



Ham Urban Orienteering Race

Saturday 4th September 2021

Final Details

Welcome to 'Not the London City Race'. These courses will provide technical orienteering in the 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 glewc@hotmail.com

The event is prepared and will run in accordance with government approved COVID Guidelines published by British Orienteering (the latest version July 21st).

COVID Precautions

You must not attend if you or a member of your household has COVID-19 symptoms, or if you have been asked to isolate by NHS Test and Trace. Please get in touch with the Entries Secretary who will organise a refund of your entry fee.

Please abide by the [Participant Code of Conduct – Events June 2021](#)

Assembly

Thames Young Mariners, Riverside Drive, Ham, Richmond, TW10 7RX.

NOTE: Do not use the postcode for directions as this could lead you to the wrong side of the river!

Latitude/longitude	51.4385, -0.3229
OS grid reference	TQ167724
What3Words	bind.fully.cats

Maps	Google Maps , OpenStreetMap
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We do not have sole usage of the centre. Please act considerately.

Travel to Event

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

Public transport:

The closest bus stop is the 371 stop in Broughton Avenue, buses from Kingston and Richmond run every 10-15 minutes.

The closest train station is Teddington. This is followed by a 20 minute walk via Teddington Lock foot bridge

Car:

Free car parking is available at Thames Young Mariners, there will be a marshal at the entrance.

Overflow car parking:

- 1 If the Thames Young Mariners car park is full, there is free on-street parking available on Riverside Drive. Please park on the northbound side of the road only so as not to impede competitors.

Course Details:

	Classes	Scale	Length (km)	Number of controls	Control descriptions
Course 1	MO (Open Men)	1:4000	10.6	37*	IOF Pictorial
Course 2	WO (Open Women) MV (Veteran Men 40+)	1:4000	9	31*	IOF Pictorial
Course 3	WV (Veteran Women 40+) MSV (Supervet Men 55+)	1:4000	7.7	25	IOF Pictorial
Course 4	WSV (Supervet Women 55+) MUV (Ultravet Men 65+)	1:4000	6	24	IOF Pictorial
Course 5	WUV (Ultravet Women 65+) MHV (Hypervet Men 75+) WHV (Hypervet Women 75+)	1:4000	3.9	17	IOF Pictorial
Course 6	MJ (Junior Men 16-) WJ (Junior Women 16-)	1:4000	3.6	24	IOF Pictorial
Course 7	MYJ (Young Junior Men 12-) WYJ (Young Junior Women 12-)	1:4000	1.8	19	IOF Pictorial & English Text

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

More than 30 controls: Courses 1 & 2. If you intend to use a version 5 (1 to 499999) or 8 (2000000 to 2999999) SI card, these only accept 30 punches. If necessary, visit SI Hire to hire a card with greater capacity.

Map

Updated and expanded 2021. To ISSprOM 2019 Sprint specification 1:4000 for all courses. Printed on waterproof A3 paper.

Control descriptions will be printed on the map for all courses as well as available loose in the Start lanes

Special Symbols: **X** Play Equipment

Terrain

There is no significant climb on any course.

The competition terrain is made up of a number of housing estates of various ages and styles, providing a complex and dense network of houses, minor roads and alleyways along with a few small areas of parkland. Courses average 95% hard surface, 5% grass.

There is a 20mph speed limit throughout the competition area and only a few through roads, indeed traffic is surprisingly light at all times. However, there are a significant number of parked cars which can obscure visibility and care also should be taken at corners and in narrow alleyways, where other runners and members of the public could be encountered. Please give way to pedestrians.

In accordance with BOF Guidelines the M/W12- and M/W16- courses will have a timed-out crossing between two controls across one through road. The time out will be **1 minute**

Assembly Centre

Assembly is at Thames Young Mariners and will be open from 9:30am.

This will include:

- Enquiries (from 10:00)
- SI / SIAC collection
- Download
- First aid
- Toilets
- Changing rooms
- Bag storage. (Note that personal belongings are left at your own risk)

- Key drop

ENTRIES: Pre Entry and Entry on the day via SI Entries -

https://www.sientries.co.uk/event.php?elid=Y&event_id=8622

Note that entry to this event is online only (even on the day!)

Seniors: £11, juniors £5. £2 supplement for Senior non-BOF members until midnight Saturday 28th August

After this date until 11am Saturday 4th September – the day of the event (subject to map availability)

Seniors: £13, juniors £6. £2 supplement for Senior non-BOF members

Times

Start times: 10:30am-12:30pm Course close at: 2:30pm

Start

There will be the same Start for all courses.

Call up is -4 minutes.

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

The Pre-Start area is approximately 300 metres to the south of the entrance to Thames Young Mariners on the west side of Riverside Drive.

Use the Clear box before Callup. The Start lanes will contain a Check and a SIAC Test unit (to ensure that the SIAC was switched on by the Check unit) as well as blank maps and loose control descriptions.

Competitors will cross Riverside Drive as part of the prestart process – take care when doing so. The Start line is on the east side of Riverside Drive. 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 one Finish for all courses which is contactless for SIAC users. Immediately after the Finish there will be tapes leading to a Safety Check control which all competitors must punch before proceeding directly to Download. The Finish will be manned to assist all finishers.

Courses close at 14:30 and all controls will be collected promptly after this time. You must report to Download even if you do not complete your course by this time.

Results

There will be live online results produced throughout the event. The link for these results will be shown on your splits by means of a QR code and there will also be QR codes available to scan throughout assembly. Please point your smartphone at the QR code and use the Camera lens function to go straight to live results.

Final results, including Routegadget, Winsplits, etc will be online at

<https://slow.org.uk/> shortly after the event has finished.

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. There will be a SIAC Test station in the start lane process. If you are using a SIAC, please waft your SIAC over the SIAC Test to ensure it has been turned on after the Check box has been dibbed. All controls and the Finish are enabled to operate in contactless mode. The Start will be a punching start for both SI and SIAC users.

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.

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.

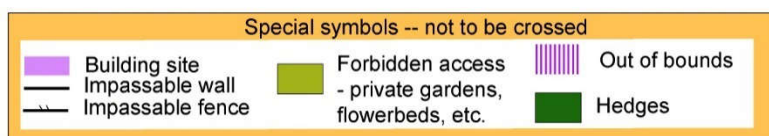
All competitors are advised to wear a brightly coloured top for safety.

First aid

A first aid kit will be available at assembly, however it will be self service

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

Out of bounds areas



The above symbols show all items on the mapped which must not be crossed. 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.

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.

Water

Water will not be provided at the event . Please bring plenty of your own

Dogs

No dogs are allowed on the Thames Young Mariners site apart from guide dogs

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

Chris Glew (Organiser)
Barbara Griessner (Planner)
Simon Ling (Controller) (MVOC)

Acknowledgements:

Broughside Management Company
Park Events - Richmond and Wandsworth Councils
Network Management – Richmond and Wandsworth Councils

All competitors run at their own risk and are responsible for their own safety