



Southdowns Orienteers Chichester Urban – UKOL & SEOUL Event Saturday 2nd November 2019

Southdowns Orienteers look forward to welcoming you to our urban event in the historic Cathedral City of Chichester, which hosts many attractions. Besides the Cathedral you will find some charming walks through flagstone courtyards and footpaths, as well as beautifully tended parks. There are plenty of places to eat and drink within a short distance of the event centre.

IMPORTANT

The town centre will be busy with pedestrians, traffic and cyclists, please ensure you read all the safety information in these details.

Event Centre

The event centre will be located in the grounds of Chichester College, Westgate Fields **PO19 1SB**. SU851047 Lat/Lon +50.83527 -0.792283. The car park is on the west side of the college.

Public Transport

The nearest train station is Chichester, 1.2km east of the event.

Directions

From the east take the A27 ring road around Chichester and continue to the Fishbourne roundabout. From A27 west, the Fishbourne roundabout is the first you come to on the outskirts of Chichester. Take the A259 north and stay in the right hand lane to start with to go past the Tesco entrance. At the next roundabout take the third turning left into Chichester college car park. Signs to the event will commence just after the Tesco's turning.

Car Parking

Pay machines will be disabled for the day.

The car park to the north (left) of the access road will be reserved for Orienteers only. **Please fill this car park first.** The car park to the south (right) of the access road will be for Orienteers and the general public. As there is no parking charge there will be no marshals on parking, so we kindly ask Orienteers to keep to the marked parking bays and be mindful of all traffic entering and exiting the car parks.

Event Centre Facilities

3 portaloos and 1 urinal will be available at the event centre.

Competitors must not use the college facilities if the college is open.

Traders

Ultrasport and Tom's catering will be in the south car park.

Bib number collection, EOD and SI hire

This will be in the blue tent on the east side of the southern car park. If you have pre-entered there is no need to go to the SI desk but you must collect a bib number from the tent. No bib, no start!

Electronic Punching

All events will use SI electronic punching. Control units will be SIAC enabled so you can either *punch* or *swipe* depending upon which type of SI card you are using. All competitors must *punch* at the Start and Finish boxes. All other units, will be SIAC enabled.

Clothing

Clothing appropriate to an Urban sprint event should be worn and should be as bright as possible to ensure you are visible to pedestrians, cyclists and vehicles. Shorts and running vests are permissible. If there is rain, snow or very cold temperatures forecast we recommend competitors wear cagoules.

Bib Numbers

As this is an urban event we ask all competitors to wear a bib number to show that they are part of an official event. Nobody will be allowed to compete without a bib number. The numbers will not be used in the results so it will not be important as to which bib number you have. There is a section on the back of the bib where you can enter ICE details and any medical conditions. We recommend that this is completed. Please tick your name off the start list which will be next to the bibs and enter your bib number next to your name. Safety pins available but please bring your own.

Please ensure your bib number is visible and preferably attached on the front of your main running top. If you wear a cagoule for the event or if you think you will take a top off during the run, we recommend you attach the bib number to your legwear.

Entry Details

Entry up to 30th October 2019 is via fabian4.co.uk. Entry fees include the Parking fee for the Chichester College Car Park.

- **Up to midnight 23/10/19 - Seniors:** SO and BOF members £10, Others £11
- **From 24/10/19 until midnight on 30/10/19 - Seniors:** SO and BOF members £12 others £13
- **Entry on the day (subject to map availability) - Seniors:** SO and BOF members £13 others £14
- **Juniors throughout** - SO free, others £3
- **Other** - SIAC dibber hire £2 others £1. Additional maps £0.50.

Fabian will post start times to the website sometime during Thursday 31st October. Both Junior courses will have open start times.

Entry on the Day

EOD will be in the blue tent between 10:00-12:00, subject to map availability. Once entered please take your EOD slip and collect a bib number, then proceed to SI for entry on the computer system.

Start & Loose Control Descriptions

There will be 2 starts (see below). Starts times 10:30-12:30. Start call up will be at -3. Loose pictorial control descriptions will be available at -2. *Punching* start for all courses. Start times will be available on Fabian 4. There are no toilets at the start. You must collect a race bib before you leave the event centre.

Distances to start

Courses 1-5: Approx 1.3km from registration and car park (see map below for direction to take from club tent). There will be road crossings to get to the Senior start, some of which will be traffic signal controlled pedestrian crossings and others marshaled. Please take care at these crossings.

Courses 6-7: Approx 150m from registration and car park, within the College grounds

Finish

One *punching* finish for all courses within the College grounds.

Download is in SI tent, c.40m from finish.

Please make sure you download before leaving the event even if you do not finish your course.

Course Close

Courses close time 14:30. You must report to download by course close time to avoid unnecessary searches being launched, even if you abandon your race.

Litter

Please make sure you take all your litter home with you.

Mapping

1:5,000 with 2m contours. Within the city walls mapping by Mike Gammon March 2015, updated 2019 by Simon Thraves. Rest of map by Mike Gammon August 2019.

Courses 1-3 will use A3 maps printed on waterproof paper.

Courses 4-7 will use A4 maps printed on waterproof paper.

