

UKUrbanLeague



Mole Valley Orienteering Club

(affiliated to British Orienteering)

Epsom Town Centre

Sunday 25th August 2019



This urban orienteering race is a British Orienteering Level B event and part of the UK Urban and Southern England Orienteering Urban Leagues.

Details of the scoring system for UKUOL and SEOUL are on: <http://www.seoul.owls-count.net>

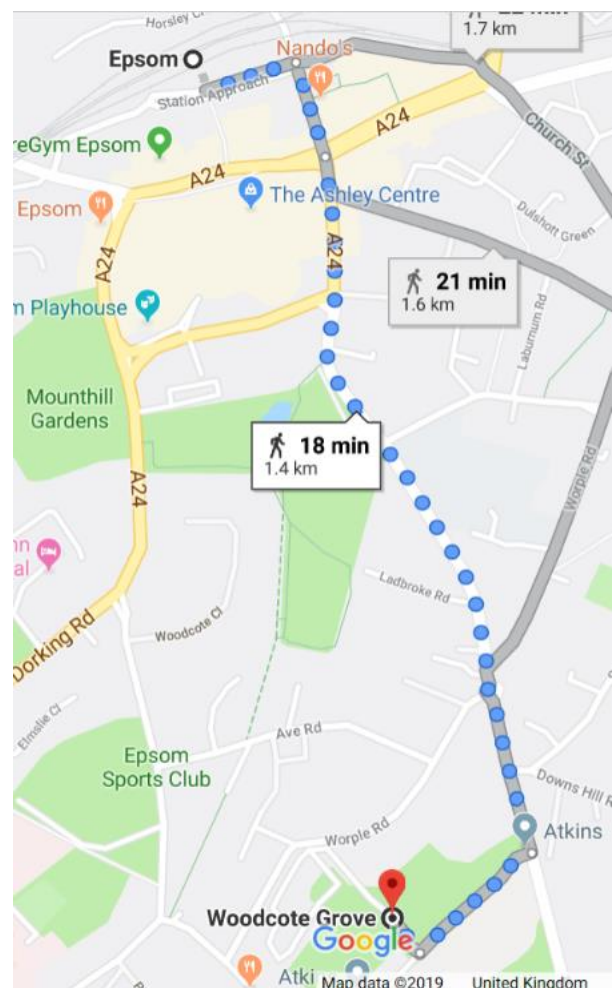
FINAL DETAILS

Location and registration/download: The event centre is in grounds of Atkins, in the NW corner of the main car park: Woodcote Grove, Ashley Road, Epsom, Surrey, OS grid reference TQ 208599, Postcode is KT18 5BW

Parking: Parking is available adjacent to the event centre – see address above. Please follow marshal's directions. The event is accessible by public transport and we encourage participants to arrive by public transport. If arriving by car, please car share where possible.

Directions to the event centre by public transport: The nearest rail station is Epsom (Surrey), with direct services on the Sunday arriving from London Waterloo, London Victoria, Dorking, Guildford, Sutton. The train station now has oyster so if arriving from within London zones you can swipe out as normal. No engineering works are planned so a normal Sunday service should be provided. Check before you travel for last minute updates. From Epsom station it's a 20-minute walk to the event; unfortunately no buses run this route on a Sunday.

Walking route description: Exit Epsom station turning left down Station Approach, turn right at the crossroads (heading south) on to Waterloo Road and best walk on the left hand pavement of the road. Cross the high street at the crossing, continuing to head south, now on Ashley Road. This is the one-way system in Epsom. After about 100m, continue on Ashley Road as the main one-way system peels off to the right. After a further ~500m along Ashley Road, and after St Martin's school on the right hand side, will be signed the orienteering event centre parking at Atkins. Map for walking route: [here](#)



Entry / Registration: Online entries via www.fabian4.co.uk until 18 Aug. Price increase thereafter.

Late entries on Fabian4 (until 24 Aug) will be Seniors £12, Juniors £6 (supplement for non-BOF members £2 adult and £1 junior) and entry on the day between 10am and 12pm at the event centre (subject to map availability). Novice entry available on the day (Adults £5, Juniors £3).

Punching: SI electronic punching will be used (SIAC contactless will be enabled). Non-contactless dibbers will be available for hire from registration for £1 (lost dibbers £30) or contactless SIAC available for £2 (£60 if lost) courtesy of SLOW. Please note that for SIAC users the start AND the finish will be punching not contactless.

The registration and download will be in the event centre which will be held in an Atkins building in the corner of the car park.

Map: 1:5,000 scale, 2.5 m contours, 150m between Magnetic north lines, A3, drawn to ISSOM 2007 standard on a new map of Epsom Town Centre; mapping by Peter Martin (MV). Maps will be overprinted with the courses and printed on waterproof paper. 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.

Courses:

Course	Class	Length (km)	Climb (m)	Controls
1	Open Men	7.3	50	22
2	Open Women / Veteran Men 40+	6.0	40	17
3	Veteran Women 40+ / Supervet Men 55+	5.0	35	13
4	Supervet Women 55+ / Ultravet Men 65+	4.1	25	10
5	Ultravet Women 65+ / Hypervet Women 75+ / Hypervet Men 75+	3.3	20	11
6	Junior Men / Junior Women 16-	3.0	25	16
7	Young junior Men/Women 12-	1.6	10	14

Note: distances shown are straight line distances; shortest possible actual routes will be longer.

Course 7 maps will be issued in advance. It is a BOF requirement that anybody younger than 16 on the day can only run courses 6 or 7 due to there being unmanned road crossings on Courses 1-5, unless accompanied by a responsible adult. There are road crossings which will be timed out for the two junior courses; these will be marshalled – see further details under safety below. The walk to the start will also cross two minor roads which will not be marshalled.

