



Town and Country Day 1:
Cambridge University Orienteering Club
Cambridge City Race and Icenian Trophy
Saturday 17 October 2009
Final Details

Safety

There are many road crossings none of which are manned. **IT IS YOUR RESPONSIBILITY TO CROSS ROADS SAFELY. PLEASE TAKE TIME AND CARE. Watch out for bikes!** Cambridge has many cyclists who assume right of way and they can be easy to miss when you're looking to cross the road.

In the City Centre you'll encounter shoppers and tourists, please run around them rather than through them. Please respect college members as you pass through.

The River Cam runs around Jesus Green - it is deep and there is a lock close to Assembly. Take care.

Out of Bounds

We've been privileged to be allowed into a number of colleges. **Most college lawns are marked as out of bounds in olive green. Don't cross them!** You can't even step on them when cutting a corner. Purple hashed areas are also out of bounds. Anyone found to be using lawns that are out of bounds will be automatically disqualified. Marshalls and porters will note race numbers of those infringing this rule.

Please also note more detailed information under "Map".

Travel Directions

The event will take place in and around the colleges and parkland adjacent to Cambridge City Centre. Assembly is on Jesus Green. For a map and closest bus stops see:

<http://tinyurl.com/9aaw6t>

By Rail

Cambridge is well connected by train to London. Jesus Green is a 20 minute walk or a short bus ride from Cambridge railway station.

By Road

City Centre parking is difficult and expensive so we recommend that competitors use **Madingley Road Park and Ride** TL424 593, (CB3 0EX) about a 15 minute bus ride from the City Centre.

Return tickets are £2.20 if purchased from the ticket machine before you board, and children under 16 travel free. There are other Park and Ride sites around the city all with buses every 15 minutes.

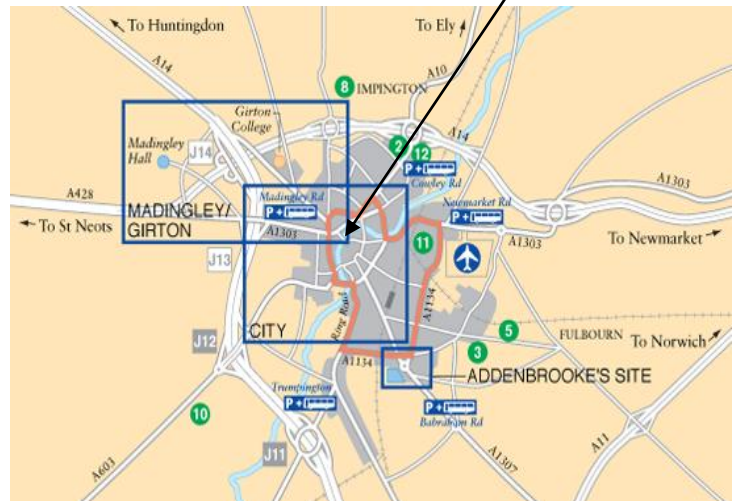
Jesus Green-Assembly Area

The organisers take no responsibility for parking arrangements, so please make sure you leave appropriate time to find somewhere to park and get to the assembly area.

By Bus

Jesus Green is less than ten minutes walk from the central bus station in Emmanuel Street.

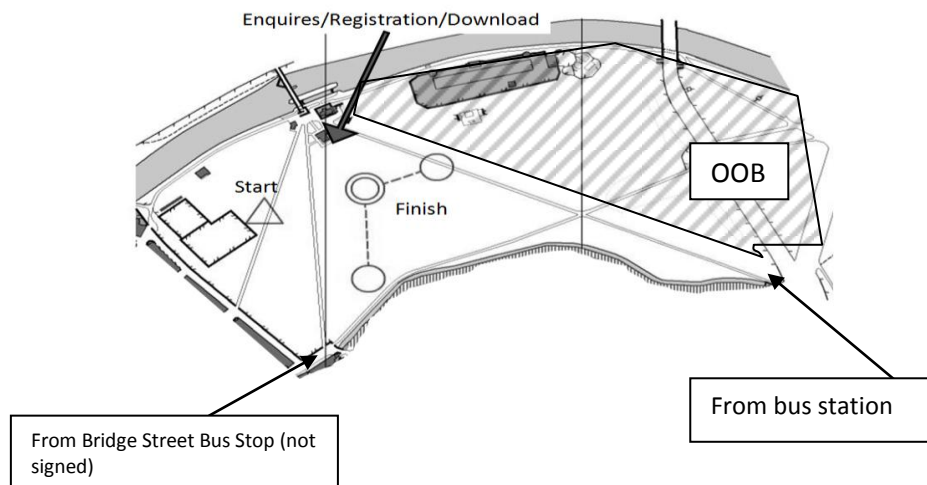
www.cambridgeshire.gov.uk/transport/around/parkandride/



Assembly Area

Enquiries will be at the Pavilion on Jesus Green. Enquiries will be open from 10:00 until 14:00. Both the Start and Finish are adjacent and visible from the Assembly area. Competitors should proceed from the Finish to Download at the Pavilion. Please return any hired dibbers at Download.

There is space for club tents and banners and we recommend that you bring them where possible – as you won't be able to easily return to your car for shelter.



Facilities

Public toilets are situated behind the pavilion in the assembly area and on Victoria Road opposite the SE end of the Green. Water and juice will be provided at the finish.

