



Kingston Urban Orienteering Race

Sunday 7th April 2019

Final Details (version 2.1, updated 4th April)

Welcome to the second Kingston Urban Orienteering Race. These races will provide technical orienteering in the town centre, with its intricate alleys, parkland and residential estates. We hope you enjoy the event. The following details should answer most questions that you may have on the day. For anything else please contact the organiser on vphoang09@gmail.com

Assembly

YMCA Hawker Centre, Lower Ham Road, Kingston upon Thames, KT2 5BH.

We do not have sole usage of the centre. Please act considerately.

There are two entrances to Hawker Centre: via Lower Ham Road and via the Thames river path (no vehicular access).

Travel to Event

We encourage participants to use sustainable methods of transport – walking, cycling or public transport. Cycle racks are available at the Hawker Centre. Bag storage is available at Assembly.

Public transport:

Buses 65, 371 and K5 stop close to the Hawker Centre, and run every 10-15 minutes.

The closest rail station is Kingston which is a 25-minute walk or 10-minute bus journey on the 65 bus.

Please visit www.tfl.gov.uk for travel plans and updates.

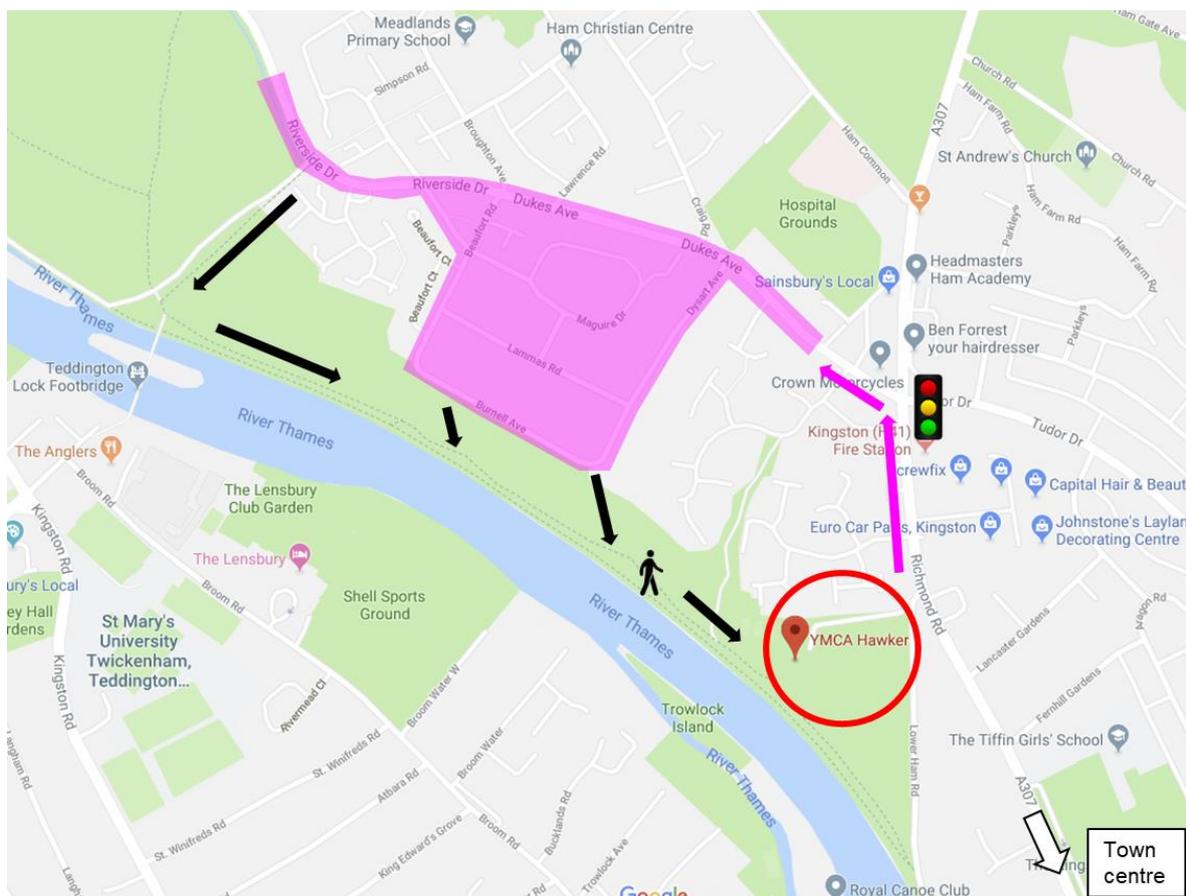
Car:

Free car parking is available at the Hawker Centre but will be shared with the normal centre users and so expect this to be busy. Please travel via other methods if possible. Drivers please take care and adhere to the 10mph speed limit and one-way system in the car park. This is to ensure the safety of any pedestrians.

Overflow car parking:

If the Hawker Centre car park is full, there is free on-street parking available on neighbouring residential streets. Our recommended overflow car parking is shown in pink in the map below.

Exit Hawker Centre and turn left onto Richmond Road and turn left at the traffic lights (at the BP garage). Parking is available on Dukes Avenue, Riverside Drive, Dysart Avenue, Burnell Avenue, Beaufort Road, Lammas Road, Vancouver Road, Maguire Drive, Hardwicke Road. From here walk towards the River Thames and along the river path to enter the centre via its river path entrance. Approximately 5-10 minute walk to Assembly.



Many car parks are also available in Kingston town centre, though this is not recommended because there is free on-street parking much closer to Assembly. The cheapest is the Seven Kings Car Park, Sury Basin, Kingston upon Thames, KT2 5AD, which charges £1 per hour. Approximately 20-minute walk to Assembly.

Course Details:

	Classes	Scale	Length (km)	Number of controls	Control descriptions
Course 1	MO (Open Men)	1:5000	7.1	31*	IOF Pictorial
Course 2	WO (Open Women) MV (Veteran Men 40+)	1:5000	6.5	28	IOF Pictorial
Course 3	WV (Veteran Women 40+) MSV (Supervet Men 55+)	1:5000	5.2	22	IOF Pictorial
Course 4	WSV (Supervet Women 55+) MUV (Ultravet Men 65+)	1:5000	4.3	23	IOF Pictorial
Course 5	WUV (Ultravet Women 65+) MHV (Ultravet Men 75+) WHV (Ultravet Women 75+)	1:4000	3.1	20	IOF Pictorial
Course 6	MJ (Junior Men 16-) WJ (Junior Women 16-)	1:5000	3.3	19	IOF Pictorial
Course 7	MYJ (Young Junior Men 12-) MYJ (Young Junior Women 12-)	1:5000	1.5	13	IOF Pictorial & English Text
Course 8	Newcomers	1:5000	3.3	19	English Text

* Check that your SI card can handle this number of controls

There is no significant climb on any course.

Note that Course 5 uses 1:4000 scale.

More than 30 controls: Course 1. If you intend to use a version 5 (1 to 499999) or 8 (2000000 to 2999999) SI card, these only accept 30 punches. Please visit SI Hire to swap for free a card with greater capacity.

Maps

Map updated and extended by Remo Madella in 2018. Further updates by Alan Leakey in 2019.

Maps will be printed on waterproof paper. Courses 1-5 will be on A3 paper, Courses 6-8 will be on A4 paper.

Control descriptions will be printed on the maps and loose descriptions will be available in the start lanes for all courses.

Assembly Centre

Assembly is indoors in the Hawker Centre and will be open from 10am.

This will include:

- Enquiries (from 10:00)
- Registration and Entry on the Day (10:00 – 12:00)
- Race bib collection
- SI / SIAC collection
- Download
- Live results display
- First aid
- Toilets

- Changing rooms
- Bag storage. (Note that personal belongings are left at your own risk)
- Café
- Water fountain

Note that there are areas in the centre for members only. Please do not enter these areas. Only use the permitted toilets and changing facilities. This will be signed, or volunteers will point you in the right direction.

