



SARUM ORIENTEERING CLUB
SALISBURY CITY RACE
Saturday 6th November 2021
Level B - UK Orienteering League & SEUOL.
Sarum Orienteering Club welcomes you to the 3rd Salisbury City Race as part of the November Classic weekend.



Venue: Salisbury City – a beautiful medieval city with newer housing areas, parks and large school sites.

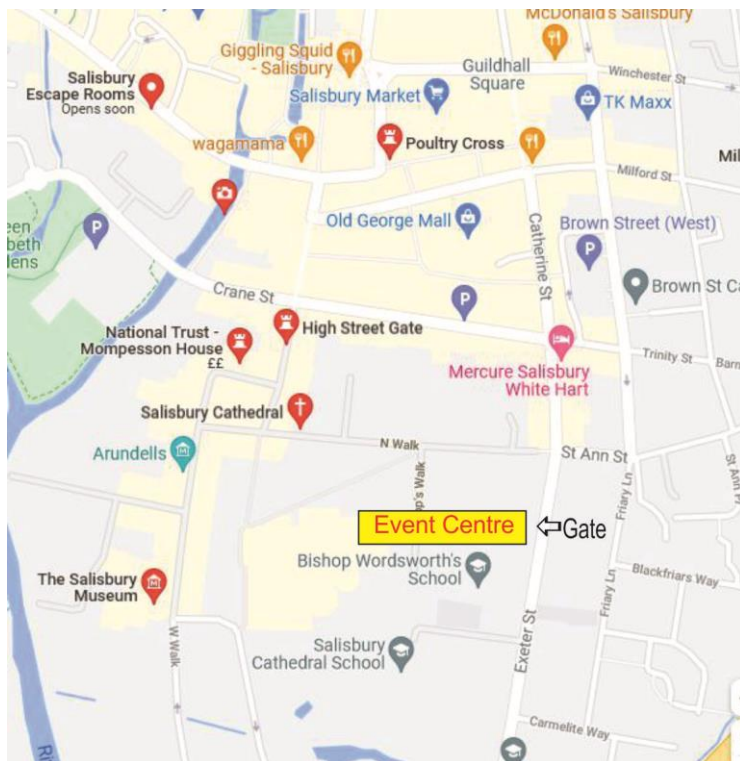
Parking: Either use City car parks <http://en.parkopedia.co.uk/parking/salisbury/> which are quite expensive or the Park & Rides: <https://www.connectingwiltshire.co.uk/getting-around/bus/park-ride/>
We will have a bag dump at the event centre. There will be **NO PARKING** at either the event centre or in The Close for competitors.

Map: Was updated in 2021 and the larger part of the map is being used for the first time. The scale is 1:5,000

Entries: Pre-entry on Racesignup at <https://racesignup.co.uk/site/event.php?eventid=2325> by Sunday 31st October. **NO ENTRY ON THE DAY.**

Fees: Seniors - £13 Juniors - £5

Event Centre: The Event Centre is in Bishop Wordsworth's School – in the Close and the entrance is off Exeter Street SP1 2ED – see map:



We are using the 6th Form Common room and The Drama Studio. There will be a “bag dump” in the Drama Studio. All competitors will have to come to the 6th Form Common Room to collect their Etag armbands and to download. Please do not wear dirty muddy shoes in the Common Room!!

Enquiries: Collection of Etags from 11.00pm – 2pm in the 6th Form Common Room of Bishop Wordsworth's School. Entry is online until Sunday October 31st. on Racesignup. Seniors - £13 Juniors - £5
There is **NO E.O.D.** Everyone who has pre-entered must:

- Get their start time from Racesignup.
- Go to the event centre to collect an Etag.
- Proceed to the start by following the signs through the school and into The Close.

VERY IMPORTANT – There is a wedding in the Cathedral between 12 – 2p.m. There is to be a photo shoot outside the West Door. It is essential that you follow the taped route across the grass away from this door. We have promised the Cathedral that we will not interfere with the wedding and photo shoot. **PLEASE RESPECT THIS.**

N.B. ALL JUNIORS – All juniors are asked to start between 1-1.30p.m. to facilitate road marshalling. Because of the wedding and to avoid their junior controls, ALL JUNIORS under 16 must also be escorted from Bishop Wordsworth's School to the start in the south of the Close. Those running between 1-1.14p.m. will collect by the Common Room Door at 12.45 and be taken to the start. Those running between 1.15-1.30 will meet at 1p.m. It is essential that all juniors under 16 go with the Escort or you will be disqualified.

ALL SENIORS – Please follow the taped route which passes between the West Door and the west boundary wall along the grass.

Marshalls: There are Marshalls at the end of the road outside the Close. Please follow their instructions. All juniors can only cross the road at the direction of the Marshalls and must follow their directions to the Underpass into Churchill Gardens and to the finish on the way back. A Marshall at the finish will also point all runners along Exeter Street where you will find the school. On senior courses there will be a Marshall always on duty in Coombe Road which is accessed by steps. If you are coming from the south especially, visibility across this road is restricted. So please heed the Marshall.

Electronic Punching: Emit Touch Free will be used on all courses by all runners. When it records a control it flashes. Check that it flashes at your control. The hire charge is included with the fee. A lost Etag = £50 to cover the replacement cost.