Times: Starts are 10.30am to 12.30pm. Pre-entries will have been allocated a start time. The start will be approximately 10 minute walk from the registration/Download, marked with streamers. Punching start and finish (including for SIAC). Blank maps displayed in the start lanes. Call up at minus 4 minutes.

The finish will be close to the registration/download. Courses close at 14.30.

Bibs: numbered bibs will be provided at registration. These must be worn as part of the permissions. Some safety pins will be available, but ideally please bring your own. You will be asked to write your details on the reverse of the bib, and then will be asked to hand in the bib at download.

Clothing: Full body cover is not required; shorts and singlet vest may be worn. Trainers are more suitable than studded shoes for this event.

Terrain: The area is a mix of busy town centre shops and areas of quiet residential housing with over 95% of the terrain being hard surface. Please respect the residents of the areas and their property, specifically OOB areas identified on the map with the purple hashing, the olive-green symbol, uncrossable wall and uncrossable hedge symbols. **If a gate is shown as uncrossable on the map it must not be crossed even if it is open.** It is your responsibility to respect the OOB, and any competitor found to be infringing these will be

disqualified. If you are unfamiliar with these symbols, please refer to the general notes on urban events at the end of these final details.

Safety notices – please read:

- The walk to the start crosses minor roads – juniors must be accompanied
- Road Crossings – traffic can be heavy in Epsom and the courses 1-5 cross key artery roads – take care crossing these major roads
- Please wear brightly coloured clothing to make yourself more visible
- The areas are also used by a number of other users, such as pedestrians, cyclists and dog-walkers. Please take care, and respect other users / competitors, when running along narrow paths and pavements and round the corners of buildings.
- Pedestrians – pedestrians have absolute right of way – you should not run in heavily pedestrianised areas if there is a large volume of people in the area. This is particularly relevant around the shopping centre area.
- Narrow Alleys – there are some narrow alleys – you must give pedestrians priority and take care when existing these alleys.
- Course 6 – Junior Men & Women – competitors will be running on pavements alongside busy roads. They will cross a few minor cul de sac roads (not marshalled) and will not cross any major roads except at the designated 3 separate timed out road crossings where the competitors must use the traffic lights (where applicable) and follow instructions from marshals. All areas of water should be strictly avoided.
- Course 7 – Very Junior Men & Women – their course is in parks, on dedicated paths and run along the side of a road with pavements. Course 7 competitors should be reminded by their responsible adults not to cross any roads whatsoever, except for the timed out crossing which will be marshalled near the end of their course. All areas of water should be strictly avoided. There will be no Sad or Smiley Faces on the course 7.
- In case of wet weather, please take additional care to avoid slipping, particularly if making sharp turns on wet pavements. In case of hot weather, please take additional care to ensure you are well hydrated before and after the race.
- Some courses go past a cricket pitch. In case there is a match on, competitors should be alert to balls hitting them as they run past the cricket field.
- **You must download at assembly, even if you abandon your race.**

The closest hospital with an A&E department is Epsom General Hospital, Dorking Rd, Epsom, KT18 7EG (less than 1 mile). First aid will be available at the Event Centre. Please make us aware at event registration of existing relevant medical conditions and unexpected reactions/allergies that we should be aware of before running.

Facilities: there will be no on-site catering provided, and no water provided either. Please bring your own (competitors coming via Epsom train station will be walking past eateries in Epsom town centre). Toilets available at the registration/download only.

Event Officials:

Organiser: Tim Scarbrough (MV) (tscarbrough@gmail.com), previously Peter Martin (MV)

Planner: Mike Elliot (MV)

Controller: Gordon Parker (SLOW)

A jury will be assembled for this level B event. If you are a controller qualified to at least level B please make yourself known to the organiser.















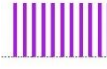

Results: Will be available at Mole Valley web site <http://www.mvoc.org>

You are responsible for your own safety and you take part in this event at your own risk

Urban Maps

General notes for those new to this type of event

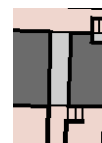
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below (and a selection of symbols will appear in the map legend too):

<u>Symbol</u>	<u>Colour</u>	<u>Meaning</u>
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Black	Underpass or tunnel
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush
	Black	Monument or statue
	Black	Out of Bounds
	Purple	Out of Bounds
	Purple	Out of Bounds

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

Steps: Flights of steps are only indicative of the stairway, which may be more complicated than shown (e.g. turning in on itself).

Passageways: In some places passage through a building is possible via an open passageway. The map section shows an example of such a passageway running north-south through a building.
















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.






Control Descriptions

IOF Pictorial Descriptions (only) will be used for all courses, although the Children's and Newcomers courses will also have text descriptions. The following are highlights of the IOF Descriptions that you should understand:

WHAT TYPE OF FEATURE IS IT?

-  Building
-  Stairway
-  Monument
-  Covered way
-  Thicket
-  Hedge or linear thicket
-  Stone wall
-  Fence
-  Distinctive tree
-  Track or path
-  Road
-  Paved Area
-  Small out of bounds area (Note: This is a non-Standard Description)

WHERE ON THE FEATURE IS IT?

-  North east side
-  East corner (inside); e.g. inside where a wall bends through a right angle
-  South corner (but outside); similar to above
-  North west end; e.g. NW end of a hedge
-  Junction; e.g. where one path meets another

Out of Bounds

No impassable wall or fence may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps in it. Also, areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, railway areas or private property.