Food and drink are available at the Hawker Centre café. This offers hot and cold drinks, sandwiches, snacks and hot food (soup, salads, paninis, jacket potatoes, children's meals) at reasonable prices. Please do stay after your run. The Hawker Centre is also offering us 15% off hot drinks.

Entry on the Day

Entry on the Day (EOD) will be available, subject to the availability of maps.

Fees are shown on our website <http://slow.org.uk/events/kingston-urban-race/>

Bibs

All runners must wear bibs. Please collect from Assembly prior to heading to the Start. Numbers can be found at Assembly.

Start

There will be the same Start for all courses. Start times are between 10:30 – 12:30.

Start times are not being allocated. Just turn up and run when there is a free slot.

Call up is -4 minutes.

Competitors on Course 7 will be issued their maps at -4 minutes.

Distance from Assembly to Start is 1 km along paths and a pavement (approximate 12-minute walk). This will be taped. Please ensure that you leave Assembly with enough time to start before the last start 12:30.

The walk from Assembly to the Start will involve two minor road crossings. Parents/guardians may wish to accompany juniors to the Start.

Parents wishing to shadow their children must have completed their run first if they wish to be competitive on their course.

It is a punching start. On the long beep, punch the start control and pick up a map from under the correct numbered map box for your course and go!

Finish

There will be the same Finish for all courses. The Finish control will be fairly close to the Start. If you have not finished, do not go within 1 metre of the Finish boxes as this will turn off your SIAC!

Once finished please follow the short taped route to the Safety Check station. All competitors are required to dib this station as a safety precaution. After this please return to Assembly to Download. The route to Assembly is the reverse of the route to the Start. The Finish will be manned to assist all finishers.

Course closes at 14:30. Please report to Download even if you do not complete your course by this time. Controls will be collected after this time.

SI Punching

Please collect your hired SI card (normal dibber) and SIAC (contactless) at Assembly. There will be a charge of £30 for lost hired SI card or £60 for a lost hired SIAC.

Before making your way to the Start, if using a SIAC, it is suggested that you make use of the SIAC Battery Test at the exit from Assembly. This does NOT switch on your SIAC but tells you if the battery is ok. If there is no beep, the battery is flat and so please hire a SIAC from Assembly.

Clear and Check stations work by dibbing, not contactless.

All controls and the Finish are enabled to operate in contactless mode. The Start will be a punching start.

Contactless works within 50cm of the SI unit. The SIAC will beep 3 times and flash red when at the unit. If this does not work, please dib the SIAC in the normal way into the SI unit. If this still does not work, then use the pin punch attached to the control.

If you think that a control is missing, then continue with your race and let us know at Download once you have finished.

Safety

YOU MUST REPORT TO DOWNLOAD, EVEN IF YOU DO NOT COMPLETE YOUR RACE. THIS IS A SAFETY CHECK.

Roads will not be closed for the event- it is your responsibility to take care with traffic and road crossings. Whilst we have carried out a full risk assessment of the area and have designed the courses to avoid as many risks as we can, please be aware that you take part at your own risk, and are responsible for your own safety. Parents are responsible for their children and advice is available on request about what courses may be suitable.

Any non-British Orienteering participant who completes more than three orienteering events is not covered by British Orienteering third party insurance. We encourage you to join British Orienteering.

If you have travelled alone, please leave your Vehicle registration and ICE (In Case of Emergency) contact details at Enquiries.

If you are an EOD entry or did not complete the medical section on the online system, you are invited to complete a medical form which will be available at Enquiries. Place the form in a sealed envelope with your name on the outside and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

The area is popular with other members of the public. Please be courteous to others and take care when running around corners and crossing roads to prevent collisions. Take care particularly with cyclists, who share the paths with pedestrians, and children playing in the park.

