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I'm compass

Icenian Day 2 - Huntingdon

23rd March 2025

Final Details V2

Essential Information

**YOU MUST DOWNLOAD AT ASSEMBLY, EVEN IF YOU ABANDON YOUR RACE.
Courses Close at 1400, Ensure you have returned to download before then.**

Those under the age of 16 on the day of the event may only enter courses 6 and 7. Children under the age of 12 may only run course 7. Children under the age of 10 must be accompanied by a responsible adult.

**Please be courteous and respectful of residents and other users of the area.
Keep noise to a minimum at the start.**

Courses 1-3

Courses 1-3 cross the Inner Ring Road (B1514) around the Town Centre twice. Please beware of faster moving vehicles when you cross this road. It is one-way, with cars travelling in a clockwise direction. There are regular traffic lights and crossing points to enable safe crossing.

All courses

Some of the alleyways around the estate are narrow, and although they usually have good visibility, please be aware that there may be pedestrians, children and other runners also using these paths. Please be careful racing around corners, and take a wide line where possible.

The residential roads are usually quiet but will have occasional traffic and reversing vehicles.

Out of Bounds

There is a row of daffodils flanked by young saplings along much of Oxmoor Lane (the N-S running grass strip in the centre of the estate). These are out of bounds and mapped as Area that shall not be entered. You will be disqualified if caught crossing (including jumping) them. In addition, the usual ISSprOM 2019-2 out of bounds features apply, see map section below.



Car parking

Car parking by the event centre may be limited, please car share where possible. If the event centre car park is full, you will be directed to park in the overflow parking at [Towerfields Leisure Park](#). Email the organisers (captain@cuoc.org.uk) if you are bringing e.g. a minibus/coach or have specific parking requirements.

Sponsor

Kanpas, a compass and orienteering equipment manufacturer is sponsoring this event. Check out their orienteering compasses [here](#) and use code: CUOC-Kanpas2025 for a 15% discount. They are providing 2 top-end compasses as prizes for the winners of the sprint courses, and smaller prizes for the winners on all other classes.



Entries

Entries have closed, should you need to amend your entry please email the organiser.

Event Centre

Assembly including download, enquiries, dibber collection and toilets will be in St. Johns primary school. Assembly opens at 10:00am.

