

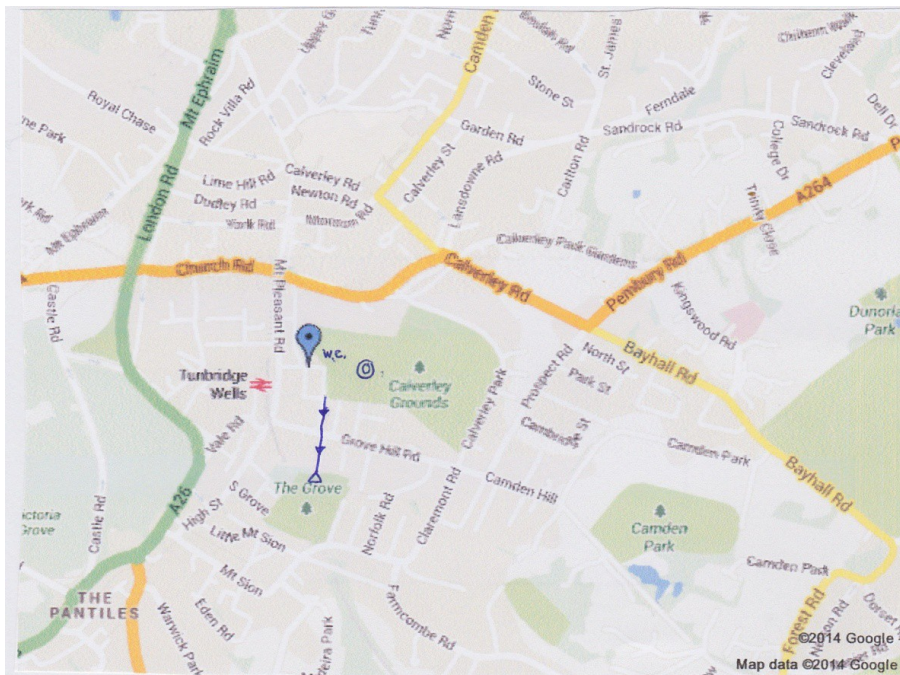


FINAL DETAILS – URBAN RACE - SUNDAY 8TH JUNE 2014

Welcome to the first Tunbridge Wells urban orienteering event. We hope you enjoy the race. We are supporting the Hospice in the Weald by donating some of the proceeds from this event. There will also be Hospice in the Weald collection boxes at Registration.

Important information - if you don't read anything else, read this bit:

- ≡ parking - please use public car parks; charges apply on Sundays so bring change
- ≡ limited toilets are available at the event centre, but others are close by at the railway station and Morrisons
- ≡ bibs MUST be worn and can be collected at registration; remember to bring your own safety pins
- ≡ the start is approx 5 minutes walk from the event centre
- ≡ please keep noise to a minimum near the start as this is in a residential area
- ≡ this is an urban orienteering event - be wary of other road users and take care when crossing all roads
- ≡ at one point on courses 1- 5, the straight line has been bent to require competitors to use a pedestrian crossing to cross a busy road. Please be particularly careful here
- ≡ some pavements may be slippery in wet weather - take care
- ≡ no water will be provided at the finish - please bring your own



RACE LOCATION AND ACCESS TO THE EVENT CENTRE

The event centre will be in Calverley Grounds - post code **TN1 2JN**. We would like all competitors to enter Calverley Grounds from the western end which is close to the railway station and where there are public toilets readily available. See map

TRANSPORT, PARKING AND PUBLIC TOILETS

There is a regular train service from London Charing Cross, Waterloo or London Bridge. Access by road is also easy by using the M25, A21, A264 and then by following the signs for Tunbridge Wells Town Centre. There are numerous public car parks in Tunbridge Wells, most charge a small amount for Sunday parking, so bring some change. All now have payment by mobile phone too. There is also limited on-street parking around the town. Follow this link for more information on parking:

<http://maps.tunbridgewells.gov.uk/LocalViewPublic/Sites/councilcarparks/?x=558381&y=139203&sr=27700&scale=5000>

(There are sat.nav postcodes on this site to all local car parks.)