Clothing and footwear

Please wear clothing and footwear suitable for walking or running around an urban area. Studded or spiked shoes are a bad choice. Full body cover is not required. Shorts and vests will be permitted, though in foul weather conditions such clothing would be inappropriate.

There may be compulsory safety measures depending on the weather forecast, e.g. waterproof clothing. Please arrive prepared. This will be communicated to competitors at Assembly.

First aid

First aiders with kit will be available at Assembly.

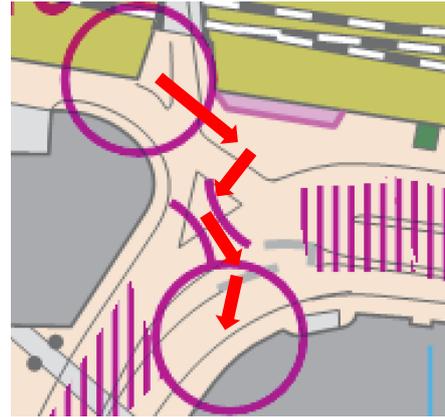
The nearest A&E is: **Kingston Hospital, Galsworthy Rd, Kingston upon Thames, KT2 7QB.**

Out of bounds areas

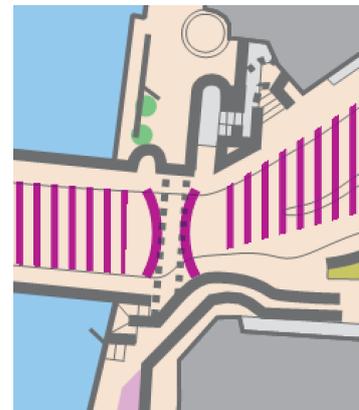
No wall or fence mapped as Impassable may be crossed, neither may dense vegetation (often hedges) mapped as dark green/black be crossed – even if there appear to be passable gaps therein. Also, areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, private gardens or private paths. Crossing or entering these areas may jeopardise our use of the area in the future. Competitors found doing so will be disqualified.

The central area of the A307 and A308 is out of bounds apart from at designated mandatory crossing points, which will be marked clearly on the map. One crossing point is a timed-out pelican crossing and the other crossing point is a pedestrian underpass. Crossing at any other point is forbidden and any competitor found doing so will be disqualified.

The timed-out crossing has controls either side of the crossing to help cross the busy A308. Please cross when it is safe to do so using the pelican crossings. The maximum time-out is 2-minutes. This is used on Courses 1-5.



All courses except Course 7 will use a pedestrian underpass beneath Kingston Bridge. The underpass is marked on the map with dotted lines. Do not cross the road at the upper level.



Juniors

It is a requirement of the British Orienteering Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed limited traffic. Anyone under the age of 16 may only compete on Course 6 or Course 7.

Course 6 will have a few minor road crossings. However these are within the pedestrianised town centre and so speeds will be low. We consider this to be safe.

Course 7 does not cross any roads but does cross three housing gateways which could have slow moving traffic entering or leaving. Parents/ guardians should ensure that their children are aware of what to do in that scenario.

Sad faces will be put up around the perimeter of Course 7 to warn competitors on this course that they are heading in the wrong direction. Parents should instruct that their children to turn around if they encounter a sad face. A happy face will also be used to confirm competitors are turning off a path in the correct place. Additional guidance will be available at Assembly. Other courses can ignore the happy and sad faces.

Construction work

There is extensive construction work being undertaken in Kingston town centre. The team has worked hard to update the map to reflect this. However new building work may arise after maps have been printed. Any new building work that affects the courses will be communicated in the start lane.

Water

Water is not provided on the course. Please bring your own please if you need this.

There is a water fountain provided in Assembly.

Dogs

Dogs are welcome at our orienteering event. Owners are responsible for maintaining control of their dogs.