Travel

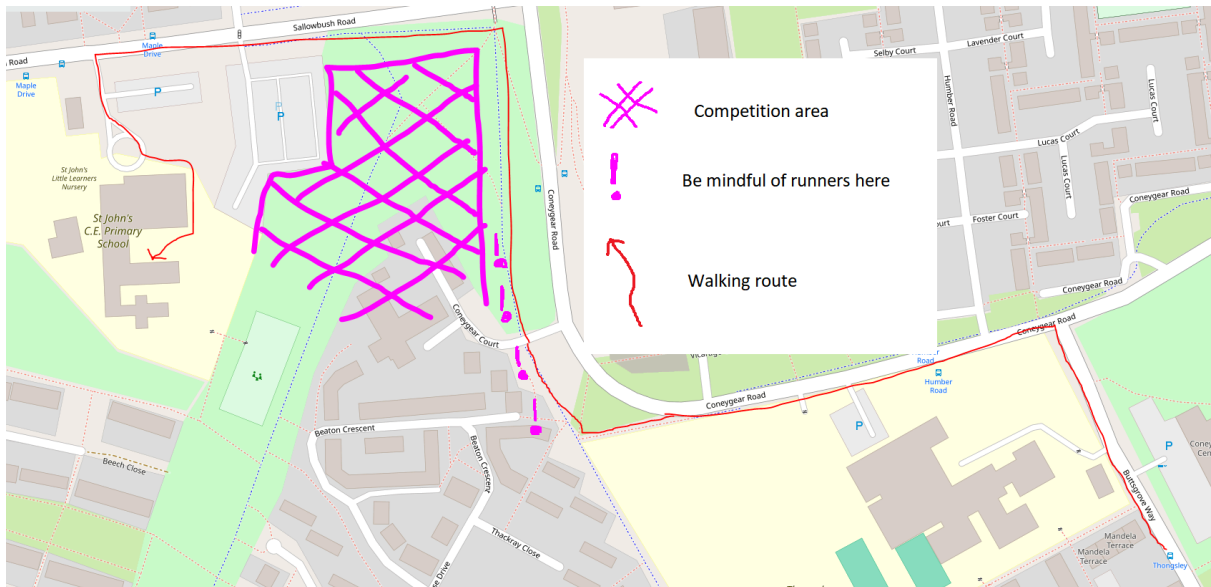
Public Transport

Whilst we will endeavour to keep the below accurate, please check before you travel.

Huntingdon is well connected by train to London and north to Peterborough. It is a ~2.5km walk from the train station to the event venue. Alternatively, you can take a Busway B bus from Millfield Park (departing at 47 past the hour, every hour) to Thongsley and walk from there (300m walk, 11min bus, 900m walk).

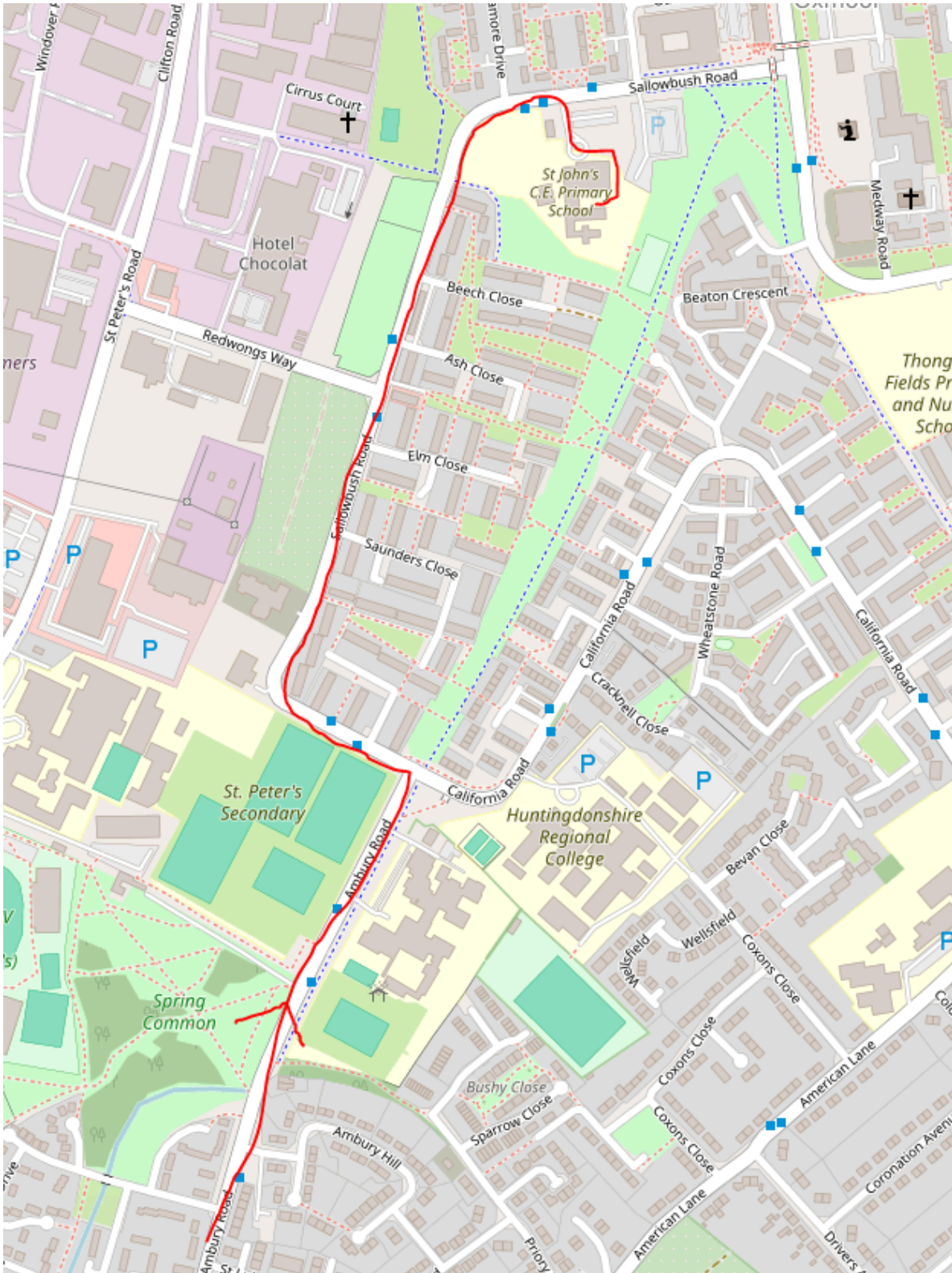
If travelling from Cambridge, St. Ives etc. take the Busway B bus to Thongsley. From here it is a 750m walk to the event centre.

