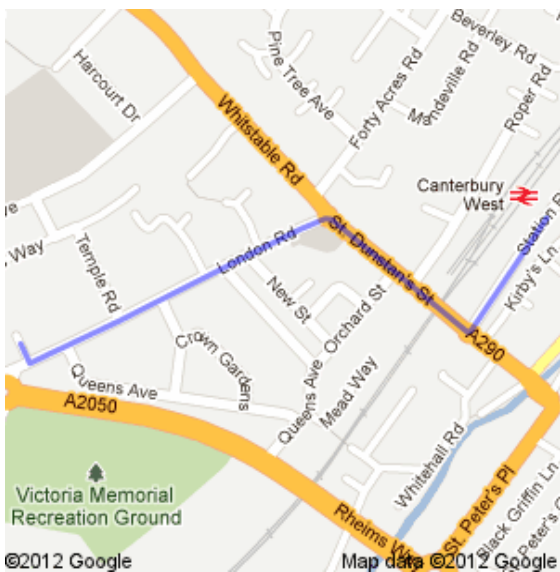


FINAL DETAILS - URBAN RACE 24TH JUNE 2012

Welcome to the first City of Canterbury Urban Orienteering Race run with the support of and in aid of the Pilgrims Hospices at Canterbury with prizes sponsored by Buffera Limited. We hope you enjoy the race.

RACE LOCATION AND ACCESS TO THE EVENT CENTRE The event centre will be at the Pilgrims Hospices, London Road, Canterbury CT2 8JA. All competitors are required to visit the event centre to collect bibs on the morning of the event.



Route from Canterbury West to Pilgrims Hospices



Route from Canterbury East to event centre

TRANSPORT AND PARKING



We are hoping that many people will travel by **train**. Canterbury West Railway Station is the closest station. Check www.thetrainline.com for times. However at the time of writing these final details, it appears that on Sunday 24th June, trains which normally leave from Charing Cross to Canterbury West will be departing instead from either Cannon Street or St Pancras International Rail station. The journey takes

approximately 1 hour 40 minutes. The walk from Canterbury West to the Hospice is approximately 10 minutes.

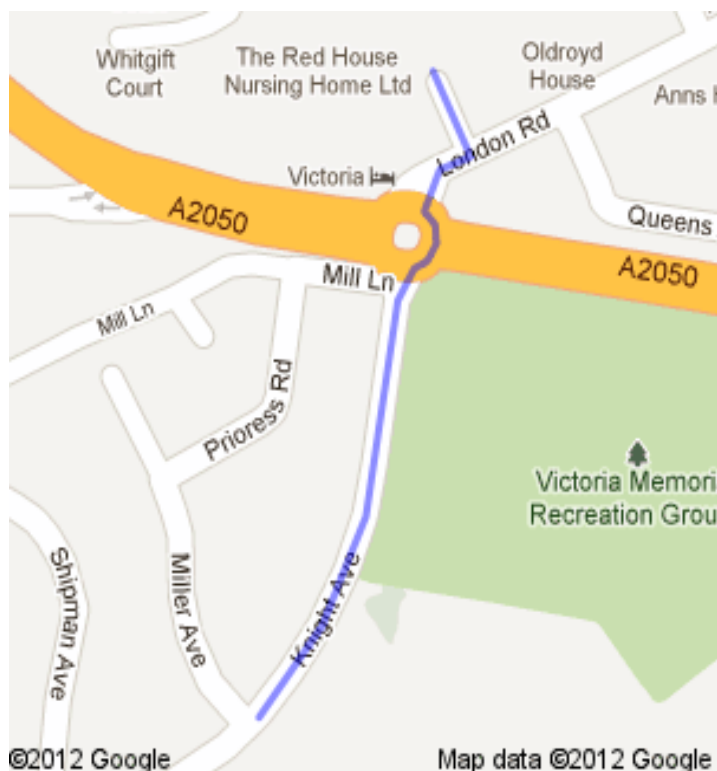
There is also a railway station to the east of the city, Canterbury East. Trains to Canterbury East depart from Victoria station. However this requires a longer walk taking approximately 25 minutes.



If you are **driving**, there are several routes into the city, which even on a Sunday can be busy with tourists. We are only able to provide limited parking at Canterbury High School, just south of the event centre. 100 parking spaces are kindly being made available by the Body & Mind Leisure Club who manages the parking on the school campus. We are not being charged for parking, but an optional donation of £1 is being collected in aid of the Pilgrims Hospices. Please follow the parking marshals' directions when looking for a parking space. Once all parking spaces are taken, a 'car park full' sign will be set up at the gates.