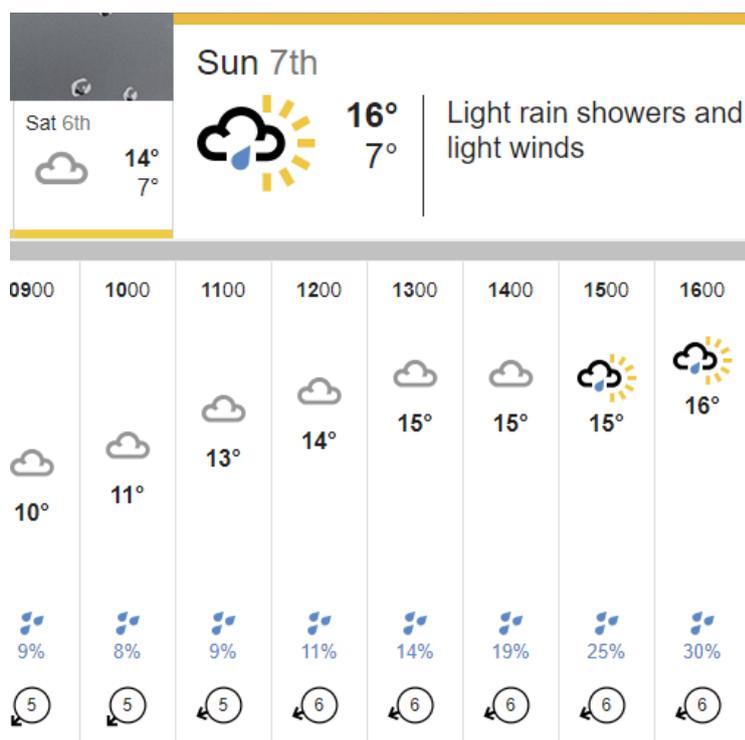
Dogs must be kept outdoors at the Hawker Centre.

Photography

Steve Rush will be taking photographs at the event. If you don't want a photo published where you or a family member are the focus, please complete a form at Enquiries. In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should make themselves aware of British Orienteering policy. The Organiser reserves the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography, they should raise them with the Organiser. Persons may take photographs of their immediate family and friends without restriction.

Weather forecast

Weather looks fine and cool. Possible light rain showers in the afternoon. [Updated 4th April].



Cancellation

Please check the club website www.slow.org.uk for last minute event cancellation in case of bad weather or other unforeseen problem.

Officials

Vinh-Phuong Hoang (Organiser)

Dave Wright (Planner)

Helen and Ian Marsden (Controllers)

Appendix: Urban Maps

General notes for those new to this type of event

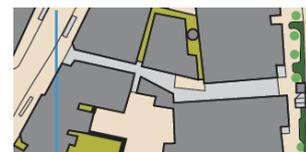
The most important map symbols used are shown below (and a selection of symbols will appear in the map legend too):

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Black	Underpass or tunnel
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush
	Black	Monument or statue
	Black	Out of Bounds
	Purple	Out of Bounds
	Purple	Out of Bounds

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

Steps: Flights of steps are only indicative of the stairway, which may be more complicated than shown (e.g. turning in on itself).

Passageways: In some places passage through a building is possible via an open passageway. The map section shows an example of such a passageway running west-east through a building.



Pavement edges are only shown for major streets and significant paved areas, where they serve a navigational purpose - for clarity the small pavements on most roads are not shown.

Appendix: Control Descriptions

IOF Pictorial Descriptions (only) will be used on Course 1-6. Course 7 will have IOF Pictorial and text descriptions. Course 8 will have text description only.

The following are highlights of the IOF Descriptions that you should understand:

WHAT TYPE OF FEATURE IS IT?

-  Building
-  Stairway
-  Monument
-  Covered way
-  Thicket
-  Hedge or linear thicket
-  Stone wall
-  Fence
-  Distinctive tree
-  Track or path
-  Road
-  Paved Area
-  Small out of bounds area (Note: This is a non-Standard Description)

WHERE ON THE FEATURE IS IT?

North east side

-  East corner (inside); e.g. inside where a wall bends through a right angle
-  South corner (but outside); similar to above
-  North west end; e.g. NW end of a hedge
-  Junction; e.g. where one path meets another