The 2015 map of the city walls event area will be available for viewing at the event centre or online at <https://www.so.routegadget.co.uk/rg2/#275> The new 2019 map won't be available until after you start but here's a small excerpt to whet your appetite...



Map Symbols

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". Please make sure you are familiar with the 'Forbidden to cross' symbols. This may represent a high wall, a low boundary or a gate/entrance which we do not have permission to use. You must not cross these features even if it is possible to do so. A legend is available on the [Maprunner website](#)

The most important map symbols used will appear in the map legend. The non-standard symbol "X" denotes a seat or play equipment.

Course details

Please note your course number to ensure that you pick up the correct map on starting. Due to the complex nature of the competition area, the actual running distance will be significantly greater than the straight-line distance in the table below. Expect actual running distances of c.+60-70% for Courses 1-3 and c.+30-40% for Courses 4-7.

Course	Length (km)	Climb (m)	Controls	Men	Women	Control Descriptions on Map
1 Black	6.4	30	30	M18+		IOF Pictorial
2 Brown	5.8	30	30	M40+	W18+	IOF Pictorial
3 Blue	4.7	20	27	M55+	W40+	IOF Pictorial
4 Green	4.4	20	21	M65+	W55+	IOF Pictorial
5 Sh Green	3.7	20	21	M75+	W65+/W75+	IOF Pictorial & Text
6 Lt green	2.2	10	15	M16-	W16-	IOF Pictorial & Text
7 Yellow	1.3	10	12	M12-	W12-	Text

Both junior courses are shorter than recommended due to safety requirements. Nonetheless the usual care will be needed when crossing any road. Those responsible for juniors and children should make sure that their charges know the map and control descriptions for urban features.

Course 5 is also recommended for adult newcomers. There will be English descriptions on the map. If pre-entering on Fabian4, scroll through the courses offered to you and select Short Green.

SAFETY WARNING - ON THE COURSE AND AROUND THE AREA

- *Courses within the College grounds and around the city may encounter areas where sports matches or sports events could be taking place. Under no circumstances should grounds which are being used by other events be crossed by Orienteers, you must respect the users of those areas and go around the area of the ground being used.*
- ***Senior courses 1-5** will be through public, residential, and college/university campus areas. Remember this event is taking place in a popular city centre over Saturday lunchtime, so please expect areas of the city, especially within the City Walls, to be busy with people and cars. Take care and be courteous. Wear bright clothing. Longer courses may cross or run along roads that could feature fast-moving traffic, both vehicles and bikes. There are compulsory crossing points around the city centre ring road but not on the roads beyond this, where courses 1-3 go. Where you have to cross any road, please exercise care, common sense and find a safe place to cross.*
- ***Junior course 6** will be held in and around the College campus area, together with a loop on pavements to the north. The only roads crossed are quiet access roads. You will however encounter other users of the College grounds -- pedestrians, dog walkers, cyclists, other sports events, and slow-moving vehicles - please take care*
- ***Junior course 7** will be entirely within the College campus and adjacent parkland. You will encounter other users of the College grounds - pedestrians, dog walkers, cyclists, other sports events. This course crosses a college minor access road which has minimal traffic on a Saturday. Runners crossing roads sign will be placed on this access road. Please be careful*

SPECIFIC INFORMATION FOR PARENTS OF JUNIORS

Parents and Guardians are responsible for their children, or children in their charge, at all events. Advice is available from the Event Organiser and from information helpers at the event regarding courses that are suitable for the participation of children. If you wish to know more about child safety in Orienteering please refer to the [safety page](#) on the SO website.

- 1) Under 12s may only run M/W12- (Course 7). They can run unaccompanied if they are normally able to complete a yellow course
- 2) Over 12s/Under 16s (age on day of race) may run M/W16- (Course 6) unaccompanied if they are normally able to complete a light green course
- 3) Competing parents/guardians or siblings over the age of 12 who wish to remain competitive can only accompany a junior on a course after they have completed their own run
- 4) Under 16s (age on day of race) may not run any of the adult courses unaccompanied.
- 5) Unaccompanied juniors are recommended to wear high visibility or bright clothing
- 6) Parents are responsible for ensuring their children are briefed with safety information as follows:
 - a. Take care crossing roads, even very quiet ones within the College grounds
 - b. Be courteous of other people in the area and be particularly careful when rounding corners or exiting alleys
 - c. Don't talk to strangers

Safety Bearing

Senior Courses 1-5 head south to south-west. Use the Cathedral spire as a point of reference for re-orientation to College.

Courses 6 and 7 are on campus. Remain on College campus and head west to the car park and report to the First Aid Officer at the blue SO tent. He/she will alert a parent or guardian.

Cancellation of the event

Cancellation is the last resort. However if very bad weather is forecast or some unforeseen event makes it necessary to cancel, a notice will be placed on the [event page](#) of the Southdowns Orienteers website.

If the event is cancelled SO reserves the right to retain part of the entry fee to cover cost already occurred.

Officials

Planner: Kenny Leitch (SO)
Organiser: Jannion Ireland (SO) 07866 96592 jannion@me.com
Controller: Kieran Devine (BAOC)

Map of Parking and Assembly at Chichester College Westgate Fields **PO19 1SB**, showing position of SI, Registration, EOD tent, Toilets, Traders and walk to Starts