Please be aware once the car park is full you will need to find alternative parking. There is some on-street parking in the area around the school and in some of the streets near the hospice. There are also two large car parks next to Canterbury West Railways station. One is run by British Rail and costs £5 for the day and the other is run by the city council and costs, costs £1 per hour. For more information on parking and transport around the city go to:

<http://www.canterbury.gov.uk/main.cfm?objectid=1234>



The map to the left shows the Route from the car park at Canterbury High School in Knights Road to the event centre in London Road. This will be signed as you leave the school. You will go under the A2050 by means of an underpass. **Please do not attempt to cross this busy road.**

EVENT CENTRE FACILITIES Pilgrims Hospices headquarters in London Road is being used as an event centre. Visitors of in-patients at the Hospice may want to access the car park, so please be aware there may be traffic driving into the entrance of the Hospice.

All competitors, including pre-entered competitors, must collect their race numbers from one of the registration windows at the Hospice building before setting off to the start. There is no need to enter the building if you have pre-entered. BIBS MUST BE WORN BY ALL COMPETITORS

Please do not enter the Hospice Building with muddy/wet shoes

Facilities at the Event Centre include:

- **Toilets** – There are a limited number of toilets for both men and women in the hospice. To avoid a long queue, we suggest you find some alternative toilets en route.
- **Bag Storage** – Clothes can be left in bags in a designated area of the Hospices Building. However these will not be locked away and all property is left at the Hospices building at the owners' risk.
- **Race number collection** – Race bibs with numbers printed across the middle, will be worn by all competitors. The numbers do not relate to your entry and you may take any bibs from the pile of bibs that will be available at the registration window. Safety pins will also be provided. In the interest of a green environment, we would like to re-use these bibs. If you do not want to keep them as a souvenir of the event, please drop them into the box near download when you return to the Hospices building after the race.
- **Entry on the Day** – Competitors entering on the day will be given an approximate start time and a map voucher which must be taken to the start. **Registration for Entry on the day will be from 09.30 – 11.30**
- **Dibber Hire - £1**
- **Enquires**
- **Results Display**
- **Hot Food and Drinks** - These will be provided by a supporter of the Pilgrims Hospices. An outdoor stall will be set up in the grounds of the Hospice. Please do use these facilities as a donation from the profit will go to the Pilgrims Hospices charity. The food available will be wholesome and varied and will be available from 11 in the morning until 4 in the afternoon.
- **Prize Giving** – This will take place at the Hospices grounds – outside if the weather is fine or inside if not. There will be a prize for 1st, 2nd and 3rd in each class. Buffera Limited, manufacturers of the well-known neckwear, buffs, has kindly donated the prizes. The prize giving will take place at 1 pm or as soon as the last starter in contention for a prize has finished the race.
- A first aid kit will be available at the event centre. The nearest hospital with an Accident and Emergency unit is Kent and Canterbury Hospital, Ethelbert Road, Canterbury CT1 3NG

START TIME AND ENTRIES Start times will be posted on the Fabian4 website

<http://www.fabian4.co.uk/start/list.aspx?EventID=670> after the entries close at midnight 17th June 2012. The Sport Ident team will be issuing start times according to your preference of early, middle and late. Please check your start times. It is a punching start and late arrivals will be slotted in at the next available time slot and bearing in mind members of the same club running the same course must have at least two minutes between their start times.

Entries on the day from 09.30 – 11.30 will be available subject to map availability and start times – places are likely to be limited on some of the popular courses.

STARTS There will be one start some 10 minutes' walk away from the Event centre. The route will be well signed. The route to the start crosses the very busy A290 Whitstable Road. There will be marshals at

the crossing point to alert motorists to people crossing. The marshals will not, of course, be able to stop the traffic. Allow some extra time to get across this road.

Sport Ident clear boxes will be located at the pre-start. Call-up will be -4 minutes for S.I. card check. Loose description sheets will be available at -3 minutes. Blank maps will be displayed at -2 minutes.

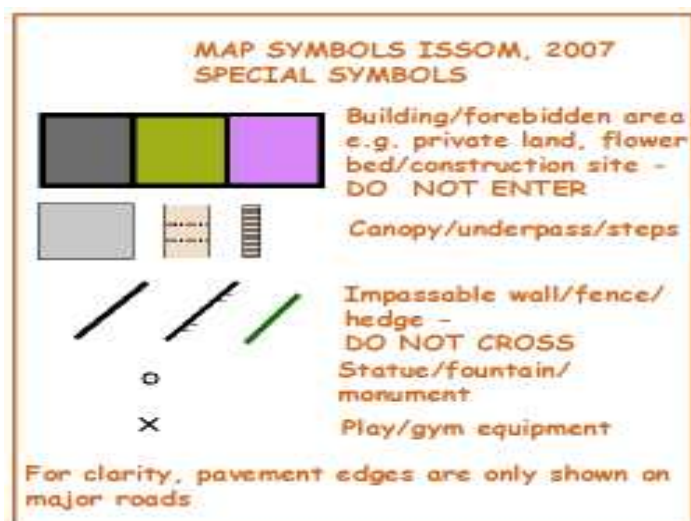
FINISH The finish for all courses will be on a strip of grass land within half a kilometre from the Event Centre. Please return to the event centre via the pedestrian crossing to download. **COURSES CLOSE AT 2 P.M.**

