

# UK Urban League



## Orienteering

### Norfolk Orienteering Club Thetford Urban - Saturday 20 April 2024 FINAL DETAILS (18.04.24)



#### Changes from Preliminary Details are shown in Bold Underline

**Event Centre** is at the Riversdale Centre, Tanner Street, Thetford, IP24 2BQ. (What3Words: [///enveloped.certainly.dolls](https://enveloped.certainly.dolls)) There is no parking at the Event Centre.

Toilets, bag drop, download, refreshments and cake will all be at the Event Centre. There are also a number of establishments in town for food and drink.

**Event Car Parking / Transport** – If arriving by car, please use the public car parking available in Thetford – most are free. Do NOT use the car park at Thetford Priory (**nor visit the Priory before your run**). We would suggest that anyone who is planning to Parkrun before the event use the car parking suggested for that, but subject to any restrictions that apply. Please note that we are aware of other people-heavy events taking place in town that day so parking closer to the Event Centre may be difficult – **be prepared to park further away and walk in.**

Please also consider using public transport. Thetford has a good train service, with 2 trains an hour from Norwich. The train station is 0.9km from the Event Centre.

Hourly between Cambridge-Ely-Thetford-Norwich.

<https://www.greateranglia.co.uk/media/12662/download?inline>

Hourly between Peterborough-Ely-Thetford-Norwich.

<https://www.eastmidlandsrailway.co.uk/media/2682/download?inline>

There is also a half hourly bus service to / from Bury St Edmunds (reasonably direct); the Bus Interchange is 0.45km from the Event Centre.

<https://www.coachservicesltd.co.uk/timetables/91bc707b-df7b-4aff-98af-0173144da3fe>

## Registration / Start times

Registration – 10.00 to 12.00

Start times – 10.30 to 12.30 (e, m, l blocks)

SIAC enabled but punching start and finish.

## Suggested start block times

**Early**                    **10.30 – 11.00**

**Middle**                **11.00 – 12.00**

**Late**                    **12.00 – 12.30**

## Courses (final)

**All courses go through an underpass twice (under the A134). Please do not cross the A134 other than via this underpass. The underpass is marked as a mandatory crossing on the course descriptions. In addition courses 1-3 all have a timed-out crossing of 90 seconds at a Pelican crossing of Norwich Road, as well as a second compulsory crossing via an underpass. These are also clearly marked on the course descriptions**

Course	Classes	Straight-line distances (km)	Controls (SIAC enabled)	Map	Desc
1	Men Open	<b><u>7.5</u></b>	<b><u>30</u></b>	<b><u>A3 (2 sides)</u></b>	<b><u>Symbols</u></b>
2	Men Vet 40+ Women Open	<b><u>6.6</u></b>	<b><u>29</u></b>	<b><u>A3 (2 sides)</u></b>	<b><u>Symbols</u></b>
3	Men SuperVet 55+ Women Vet 40+	<b><u>6.1</u></b>	<b><u>27</u></b>	<b><u>A3 (2 sides)</u></b>	<b><u>Symbols</u></b>
4	Men UltraVet 65+ Women SuperVet 55+	<b><u>4.2</u></b>	<b><u>23</u></b>	<b><u>A3 (2 sides)</u></b>	<b><u>Symbols</u></b>
5	Men HyperVet 75+ Women UltraVet 65+ Women HyperVet 75+	<b><u>3.4</u></b>	<b><u>21</u></b>	<b><u>A3</u></b>	<b><u>Symbols</u></b>
6	Men Junior 16- Women Junior 16-; Novice	<b><u>3.8</u></b>	<b><u>20</u></b>	<b><u>A3</u></b>	<b><u>Symbols</u></b>
7	Men Junior 12- Women Junior 12-; Novice	<b><u>2.1</u></b>	<b><u>19</u></b>	<b><u>A4</u></b>	<b><u>Text</u></b>

The Start is located 0.6 km from the Event Centre, walking beside the River Little Ouse. **The route from the Event Centre to the Start will be taped.** There will be NO Bag Drop at the Start. **Control descriptions will be available at the Start.**

The finish is located close to Thetford Priory, 0.8 km from the Event Centre. **The route from the Finish to Download at the Event Centre will be taped.**

## Event entry

### **Online entry has now closed. There will be limited Entry on the Day.**

If you are not taking part in UKUL/SEOUL/EAUL, select "Open" for class. If you want your run to count as part of UKUL/SEOUL/EAUL, select a valid course / class combination, e.g. Course 3 / WV.

If you want your run to count as part of UKUL/SEOUL/EAUL in a higher class than your age, i.e. "run up", select the class associated with the course. For example a 60 year old male running Course 2 would select "MV" for class.

If you want to run a course shorter than your UKUL/SEOUL/EAUL age category, select "Open" for class, e.g. a 50 year old female wishing to run Course 4 would select "Open" for class

Courses 6 and 7 are available at the reduced rate to individuals and groups without orienteering experience, you should select "Novice" as class to enter these. Other courses are available to be entered by individuals without orienteering experience, at the higher fee rate, and you should select "Open" for these courses.

Groups should enter naming one/two individuals and whether further maps are required. Details of other individuals can be given at registration.

Juniors under 16 on 20 April may only enter on Courses 6 or 7.

### **Entry on the day (subject to map availability) – CARD PAYMENT ONLY**

Adults / Young adults / Groups £16

Juniors / Students/Novices £6

SI card hire - £1 (£35 replacement if not returned)

## **Dogs**

No dogs are allowed on the courses

## **Map**

A new map of Thetford, winter 2023. Scale 1:4,000

## **Area**

A fantastic new area for urban orienteering including estates to the north and south of Abbey Meadows, as well as the town centre for the longer courses. The terrain includes a variety of different types of housing estate, offering technical challenges through numerous alleys, similar layouts and lots of route choice options, as well as the Meadows and an exciting opportunity for all to orienteer on the site of a Medieval Priory! Note the Abbey Meadows and Thetford Priory may be wet.

**Do not visit Thetford Priory before you run your course. Although most walls in the Priory are shown as uncrossable, please DO NOT clamber over any walls.**

## Results

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

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

## Safety

- There is one road crossing from the Event Centre to the Start, this will be marshalled, and then on to paved footpath along the River Little Ouse. We recommend that juniors are accompanied to the Start.
- The junior courses are based partly in a low traffic housing estate.
- **All courses use one underpass under the A134, and for courses 1-3 there is an additional underpass on their course. USE OF THE UNDERPASSES IS COMPULSORY.**
- There is one timed out road crossing on courses 1 to 3.
- 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 crossing the footbridge over the river, around buildings, and passing through gateways. **In particular the gateway into Thetford Priory is relatively narrow, please adjust your speed if there are pedestrians attempting to pass through at the same time.**
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## General

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

## Thanks

**We give grateful thanks to English Heritage, the GW Staniforth Trust, the Keystone Trust for allowing us to use their properties and for their enthusiasm. Thanks also to Breckland District Council and Thetford Town Council.**

## Event officials

Organiser – Liz Large (NOR)/Kim Eden (NOR) – [NORfixtures@norfolkoc.co.uk](mailto:NORfixtures@norfolkoc.co.uk)

Planner – Ian Renfrew (NOR)

Controller – Sarah Mansel (SUFFOC) / Michael Chopping (NOR)

Mapper – Phil Halford (SUFFOC)

## 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**