



SARUM ORIENTEERING CLUB
SALISBURY CITY RACE
Saturday 5th. November 2016
Level B – Southern England Orienteering Urban League



Venue:

The Five Rivers Leisure Centre, Salisbury City – a beautiful medieval city with newer housing areas, parks and large school sites.

Parking:

Either use City car parks <http://en.parkopedia.co.uk/parking/salisbury/> which are quite expensive or the Park & Rides: <http://www.wiltshire.gov.uk/parkingtransportandstreets/carparking/parkandride.htm>

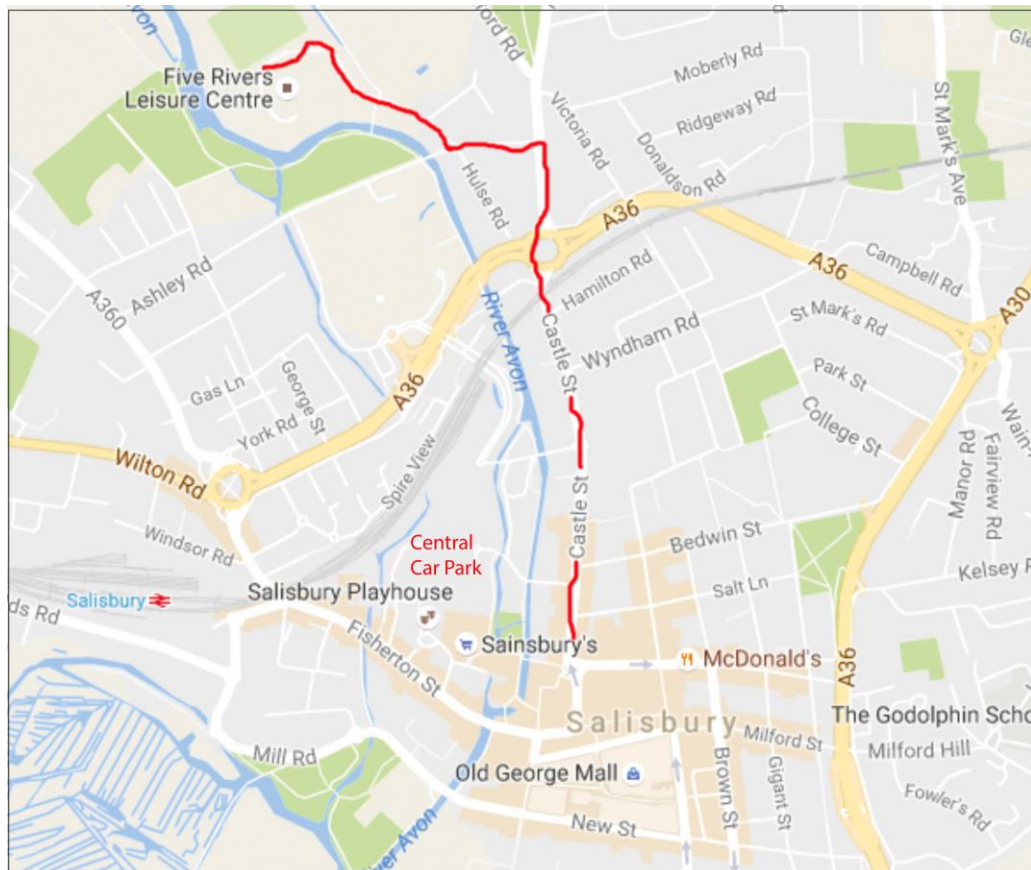
We will have a bag dump at the event centre. There will be **NO PARKING** at the Leisure Centre for competitors. **PLEASE RESPECT THIS CONDITION FOR HOLDING THE EVENT THERE.** If you use the Amesbury Road (A345) Park & Ride you can get off in Castle Road, near the Leisure Centre. From the other Park & Rides it is 1.8 km from the Market Place to the Leisure Centre.

Travel Advice:

Within Salisbury there are road-works on the A30 beside the cemetery / crematorium, leading to a 3-way traffic light system and long delays. This includes delaying buses from/to the London Road Park and Ride. Those approaching from the east / northeast should consider using the A345 (from Stonehenge & Old Sarum) instead.

Caravanning & Camping:

Salisbury Camping & Caravanning Club, Hudson's Field, beside A345.



Route from The Market Place to The Leisure Centre in Red. (Up Castle Street, under the bypass up Castle Road, first left along Butts Road.) Signed from where Castle Road meets Butts Road.

Map:

The originally survey of the area by Mike Hampton was completed in August 2014. It has been comprehensively updated by Martin Goddard and the Planner throughout summer 2016.

Scale 1:5000. 5m contours. ISSOM.

Courses 1 – 3 have an A3 Portrait map; control descriptions are printed on the reverse.

