



NORFOLK ORIENTEERING CLUB

NORWICH CITY URBAN ORIENTEERING EVENT

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

FINAL DETAILS

DIRECTIONS/PARKING

The Event will take place in the centre of Norwich.

Enquiries/Download will be located together adjacent to the Start and Finish in Norwich Lower School within the Cathedral precincts.

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.

By car: There is NO carparking at the event centre. Parking will be available at various public carparks in the area. The closest public carparks are

[St Helen's Wharf](#) – Bishopgate , NR3 1RZ

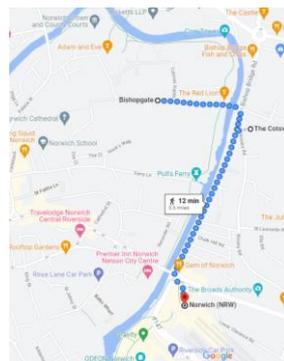
[Rose Lane](#) - Mountergate, NR1 1PY

By bus: Norwich Bus Station is the centre of Norwich, follow signs to Norwich Cathedral and then enter the event centre via Bishopgate. Do not go through the cathedral grounds.

By Park and Ride: Thickthorn Park & Ride, Norwich Road, Hethersett, NR9 3AU. For more details follow this link [501-timetable-20211004-e8097fab.pdf \(amazonaws.com\)](#)

P&R buses arrive at Norwich Bus Station – follow directions above.

By train: Norwich Station is a 11 minute walk away along Riverside Rd and then turning left at Bishopgate Rd.



***PLEASE BE AWARE THAT RIVERSIDE ROAD IS CLOSED TO CARS DUE TO ROADWORKS.**

Event Centre

The event centre will be at the Norwich Lower School, Bishopgate. NR1 4DD.

Please enter the event centre via Bishopgate only.

Facilities

There are toilets at the event centre. There will be a Key Drop at Enquiries. Space will be provided at Enquiries for limited storage of clothing etc, but please only use this if absolutely necessary. There will **not** be a clothing dump at the Start. Enquiries will be open for hired Dibber collection from 10:00 to 12:15. Please return hired dibbers at Download after you have finished.

REGISTRATION

The Event is Pre-entry and entries close on 24th October. There may be limited entry on the day.

START AND FINISH

The Start and Finish are both within the grounds of Norwich School.

There is one **Start** for all courses. The Start will be open from 10.30 until 12.30. (**Junior Courses, courses 6 and 7 – if possible please start between 10.30am and 11.15am**). Please plan to arrive at the start in your allocated start block. We will not enforce start times and there will not be a “call-up”. If you think you have missed your start time, just go to the start when you can. If you are early, don’t wait if there is a space in the start grid, start as soon as you can! There will be a punching start: you must contact-punch the start unit. (Your race time will begin at this time.)

Course 8 (Young Juniors) maps will be available from the start official before moving into the start lane. For all other courses you will pick up your map after contact-punching the start unit.

Safety notices will be posted at the starts and can be previewed on the website. SIAC test, Check and Clear boxes will be on canes for you to use. (*Hired dibbers must be collected from Enquiries before coming to the Start.*)

There is one **Finish** for all courses. You must contact-punch at the Finish control. Download in the event centre after finishing.

There is no water at the finish. Please bring your own drinks for hydration.

Courses close at 2.30pm. You must report to the Download even if you do not finish your course.

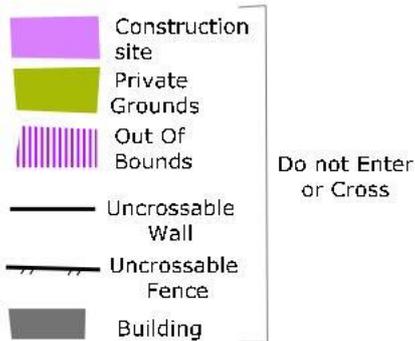
MAP AND TERRAIN

Courses 1-2 will be 1:5000 scale and A3 map size
Course 3,4 and 5 will be 1:4000 scale and A3 map size.
Courses 6 and 7 will be 1:4000 scale and A4 map size.
All maps will be printed on waterproof paper.
Control descriptions are printed on the map.

Historic medieval City of Norwich boundaries is 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, where major road crossings are marshalled. 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.



