

CUOC LongO

Final Details

Assembly Area

The start and finish will be at 11 Chesterton Lane. Buzz room 1 on arrival or ring the organiser, John (07549 356785). Bike parking is available close to the start – use the bike racks in Clare College colony. Car parking is not provided, please find somewhere to park, and then travel to the event on foot. Changing facilities and toilets will be available. It will also be possible to leave stuff whilst out running.

Courses

The following courses are available:

Course	Optimum Length	Controls
Short	21.0 km	19
Slightly Short	13.0 km	9
Quite Short	9.0 km	9
Very Short	6.5 km	7
Ultra Short	5.0 km	5

All participants will receive a copy of the Short map. For other courses, refer to the table in the bottom right corner of the map. Participants will need to declare which course they are doing, before they start, but change their mind up to this point.

SportIdent

The SI punching system will be used at this event. BSF6 boxes are being used which mean that SI Cards v5 and v6 need to be used. SI cards can be borrowed on the night. There is no fee for this.

Some early runners may be asked to carry a magnet on their SI card. They will be instructed how to switch on the SI boxes.

Entry fees

Student	£ 0.00
Adults	£ 0.20
Juniors >= 16	£ 0.10

Please bring exact cash to pay on the night. Change will not be given.

Start times

Start times will be 14:15 to 18:30. If doing the Short course, please aim to arrive by 1715.

Safety

If starting after sunset, you must carry a headtorch – bright enough to allow you to see where you are going. Reflective or bright clothing is encouraged. You may wish to run in a light-weight jacket if it as windy as it has been.

In places, some of the courses cross some quite busy roads. Please take care crossing these roads. Your safety is more important that the time taken to cross. Timed-out road crossing are not in operation at this event.

The organisers mobile number (07549 356785) is on the map. If you decide to carry a mobile phone, this number can be rung if there is a problem. In an emergency always dial 999.

Terrain

The longest course will visit a number of university sites, parks, countryside and Cambridge city centre. Some of the terrain will be slightly muddy and wet.

Trainers are probably the best footwear, and there are significant sections on tarmac, which other shoes might not cope with.

Map

The map has been specially produced for this event, and is street-o style with a scale of 1:20,000. The following symbols are used:

Black line (forest road symbol)	Road
Dashed line (small footpath symbol)	Path or other way-through
Yellow (open land symbol)	Area with ways through (ways through not individually mapped)
White area	Out of bounds

Other ISOM symbols are used to add detail where necessary. Please ask at the start if you have any questions about the map symbols.

Results

Results will be published on the CUOC website shortly after the event. As this is not a British Orienteering registered event (the levy is more than our entry fees), ranking points will not be available.