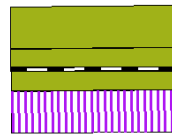
Courses 4 – 7 have an A3 Landscape map, with control descriptions on the front. Courses 6 & 7 will be pre-folded down to slightly larger than A4 to make them more manageable.

Map Symbols:

Symbols as per ISSOM 2007, except:

- • Individual trees (selective)
- ✕ Rootstock or Log
- ✕ Man-made feature / Bench
- Sculpture or Monument
- Post
- ✦ Floodlight
- || Road crossing

OUT OF BOUNDS and UNCROSSABLE FEATURES



- Private housing
- Railway
- Forbidden access
- Wall - do not cross
- Fence - do not cross
- Hedge - do not cross
- Vegetation - do not cross

Out of Bounds Areas:

In addition to the A36 (see Road Safety), the following facilities/areas are also Out of Bounds (and marked as such on the competition maps):

- The Athletics Track beside the Finish – we have not paid to hire it! Course 7 (JYM/YJW) competitors must follow the course around it; no other course is affected, however please do not warm up / warm down on it.
- The Football Pitch in the middle of Victoria Park (beside the A345). This will have a football match on it during the afternoon, when it obviously should not be crossed. For fairness it must therefore not be crossed by any competitor. There is a single waist-high metal railing around the outside, except outside the changing rooms, so the demarcation is easy to identify.
- The NE corner of Victoria Park, which has been re-seeded. It has an orange builder's netting fence around the outside and there is an in-bounds path through the middle. Course 6 (JM/JW) has a marked route along the 60m path. The Out-of-Bounds area goes right up to the tennis courts – it is not permissible to squeeze between the two.

Terrain Description:

All courses begin through the recreation area behind the Leisure Centre: the rough open grass is now very runnable, although popular with dog-walkers. Most of northern Salisbury is an affluent area of housing, so it is not tightly packed; the roads are wide and not very busy. To the east the ground rises to 45m above the start. South of the A36 the housing becomes more frequently terraced with narrow roads and nose-to-tail car parking. Along the river are a few office blocks. Courses do not go into the shopping centre.

Entries:

Pre-entry on Fabian 4 at www.fabian4.co.uk by Saturday 29th. October. Limited entry on the day **while maps last**. Postal entries to Pat Hart, Gorselea, School Road, Nomansland, Salisbury, Wilts. SP5 2BY

Fees: Seniors - £9 Juniors - £4 **E.O.D.** Seniors - £10 Juniors - £5

Event Centre:

The event centre is at The Five Rivers Leisure Centre, Hulse Road, Salisbury SP1 3NR The event will be signed from Castle Road. We have a hall in The Leisure Centre and use of their toilets, showers and lockable lockers. Bags can also be left in the hall. All competitors will have to come to the hall to collect their bibs and any hired Emit bricks. EOD registration, download and results will also be in the hall. **NO FOOD** to be consumed in the hall. After the race, especially if it rains, please remove any muddy shoes before returning to the hall or going round the Sports Centre. We do not want a cleaning bill!!!! PLEASE co-operate with this request.

Refreshments:

There is a café at The Leisure Centre where you can buy drinks and snacks. Please support the café if you can.

Registration:

From 11.30a.m. – 3.00p.m. in The Leisure Centre. **Everyone who has pre-entered** must:

- a) Get their start time from Fabian4.

- b) Go to the event centre to collect a bib. **You will not be allowed to start without one. Although you can take any number, PLEASE fill in the next of kin and medical details on the back.**
- c) Pick up any hired Emit card.
- d) Proceed to the start at the side of The Leisure Centre.

EOD:

WHILE MAPS LAST. Seniors £10 Juniors £5. Emit hire Seniors £1.50 Juniors 0.50p. **IF YOU KNOW IN THE LAST WEEK YOU WILL BE COMING** and haven't booked online you will be well advised to ring the organiser to reserve a map and to turn up to registration early.

EOD Competitors must a) Fill in a registration form. b) Take it to the registration table.

c) Pay d) Then go to the computers where they will be given i) A bib ii) An Emit card (if hiring) iii) A time on a slip which they will have to give to the start team. iv) The start is very near the entrance to the Leisure Centre.

STARTS: 12.00 – 3.30p.m.

Electronic Punching:

Emit will be used on all courses. A lost card will be £45. Emit hire will be Seniors £1.50 Juniors 0.50p. To ensure correct "punching" competitors **must** touch the EMIT control unit correctly with their EMIT card.

Competitors are encouraged to use back-up cards and to press their EMIT cards down onto the control unit to ensure that they register a pin mark at each control. Competitors whose EMIT cards do not show that they have visited a control will only be reinstated with evidence from the back up card. Back up cards will be at registration. There will be two ways of setting out the controls a) In parks and school grounds – the controls will be horizontal and mounted on stakes b) On street furniture they will be mounted vertically. An example of each will be at the start.

