets/waistcoats highly recommended
- Cross roads only after having checked that it is safe to do so
- Take care when running around corners
- Take extra care when emerging from alleyways
- Adjust speed to take in to account the various urban conditions

Maps

The maps are mostly printed using the ISSOM symbol set.

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence – not to be crossed
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered

	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush
		Bridge which be crossed both over and under

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

Start arrangements

The Senior start is 950m from the event centre. The Junior (U16) start is adjacent to the school. There will be a mass start for senior courses 1-5 at 18:30. The Junior races on course 6 will start at 19.00.

All administration prior to the start will take place at the school. This includes the distribution of sealed maps and timing chips and the clearing and checking of these SportIdent chips. By 18:10 all competitors should have left the school to make their own way to the start location. There is some shelter near the start, either in Brighton station itself or in the underpass below the station (see map below). We will operate a clothing transfer back to the event centre but space is limited so please do not bring large coats or bags to the pre-start. An air horn will signal that maps can be opened and that the competition is underway. Do not open your map until the air horn or you risk disqualification. The location of the event Start is marked on the map by a purple triangle.

Finish

At the end of the race the Finish will be at the same location for all courses. This will be outside the school.

Download

Download will be back in the school. Please make sure that you download even if you didn't complete the course – that way we know that you have returned safely.

Controls














The control boxes will be positioned so that they are visible as soon as you have navigated to the correct side of the feature. They will be attached to the feature using metal cable ties. The control site will be highlighted with a **SMALL** orienteering kite 15cm by 15cm.

Missing controls: at a previous event, a control site was vandalised and the SI box removed. The locations of each of the controls in this year's race should be obvious so if you are convinced that i) you are in the right place and ii) that the control is missing, then you should continue with the race.

No adjustment of times will be made for vandalised controls, and no one will be disqualified for not punching at a missing control.

Control descriptions

Pictorial control descriptions will be printed on the maps. No loose descriptions will be available. A list of the more common pictorial descriptions is shown below, together with their text equivalents:

-  Building
-  Thicket
-  Linear thicket or hedge
-  Stone wall
-  Distinctive tree
-  Track or path
-  North east side
-  East corner (inside); e.g. inside the angle where a wall bends through a right angle
-  South corner (outside); similar to above, but on the outside of the angle
-  North west end; e.g. NW end of a hedge
-  Junction; e.g. where one path meets another

Results

Full results will be published on the SO website soon after the event:

www.southdowns-orienteers.org.uk.

This event is part of the South of England Orienteering Urban League.

Prize giving & course closing

Prize giving will take place at event centre. The Brighton City Race prize giving will take place at 20:00 and there are medals for the top three finishers in each of the 12 classes. The prize giving for the South of England Urban League will follow immediately afterwards.

Controls will be collected in from 20:15, so please report back to the Assembly and Download area by that time even if you haven't finished. The number of controls successfully visited will be recorded even if you were unable to complete the whole course.

Photographs and video

It is likely that photographs/video will be taken at the event to help promote the sport. Please let the organiser know if this causes any difficulties.

Map showing location of starts and finish and route to the start:

The start is at [Trafalgar Arches](#). The road is east of Brighton Station and you do not need to enter the station. However, Trafalgar Arches is at a lower level than the station concourse, so you need to take Trafalgar Street down to that level if approaching the start from the station. [Streetview](#).

