



NORFOLK ORIENTEERING CLUB

FINAL DETAILS

King's Lynn Urban – Sunday 29th May 2022

Regional (Level C) League Event (SEOUL and UKUL)

Map Ref: OS TF630209 (Grid ref: 563210,320998)
what3words: commuting.compiled.dean

Event Centre: The Event Centre is at Alive Lynnsport Leisure Centre, Greenpark Avenue, King's Lynn, PE30 2NB.

Easiest route is from Junction of A148/A149 NE of King' Lynn; take western exit towards town centre. At second set of lights turn left. At mini-roundabout take first exit then continue straight. Ignore small car park on left and continue straight to main car park.

There are also Brown Tourist signs for "Lynnsport" from major routes and town centre.

To avoid congestion at Reception please use the entrance to the right of Reception which opens directly to staircase to 1st Floor. Anyone with difficulties with stairs can enter via Reception and take lift to 1st floor.

The Event Centre is in "Lords Room" on the 1st floor.

Facilities:

- First Aid Kit available here
- Changing rooms with toilets and showers (free)
- Lockers for personal kit take £1 coin refunded later
- Café with hot/cold drinks and snacks

Note: NO DOGS allowed on premises.

Parking: Ample free parking at Alive Lynnsport

Public Transport: King's Lynn is well served by bus and rail links.

Buses 3, 5, 34 and 32 stop opposite King Edward VII school; get off here and continue walking towards petrol station where there is a foot/cycle path on left leading directly to Lynnsport.

Registration & Enquiries: Open from 10:00 to 12:00.

Collect pre-entry hired E-Cards and loose description sheets.

EOD will be **very** limited. You are advised to contact the organiser to check availability of maps (mapping@norfolkoc.co.uk).

Starts: 10:15-12:15.

Courses Close: 14:30.

SI & Download: Sport-Ident Electronic punching

SIAC will be enabled on all controls EXCEPT for Start and Finish where you MUST dib.

Please DOWNLOAD when you finish (even if you have not completed your course; this is our safety check).

Fees: BOF Senior; £10.00; NON BOF Senior £12.00; Under 21/Students £4.00.
SI card (dibber) Hire £1. (£30.00 if Lost)

Note: we will NOT have SIAC dibbers for hire.

Map: A detailed new map of King's Lynn, winter 2021/22. Scale 1:4000, no contours.

Area New area, based around the Event Centre at the "Alive Lynnsport" leisure complex in North Lynn.

The area comprises a variety of different types of housing estate, dependent on when they were built. Hopefully, you will be suitably challenged by the small alley ways and the repetitiveness of the terrain.

Dependent on route choice there is the possibility that you may run on rough open ground. At the time of writing, it is very dry and should cause no problem for someone wearing road shoes. Should it be wet, trail shoes may be advisable - however the rough open can be avoided and most of the course is on hard surfaces. In recent weeks, this area has been covered in stinging nettles and is now mapped with the "undergrowth" screen. Any mapped paths are still clear.

Results: We are hoping to have provisional results displayed in the Event Centre.

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

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

Safety:

- Juniors must be accompanied to the Start as there is a road crossing.
- There is one road crossing on the Junior courses which will be marshalled. It will be timed out, so please stop if directed to do so by the marshal.
- Wide paths are for cyclists as well as pedestrians; be aware they can approach quickly and quietly.
- Be aware that some surfaces may be slippery when wet.
- All senior courses cross reasonably busy roads. It is your responsibility to cross them carefully, giving way to all vehicles and cyclists
- Please be courteous to pedestrians and take care when turning blind corners, around buildings, in narrow alleys.

General:

- You must not cross / run through any "uncrossable" objects. This is mandatory (not advisory).

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) approx	Controls	Map scale 1:4000 No contours
1	MO (18-35)	6.8 km	10.2 km	29	A3 double-sided
2	WO (18-35) / MV (40+)	6.2 km	9.4 km	25	A3 double-sided
3	WV (40+) / MSV (55+)	5.0 km	7.6 km	23	A3 double-sided
4	WSV (55+) / MUV (65+)	4.2 km	6.4 km	19	A3 single-sided
5	WUV (65+) / MHV/WHV (75+)	3.1 km	4.1 km	20	A4
6	MJ/WJ (16-)	3.0 km	4.0 km	21	A4
7	MYJ/WYJ (12-)	2.0 km	2.3 km	20	A4

All courses have negligible climb.

The Course # & Age Group (eg, MV, WJ) will be clearly printed on each map. Please ensure you collect the correct map for your course.

Descriptions: All courses have symbol descriptions printed on the map. For Course 7, text descriptions will also be available from Registration. Loose descriptions for all other courses will also be available at registration.

Map & Symbols: The map scale is 1:4000 with no contours, drawn to ISSprOM 2019-2. This update was approved by IOF on 15th January, 2022 and introduces many changes. The one relevant to today’s area is the reintroduction of Dark Green (uncrossable, i.e. illegal to cross, vegetation). The definitions of “uncrossable vegetation” and “vegetation: fight” are given below.



Uncrossable vegetation is an area of vegetation (for example a hedge) that shall not be crossed or passed through since there may be a danger that private property or the vegetation itself is damaged.



Vegetation: fight is an area of dense vegetation (trees or undergrowth) which is impassable. Running speed is almost 0%.

A non-standard symbol is being used for play equipment. This is shown below (with other important symbols). Please familiarise yourself with these symbols. These, plus full legend, will also be displayed at Registration and the Start.

	Uncrossable Fence	}	DO NOT CROSS
	Uncrossable Wall		
	Uncrossable Boundary		
	Uncrossable Vegetation		OUT OF BOUNDS
	Forbidden Areas		OUT OF BOUNDS
	Construction Site / Closed Area		OUT OF BOUNDS
	Play / Exercise Equipment		

Enquiries: Julia Paul (NOR) - mapping@norfolkoc.co.uk

General info

COVID-19:

The event is being planned in line with British Orienteering guidelines relating to COVID-19 published on 21st July, 2021.

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.

Other Notes:

We welcome school / guide / scout groups etc. Please contact the organiser, at least a week in advance, so that we can ensure that we print enough maps.

Please Read:

The personal data you give will be used by the event organisers and their agents only for the purpose of processing / publishing the event entries and results, conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure. Read our Privacy Policy to see how we look after your personal data.

Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not taken or published, please notify the event officials. (British Orienteering Safeguarding Policy, December 2021).

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.

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