

Bexley Street and Park Race 2012

Wednesday 14th March 2012

Also the penultimate race of the 2011/12 Kent Night Cup

What is it? A 1 hour Street and Park Orienteering race organised by Dartford Orienteering Klubb with help from Cambridge Harriers. Visit as many of the controls (checkpoints) as possible in the 60 minute time limit in any order. The person who visits the most controls in the fastest time is the winner.

How to find the controls. There will be no marshals apart from at the start/finish. Use the especially prepared map to find the controls. A total of 14 controls will be located in the streets of Bexley; 7 controls will be located in Foots Cray Meadows. You will need to navigate, but the street navigation will be quite easy. You will be given the map at registration before the race so you can study the map and ask the start officials questions if you have any.

When and Where? Registration opens at 7pm at the Cambridge Harriers Clubhouse between 58A and 60A Glenhurst Avenue, Bexley, Kent, DA5 3QW. There will be a mass start at the clubhouse at 7.30pm. The finish will be at the clubhouse.

Entry. No pre-entry needed but please email the organiser if going so that enough maps can be printed, a week beforehand would be a real help. coach@dfok.co.uk. Entry for the event is £3 for adults plus £1 for `dibber` hire (see below).

How far to run? Competitors will need to run nearly 15km to visit all controls in the time limit. Most, if not all, competitors will not have enough time to visit them all. If you've not done orienteering before it is probably best to start with the street controls and only visit the controls in Foots Cray Meadows if you are feeling confident and have enough time to run back to the finish.

Equipment needed. As this race is at night you need to bring a small torch to help read the map. A head torch will make life easier. A larger torch will be useful if choosing to visit Foots Cray Meadows or cut through darker alleyways. Hi-visibility clothing strongly recommended. Watch. Full leg cover if competing in Foots Cray Meadows.

Electronic timing. This event will use SPORTIdent electronic timing to calculate results. Competitors without their own SI Unit (timing device also called a dibber) can hire one at registration. When you visit the control slot the dibber into the timing unit and it will bleep and flash. At the finish you will be given a printout of your split times between controls. The equipment is very simple to use but the organiser will explain before the start.

Scoring. Street controls visited are worth 1 point, park controls are worth 2 points. The maximum possible score is 28 points. Competitors who arrive back after the 60 minute time limit will lose 1 point for every minute or part minute they are back late.

Post event food/drink. Cambridge Harriers are generously organising post-event refreshments (soup, rolls, cakes, tea and coffee) at a small cost in the Clubhouse.

Results and Prizes. Results will be announced at about 9.30pm. There will be prizes for

- fastest male who is not a member of an orienteering club or regular Kent Night Cup competitor
- fastest female who is not a member of an orienteering club or regular Kent Night Cup competitor
- fastest male who is a member of an orienteering club
- fastest female who is a member of an orienteering club.
- plus some other random prizes

Results will also be posted on the Dartford Orienteering Klubb website www.dfok.co.uk

Competing as a group. Competitors are welcome to run as a group, but will be given just one dibber and should run together.

Juniors. Insurance rules unfortunately prevent juniors competing in this race. Under 16's are welcome accompanied by an adult so long as the adult assumes full responsibility. Both must be considered as non-competitive for the results unfortunately.

Kent Night Cup. This race is the penultimate race of the Kent Night Cup series

Help for beginners. The course is suitable for complete beginners with no experience. DFOK club members will be available to help you. If you have any questions before the event please email coach@dfok.co.uk

Please check the DFOK website www.dfok.co.uk before you go in case these details change. Enjoy the race (Sean Cronin, Dartford Orienteering Klubb).