



NORFOLK ORIENTEERING CLUB

Invite you on SUNDAY 31st OCTOBER 2021 to the 4th

NORWICH CITY URBAN ORIENTEERING EVENT

A British Orienteering Federation (BOF) Level C Ranking event and qualifier for the Southern England Orienteering Urban League (SEOUL)

Come and enjoy a run through the historic medieval city centre of Norwich. With courses that will physically and mentally challenge you.

Location: The Event Centre will be at the Norwich Lower School within the Cathedral precincts.
A ten-minute walk from Norwich Railway Station. City centre parking at any of the multi-storey car parks.

Postcode: NR1 4DD *
Lat,Lng: 52.632550 , 1.3047189
Grid Ref: TG237089

[Google Maps](#)
[Lower School Norwich | OpenStreetMap](#)

* Postcodes are not very precise in some areas, so don't rely on them for an exact location.

A chance to orienteer in good quality urban terrain in South Norwich. This event will be part of the [2021 SEOUL series](#) and the 2021 [East Anglian Urban League](#).
Entries are open via [Si enteries](#) until Sunday 24th October 2021.

Event Centre

The event centre will be at the Norwich Lower School, Bishopgate. NR1 4DD
NO PARKING AT THE EVENT CENTRE

Facilities at the event centre will be confirmed in the final details,

Parking

There is numerous public parking area in Norwich. The closest public car parks are
[St Helen's Wharf](#) – Bishopgate , NR3 1RZ
[Rose Lane](#) - Mountergate, NR1 1PY

Entry fees

Senior club members volunteering to help on the day	£5
BOF Seniors Members	£10
Non BOF Seniors / Groups	£12
Juniors / Students	£5
SI Card hire	£1

Junior fees apply to those aged under 21.

Student rate applies to those in full-time education irrespective of age.

Course Information

This event will offer the usual range of urban courses for senior classes, together with junior courses for those aged 16 or younger, and aged 12 or younger.

Course lengths – Subject to final controlling.

Course	Length *	Climb	Map Scale	Map Size	Men's classes	Women's classes
1	7km	150m	1:5000	A3	Open (M16+)	
2	6km	130m	1:5000	A3	Veteran (M40+)	Open (W16+)
3	5km	80m	1:5000	A3	Super Vet (M55+)	Veteran (W40+)
4	4km	65m	1:5000	A3	Ultra-Vet (M65+)	Super Vet (W55+)
5	3km	65m	1:4000	A3	Hyper Vet (M75+)	Ultra-Vet (W65+); Hyper Vet (W75+)
6	3km	25m	1:5000	A4	Junior male (M16-)	Junior female (W16-)
7	2km	25m	1:5000	A4	Junior male (M12-)	Junior female (W12-)

* Lengths given are "as the crow flies", and so shortest feasible routes will be somewhat longer due to the need to navigate round buildings and other impassable features.

In line with British Orienteering policy, we cannot accept entries for the urban courses 1-5 from juniors younger than age 16 on the day of the event. Otherwise, anyone may enter any course, but most entrants are expected to enter the course corresponding to their age class, as indicated in the above table. **In order to be competitive in the SEOUL or EAUL leagues you must enter the correct course for your class.**

Course controls will not be set up in beacon mode, so you must use contact punching for those with SIAC dibbers.

Entry Details

On-line pre-entry is essential. Although current (July 21) [BO guidance](#) for England removes all restrictions on numbers entering and participating, we will not be able to accept entry on the day.

Pre-entry is now open, via <https://www.sientries.co.uk/index.php?page=L>

You will be able to self-select your start time block when you enter, subject to availability of start slots. On-line entries will close at midnight on Sunday 24th October 2021.

Juniors under 10 years of age must be accompanied by an adult on their course.

Event Centre & Timings

Start and Finish are in the school grounds

Hired dibbers must be collected from Enquiries.

Start times will be from 10:30 am to 12:30 pm. (Blocks of 15 minutes).

There will be a punching start. We will not be calling up or enforcing exact start times.

Nevertheless, please try to arrive in time to start within your start block but not too early, to help us avoid congestion at the pre-start.

Please observe the start lane notices, and any verbal advice given by the start officials.

Junior courses will be suspended for approximately 30mins when the Cathedral services ends due to high traffic movement.

Courses close at 14:30

Terrain and map details

The historic medieval City of Norwich has boundaries of the river Wensum on the east side, with parts of the old city wall visible in the south, west, and north. This is the area the competition map depicts, with the Castle on higher ground and Cathedral on lower ground, near the river. The city is laced with small passageways and many areas are pedestrianised.

The courses are planned to avoid traffic as much as possible, but competitors do have to cross roads between pedestrian areas. For this reason, under BOF rules, juniors who are still under 16 years old on 31st October can only enter courses 6 or 7, which have marshalled road crossings. These courses use the same terrain as the senior courses passing through the city centre and old parts of Norwich.

Newcomers are recommended to do Course 7 which is suitable for novice adults with limited or no orienteering experience, and for families or small groups. It is also suitable for pushchairs and wheelchair users; we advise that anyone in a wheelchair has a suitably able person with them due to one of the roads having small cobbles making it uneven though passable. Course 6 is suitable for groups and individuals with more orienteering experience.

Contacts / Officials

Organiser:	Karen Goldsworthy	(NOR)	Treasurer@norfolkoc.co.uk
Planner:	Paul Garton	(NOR)	
Controller :	Sarah Mansell	(SUFFOC)	
Entries Queries	Alan Bedder	NOR	NORfixtures@norfolkoc.co.uk

Dog Restrictions

Dogs are not allowed at Event Centre - Norwich Lower School.

Courses are not suitable for dogs due to private courtyards used.

Smoking

Smoking and vaping is NOT permitted within the school grounds or buildings

COVID-19

The event is being planned in line with July 21st BO guidelines relating to Covid19.

Before attending this event, or any other orienteering activity, orienteers, including officials, volunteers, and coaches, should self-assess for symptoms of COVID-19. These are:

A high temperature.

A new, continuous cough.

A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation.

If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.

Important information

Safety and Risk: A risk assessment is carried out by the organiser in advance of each event, but participants take part at their own risk and are responsible for their own safety during the event.

Insurance: Please note that if you have participated in three orienteering events/activities and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

Privacy:

NOR process entrant information based on legitimate interest to produce competition results, to provide participation and results information to British Orienteering, and we retain details for a period to meet our insurance requirements. Published results may include (but not limited to) name, any club affiliation, race times and age group. Read our data protection page for further information about how we look after your personal information.

Taking Photographs:

In line with the policies of British Orienteering, the organisers of this event request that any person wishing to take photos or videos showing children should register their details with event volunteers before taking any such photos or videos. The event organisers reserve the right to ask people to refrain from taking photos or videos and may, if such warnings are ignored, refer the matter to the police.

NOR has an agreed policy on the taking of photographs at events, based on national guidance. This provides a sensible balance between the benefits and risks associated with the taking and use of images. If you are unsure about acceptable practice, please speak to the event organiser. General Orienteering photographs from the event may be published on the website, flickr, google photos and social media; in the absence of any objection, agreement to this will be assumed.