First Aid

St John's will be present at the assembly area. The nearest hospital with an Accident and Emergency department is Addenbrookes (01223 217 118). Directions will be available at Enquiries.

Entry on the day, amendments and late entries

There will **only** be entry on the day at registration to the **Mini 12-(£3)** courses. Maps for the Mini course will be available in the -3 minutes start box. Late entry payments can be made at enquires, you will be able to pick up your number here.

Numbers

Race numbers have been allocated to competitors, these are primarily for identifying runners within colleges and entering gates, many of which are not open to members of the public. They should be collected from the registration tent, pins will be provided.

Clothing

All courses are suitable for shorts: full leg cover need not be worn. **Dobbed or spiked shoes are not suitable and are not allowed.** Owing to the facts that much of the centre of Cambridge is paved with **cobbles or flagstones**, which can be **slippery when wet**, use of racing flats or other trainers with good grip on stone surfaces is recommended.

As the start, finish and assembly area are all in close proximity there will be no clothing dump/transfer. Car keys can be left at enquires at your own risk.

Start

Start times will be published on the event web site and displayed at Assembly.

All courses use the same start on Jesus Green, 100m from the assembly area and visible from it. Starts are between 10.30-12.30pm and at 1 minute intervals. There will be a punching start. Call-up will be at -3 minutes; lose control descriptions available at -3 and blank maps/map legends shown at -2 minutes. Late starters will be started at the discretion of the start official, **Courses 1 and 2** especially have **very few free start times** so please leave yourself enough time to get to the start!

All competitors must clear their SI dibbers at one of the clear stations provided, in advance of call-up.

SI Cards

SportIdent (SI) electronic punching is being used for this event. It is the responsibility of the competitor to ensure that they have punched correctly. Hired SI cards should be picked up from enquires. Competitors should report problems with punching at download.

Map

A new map has been produced (by Ian Webb) in 2008/9 at 1:5000 especially for this event. All maps are waterproof and overprinted.

Control descriptions are included on the maps. Loose copies will also be available in the start lanes. Courses 5 and 6 have pictorial descriptions on the map. **Written descriptions for these courses will be available at registration.**

It is the competitor's responsibility to ensure that they understand the map legend. Loose legends will be available at registration or may be downloaded at

<http://www.maprunner.co.uk/content/view/75/183/>

Please make sure you are familiar with the 'Forbidden to Cross' symbol. This may represent a high wall, a low boundary or a gate/entrance which we do not have permission to use.

Out of bound areas are shown by olive green infill or red hatching. Please make sure that you do not abuse the colleges' and university's kindness in giving us access to their sites.

There are several small areas with on-going building works. These will be indicated in the start lanes but are not marked on the maps for clarity. They do not prevent access to any mapped area.

Controls

Controls will all use the standard kites, generally attached to street furniture or buildings. There will be a demo control at enquiries.

Terrain

Jesus Green, urban parkland bounded by the river opens into a maze of little streets, the historic city centre, colleges and university sites. There is a mix of nifty corners and long avenues and the more familiar city centre tourist areas. Courses 1-4 will be mostly on tarmac, cobbles and flagstones. Cambridge is flat, there is very little climb on any course.

The Mini course has a leg on a footpath alongside a road. This section is supervised by a marshal. The junior course has been planned to avoid busy roads but does cross some minor roads to the west of Jesus Green – please ensure that junior runners under your charge are aware of the need to be aware of traffic and pedestrians at all times.

Courses

Course	Classes	Length (km)	No. of Controls	Map Size
1	M Open	6.5	29	A3
2	W Open, M40+	5.1	24	A3
3	W40+, M55+	4.1	16	A3
4	W55+	3.4	13	A3
5	M16-, W16-	2.7	17	A4
6	M12-, W12-	1.7	16	A4

All competitors must report to download even if they are retiring. **Courses will close at 14:00 and controls will be collected progressively from that time.** Unfortunately it has not been possible to provide a string course.

Results

Results will be displayed in the assembly area as the event progresses. They will be available on-line after the event on the CUOC website (www.cuoc.org.uk), and will also be uploaded to RouteGadget and Splitsbrowser.

Prize Giving 1.30pm at the Pavilion

Up and Running sponsors of the Urban League are providing prizes. The Icenian Trophy will also be presented for the East Anglian club with the highest score. (The scores of the top 10 scoring competitors from each club will be added, with no restriction on age class. Scores will be allocated as in the Nopesport Urban League, ie 100 for 1st place, 96 for 2nd, 93 for 3rd, 91 for 4th, 90th for 5th etc).

Last minute information

Late information about the event will be available on the CUOC website: www.cuoc.org.uk

Cambridge University Orienteering Club reserves the right to cancel the event at short notice should the need arise. In the event of cancellation a notice will be posted on the CUOC website. CUOC reserve the right to retain all or part of the entry fee to cover costs that have already been incurred.

Officials

Planner: Ben Stevens (CUOC)

Organiser: Clare Sutherland (CUOC) cityrace@cuoc.org.uk
07789871376

Controller: Mike Capper (WAOC)

Acknowledgements

The organisers would like to thank:

For Permissions:

Jesus College

Downing College

Trinity College

St John's College

Pembroke College

Central University Sites

Parkside Federation

Cambridge City Council Green Spaces and also
for the use of the Pavilion

Cambridge City Council

WAOC members

Cambridge University Links Group- for First Aid

Ian Webb – for the map and general advice

Bruce Marshall – computing

Nigel Benham – map printing

And everyone who marshaled!