



# NORFOLK ORIENTEERING CLUB

King's Lynn Urban - Regional (Level C) Event

Part of East Anglian Urban League and Southern England Orienteering Urban League (SEOUL).

Sunday 19<sup>th</sup> May 2019

## FINAL DETAILS

- Map Ref:** TF 615 202; Post Code PE30 1HA
- Event Centre:** The Event Centre is at King's Lynn Art Centre, 29 King Street, King's Lynn, Norfolk, PE30 1HA. It will be signposted from the SW corner of Tuesday Market Place. First Aid Kit available here. Personal Kit may be left here from 10:00 to 15:00.
- Note: NO DOGS allowed on premises. Facilities very limited; we may not have access to toilets due to ongoing development work, but public toilets are close by, again the SW corner of Tuesday Market Place. There are also many food outlets nearby.
- Parking:** There is no parking at the event centre. Please see [https://www.west-norfolk.gov.uk/info/20184/council\\_car\\_parks/342/car\\_parks\\_in\\_kings\\_lynn](https://www.west-norfolk.gov.uk/info/20184/council_car_parks/342/car_parks_in_kings_lynn) for parking and charges.
- Public Transport:** King's Lynn is well served by bus and rail links. The bus station is 10 minutes from the Event Centre, and the railway station 15 minutes.
- Registration & Enquiries:** Open from 10:00 to 12:00. Collect pre-entry hired E-Cards, Race bibs and loose description sheets. Please complete the reverse of your race bib with emergency information
- Starts:** 10:30-12:30, in Tuesday Market Place less than 5 minutes walk.
- Finish:** Also in Tuesday Market Place less than 5 minutes walk. **Courses Close** at 14:30.
- Fees:** EOD for BOF Senior; £10.00; NON BOF Senior £12.00; Under 21/Students £4.00. SI card (dibber) Hire 50p. (£30.00 if Lost)
- Map:** A detailed new map of King's Lynn, winter 2018/19. Scale 1:5000.
- Results:** Confirmed results will be displayed on the NOR website as soon as possible. <http://www.norfolkoc.co.uk>
- Descriptions:** Courses 1 - 7 will use symbol descriptions. Course 8 will use textual descriptions. Please collect your control descriptions from the Event Centre (NOT in Start Lanes).
- 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).
- People running **Course 1** have 32 controls, so can use a **Series 5 dibber**. These e-cards can record the number & time for 30 controls and then the number only for a further 6 controls (and they record start, finish & check times); splits will only be displayed for the first 30 controls visited. However, a **Series 8 dibber** only supports 30 controls (plus start, finish and check). If you have a Series 8 dibber, there will be a limited number of alternatives available for the event.
- All other dibbers are OK. No other courses are affected.
- This information is gleaned from [http://www.sportident.dk/Manualer/SPORTident-Cards-overview\\_en.pdf](http://www.sportident.dk/Manualer/SPORTident-Cards-overview_en.pdf)

## Final Details from the Planner

**Terrain:** The Hanseatic town of King's Lynn was one of England's most important ports from as early as the 12th century and this maritime past is still very much in evidence today. Fine old merchants' houses stretch down to the river between cobbled lanes and the elegant Custom House overlooks the harbour.

The town's heritage is reflected in an amazing array of historic buildings and at two magnificent market places: Saturday Market Place, where St Margaret's Church, designated as a Minster Church in 2011 by the Bishop of Norwich, is surrounded by splendid buildings including the Town Hall with its famous "chequerboard" exterior; and Tuesday Market Place, quite possibly one of England's grandest squares. As such it provides an ideal setting for an urban orienteering event. If you don't have a chance to admire the historic sites as you run round, why not take a longer look after the event.

**Final Course Details** – Note, 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.

Course No.	Class (Age Group)	Distance (Red Line)	Distance (Running)	Controls	Map scale 1:5000
1	MO (18-35)	6.9 km	10.0 km	32	A3
2	WO (18-35) / MV (40+)	6.0km	8.6 km	28	A3
3	WV (40+) / MSV (55+)	5.1 km	7.5 km	25	A3
4	WSV (55+) / MUV (65+)	4.0 km	5.9 km	20	A3
5	WUV (65+) / MHV/WHV (75+)	3.2 km	4.9 km	19	A4
6	MJ/WJ (16-)	3.3 km	4.6 km	25	A4
7	MYJ/WYJ (12-)	1.9 km	2.6 km	21	A4
8	Adult newcomers	3.3 km	4.5 km	22	A4

**Climb:** All courses have minimal climb.

The **course and age class** will be in bottom left corner of map (in dark blue) and on control descriptions. **Please ensure you collect the correct map for your course.**

## Map symbols

In urban orienteering, the following mapped features must not be crossed:

	Impassable Fence	] DO NOT CROSS
	Impassable Wall	
	Impassable Vegetation	
	Uncrossable Boundary	

In general, the **Impassable Vegetation** (Black/Green ISSOM 421) screen has been used to depict a range of vegetation types, from low planting through to mature bushes and hedges, in preference to Area of Forbidden Access (Olive Green ISSOM 528.1), as it is clearer on the map in small areas. Neither feature (ISSOM 421 or 528.1) may be crossed within the Rules of Orienteering.

A number of fences have been mapped using the **Impassable Fence** (ISSOM 524) symbol. Even though they may look crossable, **please do not attempt to do so**, as it may endanger our use of the area in the future.

The following symbols depict areas that should not be entered:

	Forbidden Areas	OUT OF BOUNDS
	Construction Site	OUT OF BOUNDS

We have not been granted access to the central shopping area, which is privately owned by Vancouver Quarter. This area is clearly marked on the map using the Out-of-Bounds (ISSOM 709) symbol. The courses have been planned such that there should be no need to go near this area, unless, maybe, you are lost! There are other areas to which we do not have access, which are marked in the same way.

The following non-standard symbols have been used:

	Play Equipment
	Cemetery

## SAFETY NOTES

### 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.
- Course 1, 2 & 3 have two timed out road crossings, with a control on each side of the road. These are un-manned. You will be allowed 2 minutes at each crossing. Remember to dib on both sides of the road.
- As well as the River Great Ouse to the west, there are a number of areas of deep water in King's Lynn, which often have steep or vertical sides, so should be avoided. In general the earth bank symbol has not been used, so as not to clutter the map.
- 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 will 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.
- Both courses visit South Quay, which is next to River Great Ouse. There are vertical drops into the river with no fence or chains. Keep well away from the edge!
- Course 6 (Juniors) has 4 controls that act as a sort of "taped route", which route the course from one area to another. These controls are repeated (in reverse order) on the way back.
- The courses do cross minor roads and enter areas with slow moving traffic. These have good visibility and also have traffic calming measures, such as speed bumps.
- 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 will be slippery when wet.

**Entry Queries:** Julia Paul – [welfare-officer@norfolk.co.uk](mailto:welfare-officer@norfolk.co.uk)

**Officials:** Planner - Jonathan Gilbert; Organiser – Julia Paul; Controller – Michael Chopping

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