Courses Details:

Course	Classes		Length	Climb	No of Controls	Map Size	Loose CD Size (mm)
	Men	Women					
1	Open (M18-M35)		7.4 km	100 m	28	A3 Portrait	55 x 240 (6mm)
2	Veteran (M40+)	Open (W18-W35)	6.4 km	85 m	25	A3 Portrait	55 x 220 (6mm)
3	Senior Veteran (M55+)	Veteran (W40+)	5.5 km	75 m	23	A3 Portrait	55 x 200 (6mm)
4	Ultra Veteran (M65+)	Senior Veteran (W55+)	4.2 km	55 m	18	A3 Landscape	60 x 190 (7mm)
5		Ultra Veteran (W65+)	3.4 km	45 m	16	A3 Landscape	60 x 175 (7mm)
6	Junior (M16-)	Junior (W16-)	3.0 km	35 m	23	A4 Landscape	55 x 200 (6mm)
7	Young Junior (M12-)	Young Junior (W12-)	2.0 km	20 m	18	A4 Landscape	55 x 165 (6mm)

Control Description Symbols:

Control descriptions will be printed on the map, in 7mm boxes, although those for Courses 1 – 3 will be on the back. Loose control descriptions will be available at the start. Except for courses 5 & 6, they will be in 6mm boxes. IOF symbols are used for all control descriptions. Special Symbol explanation:

X Bench

Starts:

Every competitor will have a start time. The start is 150m from the entrance of The Leisure Centre. You must punch the start control. Control descriptions will be in the start lanes. Courses close at 4.30p.m. If you arrive late you will have to wait for a convenient space on your course. This could be a long time! There will be a 4 minute call up. A safety check Emit record will be taken at the start.

Warm Up Area:

The preferred **Warm-up** area is south of the Start and over the river, 225m from the Leisure Centre entrance; here is a level expanse of grass, a few paths and a quiet road. The Leisure Centre car park may also be used, but only in front of the entrance, east of the building, taking care to avoid traffic.

Finish:

The finish is in the playing field of South Wilts Grammar School due East of The Leisure Centre. Please give priority to competitors who may be using the double gateway between the Leisure Centre and the finish on their courses. These will certainly be Course 7 (JYM/YJW) competitors and any others who choose this route.

Results:

Paper results will be posted in the hall throughout the day. Final results will be on the Sarum website at www.sarumo.org.uk in the evening.

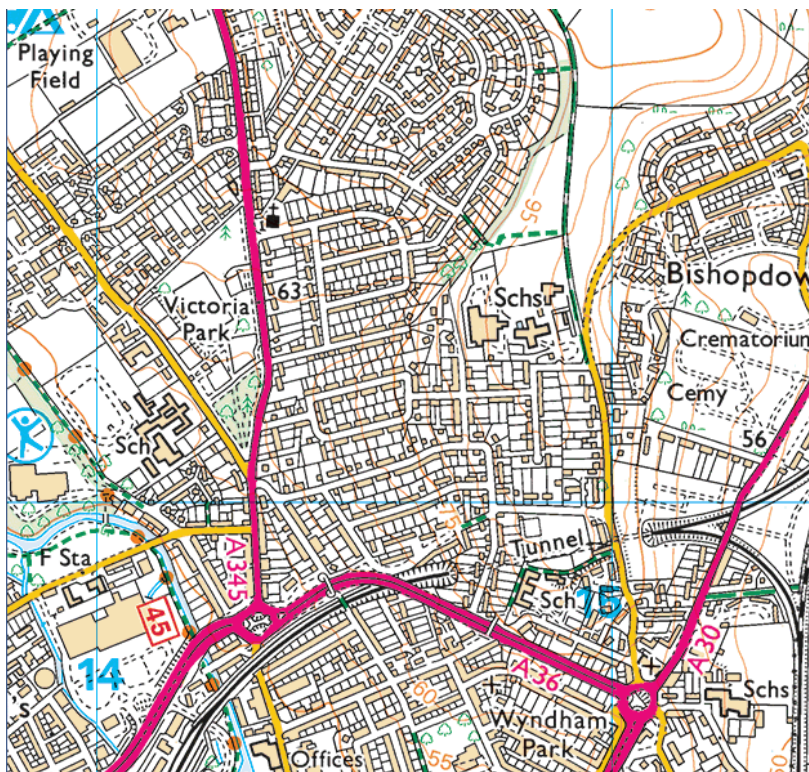
Facilities:

Ultrasport will be in attendance. First Aid in the hall. There is a café in The Leisure Centre next to the hall. There are toilets/lockers/showers in The Leisure Centre.