There are numerous public toilets in the town, all of which are open on Sunday. Crescent Road car park, Victoria Shopping Centre, the station and the event centre all have toilets.

EVENT CENTRE FACILITIES

- ≡ **Bag Storage:** There will be a tent provided at the event centre that will be visible from, and close to, the registration area and finish. Bags may be left in the tent at your own risk as the tent will not be manned. Car keys can be left at registration.
- ≡ **Toilets:** There are limited public toilets in Calverley Grounds at the western entrance. (It may be wise to carry your own toilet tissue as these toilets may be busy on the day.)
- ≡ **Entry on the day:** Registration for entry on the day will be from 10.00-12.00. Competitors entering on the day will be given an approximate start time and a map voucher which must be taken to the start. Please email the organiser (tunbridgewellsurbanrace@saxons-oc.org) if you know in advance that you are coming and have just missed the closing date so that we have enough maps. Please be aware, if you have not emailed the organiser by Thursday

5th June or have not emailed at all before the event, there may not be a map left for the course you want to do.

- ≡ **Race Bib collection:** These will be available at Registration. The bib will only show a race number. The number is not significant and you may take any bib from the pile. Please write an emergency number on your bib, in case of an accident or illness during the race. Race Bibs are being worn to alert the public that the competitor is in a race. Please bring your own safety pins.
- ≡ **Dibber Hire:** Dibbers will be available to hire for £1. If hired dibbers are lost, there will be a replacement cost of £25 to pay.
- ≡ **Enquiries:** There will be volunteers on hand to help newcomers and answer any questions at Registration.
- ≡ **Refreshments:** There is a café close to Registration in the Grounds serving hot and cold food and drinks. Please be aware we are not providing water, so ensure you bring enough water with you especially if it is hot on the day.
- ≡ **First Aid:** A first aid kit will be available at the event centre. The nearest hospital with an Accident and Emergency unit is Tunbridge Wells Hospital. The address is **Tonbridge Road, Pembury, Tunbridge Wells, Kent, TN2 4QJ. Phone: 01892 823535.**

START TIME AND ENTRIES

Start times will be posted on the Fabian4 website:

<http://www.fabian4.co.uk/start/list.aspx?EventID=1030> after the entries close at midnight Monday 2nd June.

There will be one start approximately 5 minutes walk away (see map above). The route from Calverley Grounds to the start will involve crossing one busy road.

Please take care. As you will be walking along a residential street to get to the start, and whilst waiting at the start, please keep noise to a minimum. Please also do your warm up runs in Calverley Grounds, rather than near the start area. Sport Ident clear boxes will be close to the start. Make sure you clear your dibber before starting. It will be punching start. Call up will be -4 minutes for Sport Ident card check and to pick up control descriptions which will be available at -3 minutes to your start time. Blank maps will be displayed at -2 minutes.

FINISH

There will be one finish for all courses which will be in Calverley Grounds. The last control for all courses is very close to the finish. Please make sure you punch it. Please also ensure you download your results at the download/registration tent, even if you do not finish the course. **Courses close at 14:30**

CONTROL BOXES

All control boxes will be tied by gripples to urban furniture. The control number will be displayed on the top of the Sport Ident box. Please make sure you insert your dibber firmly into the hole (ensuring there is a bleep and flashing light) as the gripple wire slightly restricts access into the hole. There will also be a punch attached to either the box or the flag. In the unlikely event that the control box does not flash or bleep, then use the punch. There will be space on the map for this.

ROAD CROSSINGS AND URBAN SAFETY

There are no timed or timed out road crossings. The courses have been planned largely 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. On courses 1 to 5 the straight line has been bent to require competitors to use a pedestrian crossing to get across a busy road. Please be particularly careful here.