Courses:

Course	Male Classes	Female Classes	Distance#
1	Men Open (M18-M35)		7.4 km
2	Veteran Men (M40+)	Women Open (W18-W35)	6 km
3	Super Veteran Men (M55+)	Veteran Women (W40+)	4.7 km
4	Ultra Veteran Men (M65+)	Super Veteran Women (W55+)	3.9 km
5	Men Hypervet (M75+)	Ultra Veteran Women (W65+) Women Hypervet (W75+)	3.6 km
6*	Junior Men (M16-)	Junior Women (W16-)	3.4 km
7*	Young Junior Men (M12-)	Young Junior Women (W12-)	2.8 km

COURSE 4 RUNNERS PLEASE READ

Starts: **Due to the overload of runners at 12.30p.m. particularly Course 4, some runners have been put 15 minutes earlier or later. Please check your start time on Racesignup.**

Start times in blocks from 12.00 – 2.30p.m. Courses close at 3.30p.m. Please follow the taped route through the School and The Close which avoids the West Door of the Cathedral. Turn up and go in your start block. There will be a 4 minute call up. IT IS A PUNCHING START. Make sure your Etag flashes. The start is 500 metres from the event centre.

Control Descriptions: **Control descriptions are on the map. If you want a loose description of your course please print it off the Sarum Web site.1. [Adult Courses](#) 2. [Junior Courses](#)**

Finish: Please follow the Marshall's instructions to go North up Exeter Street back to the School to download. The finish is 300 metres from the event centre.

Results: Final results will be on the Sarum website at www.sarumo.org.uk as soon as possible after the event. Individual splits will be available at download. Results will be sent to UKOL, SEUOL and BOF. There will hopefully be Route Gadget and Splitsbrowser.

Facilities:

1. First Aid in the Drama Studio.
2. Toilets - There are 3 toilets – male, female and disabled. Public toilets are in the Market Place.
3. Food – Due to the pressures of Covid the school kitchen staff are not providing food on site (as they did last time). But there is a very large variety of restaurants and eating places in Salisbury. Reeves the Baker (near the Tourist Office) provide excellent “take away” food!

4. Key Board – There will be a key board for car keys.
5. Bags – Bags can be left in the Drama Studio.
6. **WATER – PLEASE BRING YOUR OWN WATER.**

Lone Runners: If you have travelled alone, we advise you leave your vehicle registration and ICE (In case of Emergency) contact details in an envelope with the First Aiders in the Drama Studio.

Medical Conditions: We recommend you download and complete the British Orienteering form – https://britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc Place it in a sealed envelope with your name on the outside and leave it with the First Aid Team. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

Safety: There will be First Aid in the Drama Studio and a mobile number printed on the map should you require assistance.

ALL competitors **MUST DOWNLOAD**. If you get lost look for the Cathedral!

The RING ROAD & A36 ARE OOB! To cross them either footbridges or/underpasses must be used. Any competitor seen in the OOB area will be immediately disqualified. The nearest A & E Hospital is at Odstock, Salisbury 01722 336262. The Cathedral staff have been extremely supportive. However, a lot of older people live in the Close **PLEASE BE RESPECTFUL** of their homes and of them. Obviously we will be running in the Close and 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. If you are knocked down you will not come first!

Orienteering is an adventure sport. A comprehensive Risk Assessment for the event has been prepared and identified risks have been mitigated. However, please be aware that participants take part at their own risk and are responsible for their own safety during the event. Parents are responsible for their children and advice is available on request about the suitability of the course that their children may have entered. Please report any accidents and injuries **ON THE DAY** to the organiser.

You are advised to wear a high viz jacket or a brightly coloured orienteering top.

Covid: Please follow the BOF Covid guidelines to be found at:

https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering

Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.

Please do not congregate in the 6th Form Common Room and Drama Studio. Enjoy meeting people outside and enjoy your run.

There will be hand sanitiser at the start, in the 6th Form Common Room and outside the toilets. Please respect each other's space and leave room between you and the next runner at the start, Etag distribution and download.

Refund Policy: Sarum will offer a full refund to anyone who has to withdraw their entry because they or a member of their household has Covid-19 symptoms, or because they have been asked to isolate by NHS Test and Trace. If Sarum needs to cancel the event it will offer a refund of the entry fee, less the admin charge imposed by the entry system provider plus any expenses already incurred by Sarum.

Cancellation of Last Minute Changes: Check the Sarum website prior to travelling in case of any last minute changes.

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 from 11a.m. onwards, price £1.50 per map. The idea is that families/individuals can do it for interest. The answers can be found on the Sarum Web Site.

Places of interest to visit:

The Cathedral:

The Cathedral has been very supportive of our race, allowing us to use The Close for control sites. Please check the Cathedral's website for last minute closures www.salisburycathedral.org.uk I will admit to a little prejudice!! But in my view Salisbury Cathedral has to rank at the very top of places to worship, for uplifting splendour, light and inspirational architecture (organiser). People visit it from all over the world with reason and

if you have never been inside (or even if you have) a visit would be a very good use of your time.

Arundells:

Arundells – 59 The Close, Salisbury – The home of the Former Prime Minister Sir Edward Heath. (Web site: <http://www.arundells.org/>) Arundells is usually open during the summer for guided tours.

The Rifles Museum (In the Cathedral Close):

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

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

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

Planner: Dan Gallagher - Sarum

Organiser: Pat Hart – Sarum 01769540615 (before 9p.m. please!)

Controllers : Chris Branford – Wimborne.

Details: See City Race website at - www.sarumo.org.uk

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

