



NORFOLK ORIENTEERING CLUB

FINAL DETAILS of a weekend of level C orienteering events around the University of East Anglia Campus (UEA) and the Norwich City.

DAY 1 - Saturday 14th April – UEA Campus Sprint (SEOUL)

- Directions:** UEA Campus is 2½ miles west of Norwich City centre on the B1108 Watton Road. From the A47 / B1108, Watton Road junction, travel towards Norwich, after 2 miles turn right into the University. Follow O signs to parking. Map Ref TG 194 077; Post Code NR4 7TJ.
- Parking:** Main visitor Car Park entry and exits on the University Drive. There is a parking fee of £1.00 all day. On entry to car park collect a token from barrier machine park vehicle then you need to insert this token and your £1 coin at a pay machine to receive back a token to raise the barrier on exit.
- Buses:** Several Buses serve the University, Notably route 25/26, every 10 minutes from the Railway Station via the City centre. They stop next to the car park near our registration location.
- Registration & Enquiries:** Open from 11:15 to 13:15 (*Red Shelter*). Download (*Blue Tent*) is located adjacent. Collect pre-entry hired E-Cards. Race Numbers will be issued here plus loose descriptions sheets.
Note: Competitors on the Sprint event - your issued Race Number is needed for the Urban event.
- Fees:** EOD for BOF Senior; £8.00; NON BOF Senior £10.00; Under 21 £4.00
SI card (dibber) Hire 50p. (£30.00 if Lost)

Final Course Details:

Course No.	Class (Age Group)	Distance	Climb	Controls	Map scale 1:4,000
1	MO (18-35)	2.6 km	NA	23	A4
2	WO (18-35) / MV (40+)	2.2 km	NA	21	A4
3	WV (40+) / MSV (55+)	2.2 km	NA	21	A4
4	WSV (55+) / MUV (65+)	1.5 km	NA	14	A4
5	WUV (65+) / MHV/WHV (75+)	1.5 km	NA	14	A4
6	MJ/WJ (16-) / Novices	2.1 km	NA	22	A4
7	MYJ/WYJ (12-) / Beginners	1.2 km	NA	20	A4

Note; the same course numbers are used for both days.
But sprint courses 2 + 3 and 4 + 5 have been combined for the sprint only.
There are 2 courses for people new to orienteering;
Course 7: for groups, families and adults with small children.
Course 6: for student and adult novices. No groups on course 6.

- Start & Finish:** **Starts from 12 noon until 1:30pm. Courses close at 2.30pm**
The start and finish are adjacent to each other across the zebra crossing from registration / parking area. Please ensure your children cross safely.
- SI & Download:** Sport-Ident Electronic punching – NOT SIAC
Please DOWNLOAD when you finish (even if you have not completed your course; this is our safety check).
- Map:** A detailed new map of UEA CAMPUS winter of 2017/18. Scale 1:4000.
The Southern section of the map, below the main access roads (University Drive and Chancellors

Drive bus routes) is being used for the event.

The eastern part of the map with the newer residential buildings is relatively straight forward.

However the central part of the campus is built on the sloping edge of the Yare valley on two levels with numerous stairs between them and many passageways through and between the buildings.

This provides challenging navigation on the more technical courses.

Courses 1 - 6 have Symbol Descriptions printed on the map. Course 7 has text descriptions.

Course 6 competitors can collect a loose text description at registration.

Before competing, competitors should familiarise themselves with the legend below reference to the unusual map symbols. The legend is displayed at Registration and the Start.

Take a particular note of restrictions (un-crossable walls / fences & OOB areas) The insides of all buildings are OOB except for the mapped passages through them. Also, there are some non-standard symbols representing the different levels, elevated walkways and staircases etc.



Safety Notes: Beware of vehicles on the service roads also watch out for cyclists.

Take care descending steps. They are designed for walking, not running. Most have narrow treads and some are quite steep. They are all solid concrete, so slow down!

At this time of year some of the grassed areas have clumps of daffodils and other spring bulbs growing. Please run round these so we do not damage them.

A first aid kit is available in the Red Registration Shelter

Facilities: There are toilets and a café in the Sainsbury Centre at the west end of the site. To avoid the competition area, please walk along the main access roads, University Drive and Chancellors drive to reach the Sainsbury Centre.

Dogs: No dogs allowed on courses, although they may be walked in the parkland when not competing.

EXTRA to the UEA CAMPUS Event a TEMP-O Event – located east end of the Main Car Park

Try our Trail-O for **free!** TEMP-O is the speedy version of Trail-O. There will be 5 clusters for you to puzzle over!

At each cluster you will be shown a portion of map with a control marked. In front of you will be 6 kites, you need to decide which one matches the one on marked on your map.

You will get shown a total of 4 maps at each cluster, and timed – the limit is 2 minutes for the 4 maps.

Then you move onto the next cluster.

Look for the TEMP-O entry and explanation station in the south east end of the car park, near the entry / exit barriers.

Times: 12:00 to 14:30, last starts at 14:00.

