



Guildford Orienteers

present

The Guildford City Race part of the 2021 SE Orienteering Urban League on 24 October 2021

Final details

Covid-19

Whilst restrictions have been lifted, COVID is very much still in circulation and we encourage a continued responsible approach to orienteering events. People have different risk tolerances and we like to be mindful of, and to respect, others' personal choices as normality returns. We would particularly ask that you maintain distance when queuing at the Start and Download.

Please do not attend if you or a member of your household has COVID-19 symptoms, if you have been asked to isolate by NHS Test and Trace, or if you are required to quarantine having been on holiday.

Please make yourself aware of and abide by the [British Orienteering Participant Code of Conduct](#) (revised August 2021).

Highlight points

- Check your entry especially your SEOUL category. You can only amend it in Racesignup until midday on Saturday 23 October.
- It's a punching Start – start times are not enforced.
- Check out the “**Safety**” section below, which recommends wearing shoes with reasonable grip (and please no metal studs).

Travel to the event

There are 2 railway stations in Guildford. The event centre is at [W3W ///blast.dairy.impose](#) about a 1.5 mile walk from the mainline station and 0.5 miles from the smaller London Road station.

Car Parking (there is no organised parking)

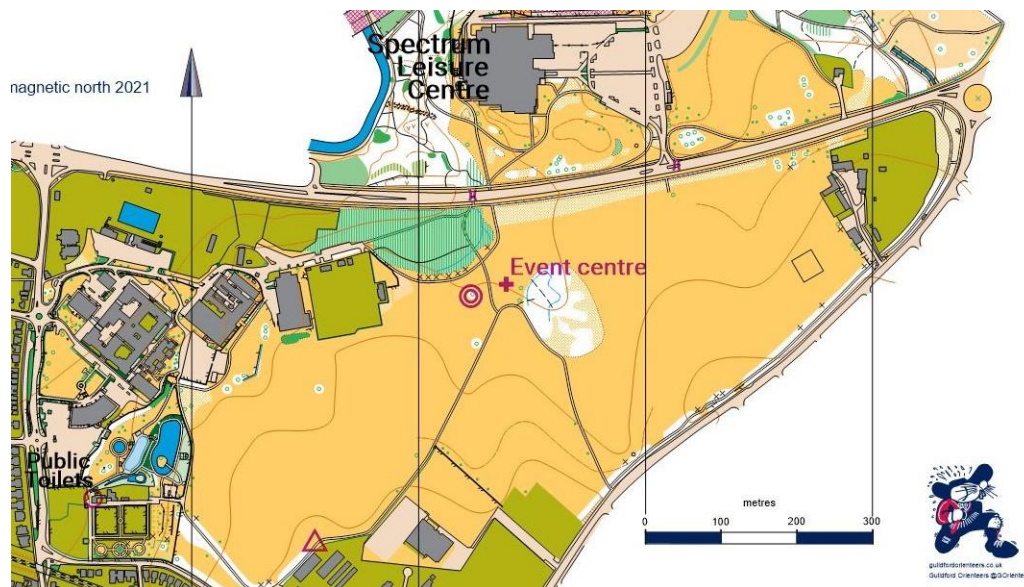
The Park and Ride car park by the Spectrum Leisure Centre is the most convenient place to leave your car (free). On Sundays there is quite a lot of free parking on the streets of Guildford near Stoke Park which is where the event starts and finishes. Guildford College also has a parking area open (free) to the public on Sundays (off the mini roundabout where Recreation Road meets Stoke Road).

Event Centre

This will be the GO Club Tent in Stoke Park at [W3W ///blast.dairy.impose](https://www.w3w.co.uk/blast.dairy.impose) shown by a cross on the following map (First Aid is located here).

Enquiries, dibber hire and Download are located here. The map also shows the Start and main Finish, as well as the location of the public toilets in Stoke Park Gardens in the south-west corner of the map.

Public toilets in Stoke Park Gardens ([W3W ///turns.straw.door](https://www.w3w.co.uk/turns.straw.door)) are nearby and for those who use the Spectrum Leisure Centre, which has a café, there are toilets there too.



Food and drink

No food or water will be supplied on courses or at the finish. There is a café in the Spectrum Leisure Centre.

Start

Start times are from around 10:30 until 12:30. Courses close at 14:00. SIAC battery check and CLEAR SI units will be at the Start, about 400m from the event centre across Stoke Park.

It is a punching start so just join the queue at the Start (please aim not to arrive more than 10 minutes before your start time block and hang back if the queue is long). There will be 3 start boxes at -3, -2 and -1 minute:

- CLEAR your dibber before the first box
- -3 dibber CHECK and loose control descriptions
- -2 blank maps displayed
- -1 wait for clock beeps
- 0 punch START, pick up map and go!

Everyone must punch the START SI unit, including SIAC users.

Control descriptions are pictorial except for course 7.

Course 7 (MYJ, WYJ) control descriptions are written words; competitor on this course also get their map in the -3 start box.

Please check you know what course you are running, the course name and number, and you have picked up the right map!