CONTROL BOXES All control boxes will be tied by gripples to urban furniture together with a kite and in some cases a punch. The punches are being used for the afternoon 'Pathfinders 30' event. These 'Pathfinder 30' boxes will also have an alphabetical code attached to one side, which should be ignored by the Urban Race competitors. The control number will be displayed on the top of the S.I. box. There will not be pin punches at most of the controls. Please make sure you insert your dibber firmly into the hole as the gripple wire slightly restricts access into the hole.

ROAD CROSSINGS AND URBAN SAFETY There are no timed or timed out road crossings. The courses have been planned in such a way as to avoid major roads. Where a road is crossed, the optimum route has been planned so that the road is crossed at a safe crossing point.

You participate in this event at your own risk. However, please also consider the safety of members of the public – pedestrians, riders and drivers. Be courteous and take extra care not to collide with, or intimidate pedestrians, especially when exiting from narrow passageways and turning corners – slow down and run wide. Take care crossing trafficked roads and do not compromise the judgement of drivers.

MAP The Canterbury Urban map has been drawn by David Kingdon in 2012 using a 1:4000 scale with 5m contour intervals and ISSOM 2007 standard sprint symbols. Familiarise yourself with these symbols at <http://maprunner.org.uk/simon/sprintmapsymbols.jpg>. The map size will be slightly larger than A3. There will be no map legend on the map except for special features, which are reproduced below:



Pavement edges are only shown for major streets and significant paved areas, where they serve a navigational purpose – for clarity the small pavements on most roads are not shown. For clarity some short impassable fences have been mapped as impassable walls (i.e. the double tags have been omitted and only a solid black line used).

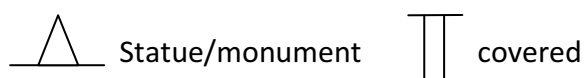
There is constant building and maintenance work going on within the mapped area. In general, long term building works have been mapped using the **solid purple** symbol (do not enter). All competitors should be aware that minor works in any city can come and go too swiftly to be mapped. However this usually affects vehicular rather than pedestrian traffic.

OUT OF BOUNDS No wall or fence mapped as impassable (solid black line) may be crossed. This also applies to vegetation (often hedges) mapped as green/black— even if they appear to have passable gaps. Also areas mapped as olive green (private land) are not to be entered. Some areas will be marshalled to ensure that these rules are adhered to. These rules are necessary to ensure we are able to use the city again for future events, so please do stay off any areas marked uncrossable.

TERRAIN Hard surface >95%, Grass <5%

BODY COVER AND FOOTWEAR Full body cover is not required; shorts and running tops may be worn. Studded shoes are inappropriate for this race – wear trainers or similar.

SPECIAL CONTROL DESCRIPTION FEATURES
way/canopy



CONTROL DESCRIPTIONS All courses will have IOF pictorial symbols. These will be available loose in the start lanes and printed on the maps.

COURSES

Course Code	Age Group	Course	Course length	controls
Men Open	M18-M35	1	8.7km	30
Veteran Men/Women Open	M40-M50/W18-W35	2	7.0km	28
Super Vet Men/Vet Woman	M55-60/W40-50	3	5.6km	25
Ultra Vet Men/Super Vet Woman/ Young men/women	M65+/W55-60/M/W16*	4	4.4km	22
Ultra Vet Woman	W65+	5	3.6km	19

Please note that preliminary details showed a separate course (course 6) for M/W16. As we have had no entries for this age class – due almost certainly to the date clash with the junior interregional event - we have combined that age class with the Ultra Veteran Men and Super Veteran Women. This has not changed the technical difficulty for either course or the length for course 4.

***competitors running in the M/W 16 age class must be 16 years or over when they compete in the event.**

ACKNOWLEDGEMENTS

Our thanks to:

Canterbury City Council for access to the city, its parks and gardens; Sanctuary Housing for the use of their estate; Pilgrims Hospices for use of their facilities and for the provision of volunteers to marshal the event; to various private land-owners allowing us to hang controls from their property and to Buffera Limited for providing the prizes.



OFFICIALS

Week-end Co-ordinator:	Anita Kingdon (SAX)
Joint Urban Organisers :	Anita Kingdon and Mark Glaisher (SAX)
Planner:	Mike Perry (SAX)
Controller:	Jim Prowting (TVOC)
Planner for Sprint Race:	David Thomas (SAX)
Organiser for Sprint Race:	Graham Thomas (SAX)
Controller for Sprint Race:	John Faller (SO)