Bus stop walking route.



Train station walking route





Car

Those travelling by car should park within the [Oak Tree Centre Car Park 1](#) which is adjacent to the event centre. Marshalls will direct you to the car park from Sallowbush road.

Car parking at the event centre may be limited, please car share where possible. If the event centre car park is full, you will be directed to park in the overflow parking at [Towerfields Leisure Park](#).

Email the organisers (captain@cuoc.org.uk) if you are bringing e.g. a minibus/coach or have specific parking requirements.

Vehicles and their contents are left at the owners own risk. CUOC and the car park owner do not accept responsibility for any loss or damage to vehicles or their contents.

Cycle

Covered bicycle parking (Sheffield stands) are available at the event centre.

Warm up area

A section of grass en-route to the start may be used for warm up/ cool down. Under 16's must not cross the road to access this area unaccompanied. Please be respectful of others, and note that the path is a cyclepath. See the event layout map.

Start

The Start is 500m from the event centre, please follow the taped route. The route crosses a few small residential roads so under 16s should be accompanied when walking to the start.

Change from previous version

Start times will **not be pre-allocated**, please do try to stick to the preferred start block you selected when entering though. There will be no call-up. Volunteers and those with organisers permission will be able to jump the queue if there is one, please make yourself known to the start team if this is the case.

Please keep noise to a minimum at the start.
It is a punching start.

Finish

The finish is located 200m from the event centre. Please proceed from the finish back to download following the taped route. It is a punching (not SIAC enabled) finish.

Download

YOU MUST DOWNLOAD AT ASSEMBLY, EVEN IF YOU ABANDON YOUR RACE.

Courses Close at 1400, Ensure you have returned to download before then.

This is a safety check to ensure that all competitors return safely. Results will be available online.

Event Layout



Terrain - Planner's Notes



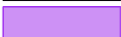






Huntingdon, 20 miles NW of Cambridge, offers a fantastic technical challenge for orienteering. The area is comprised of three different urban styles. The courses start and finish in a classic 60's estate with intricate cut throughs, passages and routechoices that will test runners. As an old market town, the town centre is a challenging mix of narrow alleyways and irregular roads. Contrastingly, a final residential area completes the map, a chance for runners to open up their stride maybe, or is there a catch?

Sprint races and junior courses will take place solely within the northern 60's estate; a cracking and intricate sprint area, forcing runners to be at the top of their game.