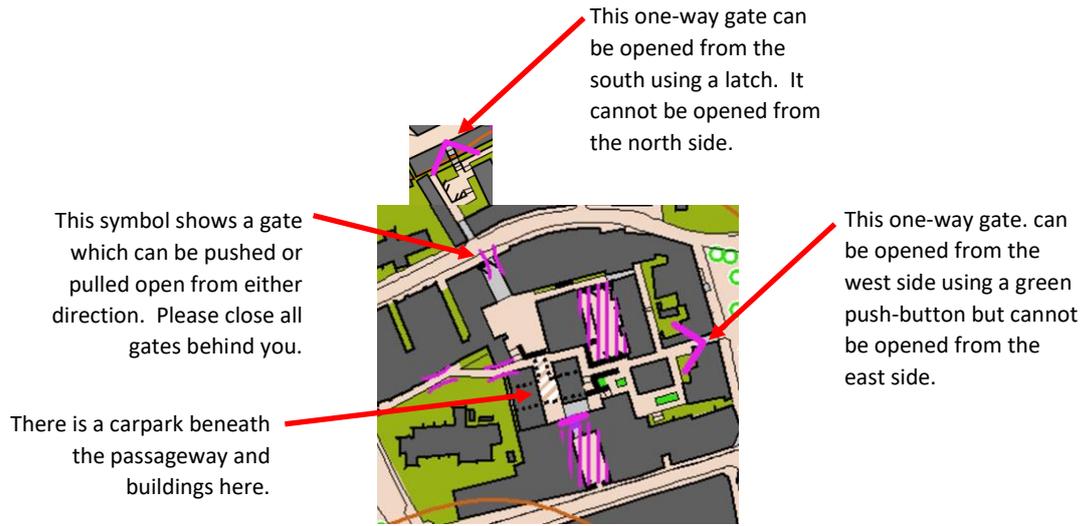
Map Legend

Please note the special symbols

Some of the gates have a green push button to exit them. Please close all gates behind you and don't hold open for other competitors or general public.

Hand sanitiser will be available at gates

Please see the map extract below to show the gates:



Course Information

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

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.**

SI controls will be set up in SIAC beacon mode, allowing non-contact punching for those with SIAC dibbers. START and FINISH controls will NOT be set in beacon mode. You MUST contact punch at the Start and the Finish! (Reminder to SIAC users – check for feedback from the SIAC when you visit each control, and if in doubt, punch conventionally. There will be a SIAC test unit at the start).

Some of the courtyards are private and we have been given special permission to use them for the event please keep noise to a minimum and remember to shut the gates

Course	Length *	Climb	Map Scale	Map Size	Men's classes	Women's classes
1	7.0km	160m	1:5000	A3	Open (M16+)	
2	6.0km	125m	1:5000	A3	Veteran (M40+)	Open (W16+)
3	5.0km	90m	1:4000	A3	Super Vet (M55+)	Veteran (W40+)
4	4.0km	65m	1:4000	A3	Ultra-Vet (M65+)	Super Vet (W55+)
5	3.1km	40m	1:4000	A3	Hyper Vet (M75+)	Ultra-Vet (W65+); Hyper Vet (W75+)
6	2.8km	25m	1:4000	A4	Junior male (M16-)	Junior female (W16-)
7	2.0km	20m	1:4000	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 feature

Vandalism: We have aimed to make controls theft-proof, but things happen. If you are sure you are in the right place, and you can't see the control, continue with your course and inform Download.

Results: The results from this event will be published online as soon as possible, at [Results | \(norfolkoc.co.uk\)](https://norfolkoc.co.uk)

SAFETY INFORMATION

Residential areas and most of the city centre are quiet with limited traffic on Sunday mornings, but there are some roads that are more frequently used and great care must be taken. Parts of the city centre can be quite crowded with pedestrians, including elderly people and small children. Please show consideration to pedestrians, dog-owners and cyclists at all times. Please also show consideration to your fellow competitors.

Note for Junior Courses (6 and 7) only:

Parents are encouraged to use their discretion when deciding whether their children need to be accompanied but - **Juniors under 10 years of age must be accompanied by an adult on their course.** Parents will be able to review Course 7 maps before the start. Competitors take part at their own risk and are responsible for their own safety.

First Aid: A First Aid Kit will be located at Enquiries and a First Aider will be based there. The nearest hospital (with 24-hour emergency Department) is the Norfolk and Norwich University Hospital, [Colney Lane, Norwich NR4 7UY](https://www.norfolkandnorwich.nhs.uk) , [01603 289036](https://www.norfolkandnorwich.nhs.uk).

Safety and Risk: A comprehensive risk assessment has been carried out by the organiser, 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.

Dogs: This event is not suitable for dogs. Dogs are not allowed on urban courses or at the event centre.

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

Privacy: You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results

either for the event alone or combined with or compared to other events. 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.

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

COVID-19:

The event is being planned in line with current 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 in order to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.

Contacts / Officials

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