Some pavements may be slippery in wet weather. You participate in this event at your own risk. However, please also consider the safety of members of the public – pedestrians, 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 Tunbridge Wells Urban map has been drawn by David Kingdon in 2014 using a 1:4000 scale with 5m contour intervals and ISSOM 2007 standard sprint symbols which can be viewed 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.

Mapper's Notes: As usual with an urban map, some detail has been simplified/omitted for clarity.

Where the edge of an out-of-bounds area (mapped using the olive green 'area with forbidden access' colour) changes rapidly, the complexity has not been mapped. Typically, this would be where the edge of a street boundary between public road/pavement and private land changes rapidly from wall, hedge, fence, lawn or driveway. On the map, the boundary between 'public' and 'private' is then generally shown with a thin 'pavement edge' line.

Single trees are only mapped if they grow out of grass or hard surface. Trees growing out of thickets, hedges or flowerbeds are not mapped.

Tunbridge Wells has many private/estate roads. Where these are regularly used by the general public, or are footpaths, they are shown on the map. Where they are clearly private and have no public access, they are not generally mapped and will show the olive green 'area with forbidden access' colour; though the entrance ways will be detailed on the map.

Generally the only street furniture mapped are bus stops and statues/memorials.

In some areas of the town there are small alleyways between blocks of houses. Where these seem to be regularly used by members of the public and are clear, they are mapped, but where they are essentially bin storage/ etc. areas or are blocked, they are not.

OUT OF BOUNDS

No wall or fence mapped as impassable (solid black line) may be crossed. Also areas mapped as olive green (private land/public flower gardens etc) are not to be entered. These rules are necessary to ensure we are able to use the town again for future events. (Saxons would hate to receive any letters from 'disgusted of Tunbridge Wells' complaining about orienteering competitors on their land!)

TERRAIN

Typical urban terrain with significant hill climbs and some use of parkland and open spaces. Hard surface >95%, grass <5%. Studded shoes are inappropriate for this race.

CONTROL DESCRIPTIONS

All courses will have IOF (International Orienteering Federation) pictorial symbols, except for the Newcomers course which will have textual symbols. **Please note: Control descriptions will be printed on the reverse of the map.** Loose control descriptions will be available at the start in the -3 minute start box.

COURSES

COURSE	COURSE CODE	AGE GROUP	COURSE LENGTH	COURSE CLIMB	NUMBER OF CONTROLS
1	Men's open	M16-M35	9.1km	170m	30
2	Veteran Men/ Women's Open	M40-M50 W16-W35	6.9 km	130m	27
3	Super Veteran Men/ Veteran Women	M55-M60 W40-W50	5.5 km	90m	26
4	Ultra Veteran Men/ Super Veteran Women	M65+ W55-W60	4.5 km	75m	20
5	Ultra Veteran Women	W65+	3.5 km	55m	19
6	Newcomers	Any age/family/pairs YOUNG PEOPLE UNDER 16 YEARS OF AGE MUST BE ACCOMPANIED	6.1 km (actual running distance is approx. 8km)	70m	25

SUBJECT TO FINAL CONTROLLING

The Newcomer's course is for complete beginners to orienteering. Run or walk the course – if you can read a street map, you can do this course. Pairs or families are welcome with children, however children and young people less than 16 years of age, **MUST BE ACCOMPANIED**. The family fee will be £12.50 and you can enter on the day as a family or group. Unfortunately the area is not suitable for competitors who are under 16 running unaccompanied, due to insurance policy restrictions, as there are too many busy roads on the course.

ACKNOWLEDGEMENTS

Our thanks to:

Tunbridge Wells Borough Council for access to the town, its parks and gardens.

OFFICIALS

Week-end Coordinator:

Anita Kingdon (SAX)

Urban Event Organiser:

Anita Kingdon (SAX)

Planners:

Sarah (SAX) and Clare Howes (SHUOC)

Controller:

Andrew Evans (DFOK)