Safety:

1. If you have competed in three orienteering events registered with British Orienteering and not joined an orienteering club which is a member of British Orienteering, you are not covered by our public liability insurance. To comply with insurance provisions, if you are not a British Orienteering member, please leave your home address contact details at Registration.
2. Contact details for competitors and their next of kin are now required to be held at Registration. This is a new requirement and competitors who registered on Fabian4 are requested to complete the form on the back of their bib. EOD competitors must fill in the usual registration form. Competitors are asked to comply with this new requirement until a web based solution is developed in due course.
3. There will be First Aid in The Leisure Centre hall and a mobile number printed on the map should you require assistance.
4. ALL competitors **MUST DOWNLOAD**.
5. The nearest A & E Hospital is at Odstock, Salisbury 01722 336262.
6. Obviously we will be running on public highways. You **DO NOT** have right of way. We have avoided the busiest areas of Salisbury, but it is your responsibility to run safely, to be aware of and to avoid other pedestrians and vehicles using your route. OOB areas must be respected. You do not have the right to cross private property which is marked OOB.
7. Competitors with existing medical conditions are asked to provide a sealed envelope with their name and club on the outside, and the medical condition explained inside plus details of medication and dosage. Spare forms and envelopes will be available at Registration. The envelope will only be opened in an emergency. The envelope is to be handed in to Registration for safe keeping before competitors start their runs. Click here for the medical form <http://sarumo.org.uk/wp-content/uploads/2016/02/SARUM-Medical-Condition-form-2016.pdf>

Road Safety:



Courses 1 - 5 (M/W18+):

The A36 dual carriageway and its associated roundabouts are strictly **OUT OF BOUNDS** for all competitors and are marked as such on competition maps with purple hatching. In Bounds, and highlighted with gaps in the purple hatching, there are two pedestrian footbridges and an underpass to cross the carriageway, plus underpasses at the two major roundabouts. The footpaths alongside the A36 are In Bounds.

The south-north A345 can be busy with a 30 mph speed limit. The southern end of it between Victoria Gardens and the A36 is out of bounds (pavements are in-bounds). Elsewhere advisory crossing points are marked on the competition maps to indicate where there are traffic islands that divide the carriageway, or pedestrian traffic lights. The A30 is outside the competition area.

The crossing points that are compulsory for Course 6 (see below) do not apply to Courses 1 – 5.

Course 6 (M/W 16(-); Junior Men & Women):

There are two compulsory crossing points over the generally quiet B road into and back from Victoria Park; there is a control immediately before each crossing. These will be manned and junior competitors will be enabled to cross when it is safe. There will be no time-out.

Course 7 (M/W 12(-); Young Junior Men & Women):

There are no road crossings for Course 7. They will pass through and alongside the Leisure Centre Car Park, so should be advised to be aware of slow-moving cars, particularly for the first 2 controls.

Protests:

If you have any reason to complain about your course or the event arrangements, then please talk informally with the Organiser in the first instance, who will talk to other officials if necessary. If you feel you need to make an Official Protest, you must do this in writing to the Controller, who will discuss with the Organiser. If they agree with the Protest, the appropriate action will be taken.

The Salisbury City Photo Trail:

An interesting photo trail has been produced which will take you to prominent places in the City Centre. They will be on sale at the event centre price £1 per map. The idea is that families/individuals can do it for the pleasure of finding some interesting sights in Salisbury.

Places of interest to visit:

1. The Cathedral and the Close.

2. Arundells. (Open from 11a.m. to 5pm.)

Arundells – 59 The Close, Salisbury – The home of the Former Prime Minister Sir Edward Heath. (Web site: <http://www.arundells.org/>)

3. The Rifles Museum (In the Cathedral Close): (Web site: <http://www.thewardrobe.org.uk/home>)

4. The Salisbury and South Wiltshire Museum (Also in the Close):

(Web site: <http://www.salisburymuseum.org.uk/>)

Traders: Ultrasport, The Leisure Centre Café.

Planner: Charles Bromley Gardner - Sarum

Organiser: Pat Hart – Sarum 01794390593 (before 9p.m. please!)

Controllers : Chris Branford – Wimborne

Acknowledgements: Sarum would like to thank the following for their help:

South Wilts Grammar School for Girls, St Mark's Church of England Junior School, Wyndham Park Infants School, Leehurst Swan Independent Day School, Five Ways Leisure Centre, Salisbury City Council, Wiltshire Police (Traffic Department)

Conditions: The personal data you give will be used by the event organisers only for the purpose of processing/publishing entries and results and as required by our insurers. In the event of cancellation, all or part of the entry fee may be retained to cover costs already incurred.

Please note that Orienteering is an adventure sport and you take part at your own risk