Shadowing

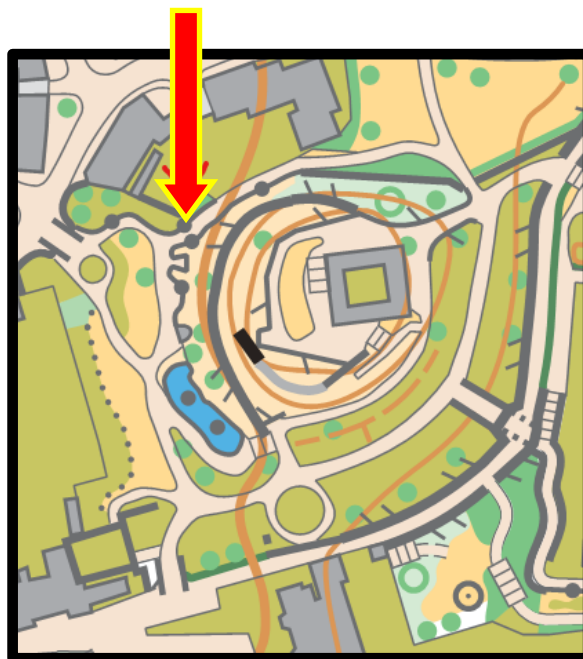
If you shadow someone before your own run please declare yourself non-competitive.

Map

Map scale 1:5000 with 5m contours. Planner updates in 2021. Maps are size A3, printed on waterproof paper. The course 6 map is in 2 parts, printed back-to-back (see "**Course 6**" below).

Control descriptions are printed on all maps.

There is an area where two wall symbols are close and it may not be clear there is a route through (affecting courses 1 to 4). An enlarged part of the map is shown here and will also be displayed in the start lanes.



Road Crossings

All competitors apart from course 7 (MYJ/WYJ) have roads to cross.

Parents need to be aware that juniors on course 6 (MJ/WJ) have road crossings, please see "**Course 6**" below, and should remind them to take care when crossing any road and pay attention to any guidance from marshals.

Adult courses have road crossings as normal in urban events. Busy roads have been marked out-of-bounds with mandatory crossing points. Please take care with traffic.

Backup pin-punches

Controls have pin-punches in case of SI unit failure but we ask that these are not used, to reduce the risk of spread of any viruses in the vicinity. If your dibber fails to register please report this at Download so that we can correct your result.

Finish and Download and Results

All competitors must punch the FINISH including SIAC. Please Download as soon as you can. There will be no map collection; please don't expose your map carelessly to those yet to start

Course 6 has its own dedicated Finish (see "**Course 6**" below).

There will be no results displayed at the event. However they will be regularly updated on the GO website during the event

(www.guildfordorienteurs.co.uk).

Course 6 (MJ, WJ)

It has been a challenge to provide an Urban style course for MJ and WJ competitors that satisfies BOF guidance and insurance requirements. It means that there is a 500m path 'dead' run to get to a housing estate with safe traffic for junior urban orienteering (and the same path back again later in the course). Within this area there is one 30mph road with a marshalled road crossing. The road must be crossed (twice) at the marshalled control point. The marshal will be holding the SI unit for that control. Please obey the marshal if he instructs you to wait before crossing. Your safety is paramount.

Course 6 also has a single timed-out (up to 3 minutes) road crossing controlled by pedestrian traffic-lights, which must be used.

Course 6 is printed in two parts, back to back. There is a two control overlap between parts 1 and 2, so the map can be turned over while orienteering the last leg of part 1 which is the first leg of part 2. (Although the control descriptions printed on each side of this 2-part map only list the controls for that part, the descriptions of both parts show the full length of the whole course, 4.8km.)

After the Finish of course 6 follow tapes to Download via traffic-light-controlled pedestrian crossing.

Courses and SEOUL categories

Entrants under 16 may only enter the junior courses 6 or 7.

Course No	Age Class	Length (km)	Climb (m)
1	Men Open age 16+	7.2	185
2	Women Open, Men Vet age 16+, M40+	6.5	135
3	Women Vet, Men SuperVet W40+, M55+	6.0	105
4	Women SuperVet, Men UltraVet W55+, M65+	4.6	129
5	Women UltraVet/HyperVet, Men HyperVet W65+, M75+	3.7	45
6	Women/Men Junior M/W16-	4.8	30
7	Women/Men Young Junior M/W12-	2.0	20

To be eligible for inclusion in the Urban League rankings competitors should run the course that matches their age class (or 'run up'. Please check the Start List to ensure you have been entered in the SEOUL category that you want (amend it using Racesignup if it is wrong).

Note there are extra categories for people running down rather than running up – these are C20, C30, C40, C50, C60, C70 (Course 2 OutOfClass etc). If you use these you will not figure in the Urban League results. Equally if you enter a "running down" category, such as a W35

entering WSV, or if you enter a category that does not match your course such as Course 2/MUV, you will not get an Urban League result. (An UltraVet can enter course 2 but should specify they are running up in the MV category.)

Be in no doubt that everyone will appear in the GO event results – the above is all about the Urban League.

Safety (including recommended footwear)

British Orienteering's Rule 1.32 states that "Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. However, Organisers must have made reasonable risk management arrangements to mitigate the hazards that a competitor might reasonably not be aware of."

This we have done by addressing the hazards identified in the Risk Assessment, the planning of the courses and the information provided in these Final Details.

Nonetheless you are expected to play your part; be aware that you take part at your own risk. There is traffic, kerbs to trip over, uneven surfaces, slope and steps – the rough and smooth of everyday Guildford. There is also some parkland/woodland which may be slippery when wet.

So wearing shoes with reasonable grip is advised (but please no metal studs). Please clean shoes to avoid spreading potential tree diseases. Wear suitable clothing for what may be quite a cold day; shorts are permitted.

Hospital information – A and E services

First Aid on site will be available at the event centre tent.

Main Accident and Emergency (2.5 miles from event centre):
Royal Surrey County Hospital
Egerton Road, Guildford, GU2 7XX
tel: 01483 571122

Officials

Planner: James Crawford

Controller: Pete Jones (SN)

Organiser: Jeremy Wilde
organiser@guildfordorienteers.co.uk

With thanks to Guildford Borough Council for permission to hold this event