DAY 2 - Sunday 15th April - Norwich City Urban Event

UK Urban League (UKUL) and Southern England Orienteering Urban League (SEOUL)

- Location:** The Event Centre will be at the Sir Isaac Newton Sixth Form Free School, The Old Fire Station, 30 Bethel Street, Norwich, NR2 1NR. (NO parking available at event centre).
- Parking:** City centre parking at any of the multi-storey car parks close by.
Norwich Bus Station is a ten minute walk to the event centre.
Note: Park & Ride do not operate Sundays.
- Registration & Enquiries:** Event Centre open from 10:00 to 12:15.
Collect pre-entry hired E-Cards; also Race Numbers will be issued here plus loose descriptions sheets.
- Fees:** EOD for BOF Senior; £12.00; NON BOF Senior £14.00; Under 21 £6.00
SI card (dibber) Hire 50p. (£30.00 if Lost)
- Map:** The map Scale is 1:5000 and the map has been extended for this year's event.
All the senior courses visit the newly mapped area.

Final Course Details:

Course #	Class (Age Group)	Distance (Red Line)	Distance (Running)	Climb	Controls	Map Scale 1:5000
1	MO (18-35)	7.2 km	10.8 km	90 m	28	A3
2	MV (40+) / WO (18-35)	6.1 km	9.1 km	80 m	26	A3
3	MSV (55+) / WV (40+)	5.1 km	7.7 km	70 m	25	A3
4	MUV (65+) / WSV (55+)	4.2 km	6.6 km	60 m	24	A3
5	MHV (75+) / WUV (65+) / WHV (75+)	3.2 km	4.4 km	40 m	20	A3
6	MJ / WJ (16-)	3.3 km	4.3 km	65 m	24	A4
7	MYJ / WYJ (12-)	2.1 km	2.3 km	35 m	20	A4
8	Newcomers	3.2 km	4.2 km	55 m	23	A4

The "red line" distance is the length of the course as measured in a straight line.

The "running" distance is the distance you can expect to run if you take the shortest route between controls.

- Starts:** From 10:30 until 12:30. **Courses Close at 14:30**
The start is 900 metres from the Event Centre - Exit EC turn right proceed 400m and cross road for Little Bethel Street continue to end and cross road and enter Chapel Field Gardens for Start area.
The Course # & Age Class are printed in blue in the top left hand corner of each map.
Please ensure you collect the correct map for your course.
- Finish:** Is located 100 metres from the EC - exit left to locate finish to the left of the church outside the Forum.
- Download:** Located in the EC, Results on a rolling screen.
You must report to Download whether or not you complete your course.
- Safety:** Be aware that some surfaces may be slippery when wet.
A first aid kit is available in the Event Centre.
- Facilities:** EC has Toilets, Vending Machine & First Aid Kit available.
Personal Kit may be left in EC from 10:00 to 15:00

Note: NO DOGS allowed on School premises. Several Food & Drink outlets nearby

Notes for Senior Courses

- All courses cross reasonably busy roads. It is your responsibility to cross them carefully, giving way to all vehicles and cyclists.
- Valid route choices for Courses 1-4 go along paths near the river, with deep water. They are mostly fenced, but in some places there are only chains.
- Those on Courses 4 & 5 must take care when exiting the park (after Control #1). See below for a picture of the crossing. Traffic coming towards you from the right can be hidden by the hedge.



the above picture has the incorrect road name (google!) it is Chapel Field East.

Note –

- The courses pass through the central shopping area, which is likely to be busy. Please be courteous to pedestrians and take care when turning blind corners, around buildings, in narrow alleys and going up and down steps. Be aware that some surfaces may be slippery when wet.

Notes for Junior & Newcomer Courses

- There is one manned road crossing. It is not timed out, but please stop if directed to do so by the marshal.
- There is one leg that will be marshalled to ensure that the correct route is taken.
- The courses do cross minor roads, but these have good visibility and also have traffic calming measures, such as speed bumps.
- The courses pass through the central shopping area, which is likely to be busy. Please be courteous to pedestrians and take care when turning blind corners, around buildings, in narrow alleys and going up and down steps. Be aware that some surfaces may be slippery when wet.

The Legend on the map shows the following symbols:

○	Statue	
✕	Tree Stump / Large Log	
○	Playground Equipment	
—	Impassable Fence	DO NOT CROSS
—	Impassable Wall	
—	Impassable Vegetation	
■	Forbidden Areas	OUT OF BOUNDS
■	Construction Site	OUT OF BOUNDS

You must not cross / run through any “impassable” objects. This is mandatory (not advisory).

There are two roads marked as “Out of Bounds”, which are clearly marked on the map in purple hatching; any competitor infringing these areas will be disqualified.

Results: Confirmed results will be displayed on the NOR website as soon as possible.

<http://www.norfolkoc.co.uk>

Entry Queries: Alan Bedder NOR - NORfixtures@norfolkoc.co.uk

Insurance: BOF registered competitors will be covered by BOF Public Liability Insurance. All other competitors will be covered by that public liability insurance for a maximum of three BOF registered events.

Data Protection: The personal data you give will be used by the event organisers/agents, only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate BOF insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

Photography: General Orienteering photographs from the event may be published on the website, flickr and social media; in the absence of any objection, agreement to this will be assumed.

Cancellation: In the unlikely event of a cancellation a notice will be placed on our web site:
<http://www.norfolkoc.co.uk>
NOR reserve the right to retain enough of your fees to cover costs

**Orienteering is an adventure sport.
All competitors take part at their own risk and are responsible for their own safety**