Map

The map is drawn to ISSPrOM 2019 and updated in 2025 by Bob Hill and Caroline Louth. It is the competitor's responsibility to know the symbols in use, especially those relating to uncrossable barriers and out of bounds areas:

FEATURES THAT MUST NOT BE CROSSED

	Private Land - OOB - including Lawns & Flowerbeds
	Out of Bounds (OOB)
	Construction site - OOB
	Impassable fence - DO NOT CROSS
	Impassable wall - DO NOT CROSS
	Hedge & Impassable Vegetation - DO NOT CROSS
	Building - DO NOT ENTER
	Open Gateway that MUST NOT BE USED
	Water channel / River / Pond - DO NOT CROSS

In particular, all 'dark green hedge/thicket' MUST NOT BE CROSSED. In some cases, this symbol has been used where a young hedge is growing up, and although it would be

possible to pass through, this will damage the hedge and is against our permission of use. Please do not attempt to cross.

A previous version of the map is available [here](#).



Courses

For all competitors on adult courses, there is the choice of the open sprint course, or age class urban courses.

There is negligible climb on all courses.

Course	Class	Optimal Length (km)	No. of Controls	Map scale
Men's Sprint, E1	Men's Elite /MS	4.0	25	1:4000 [^]
Women's Sprint, E2	Women's Elite / WS	3.6	25	1:4000 [^]
1	MO	10.8	33*	1:5000
2	MV (M40+), WO	9.3	30*	1:5000
3	MSV (M55+), WV (W40+)	7.9	28	1:5000
4	MUV (M65+), WSV (W55+)	5.9	25	1:4000
5	MHV (M75+), WUV (W65+), WHV (W75+)	4.2	17	1:4000
6	MJ (M16-), WJ (W16-)	4.3	21	1:4000
7	MYJ (M12-), WYJ (W12-)	2.0	15	1:4000

* If you have a version 5 SI card (numbers 1 - 499,999) or a version 8 SI Card (numbers 2,000,001 - 2,999,999) these will not handle more than 30 controls. They will also have issues if you 'punch' an extra control on a course with 30 controls. Please hire a SIAC during the entry process, or if you have already entered, revisit your entry in SiEntries and hire a SIAC.

[^]Double sided map

Junior Courses

Those under the age of 16 on the day of the event may only enter courses 6 and 7

Both junior courses (6 & 7) remain within the residential estate; Course 7 (MW12-) does not require juniors to cross any roads, Course 6 (MW14 & MW16) requires older juniors to cross minor, residential dead-ends with very light traffic. Juniors are permitted to run unaccompanied for the course corresponding to their age class. We expect juniors to be diligent and exercise caution when crossing these roads. Course 7 is planned at TD2 technical difficulty, and Course 6 is planned at TD3.

Electronic Punching

All competitors must punch at the Start box and the Finish, but all other controls will be SIAC enabled.

Clothing and Footwear

Full body cover is not required. Shorts and singlets are permitted. The majority of the course is on paved ground, although with some grass.

Safety and Risk

Orienteering is an adventure sport. While we have carried out a full risk assessment of the race area and put in place mitigation for the identified risks please be aware that competitors take part at their own risk. Be cautious of traffic.

Medical conditions

Anyone with a known medical condition should complete the form http://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc, place it in a sealed envelope addressed with their name and leave it at registration in assembly. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

First Aid

Small Print

Participant code of conduct

By entering this event competitors agree to abide by the Participant Code of Conduct, a copy can be found on the British Orienteering website. Please be respectful of other users of the area, residents and other competitors.

Photography

In accordance with the British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with section 4.8 of British Orienteering's O Safe Policy. Event officials reserve 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 who will be present at assembly for the duration of the event.

Privacy

Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to the governing body or any affiliated organisation for the purposes of insurance, safety checks, or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age group.

Officials

Contact: captain@cuoc.org.uk

Organiser: Matthew Dixon

Planners: Olly Tonge, James Ackland

Controller: Bruce Marshall (WAOC)

Mapping: Bob Hill & Caroline Louth (WAOC)

Acknowledgments

Many thanks to:

Kanpas

Huntingdonshire District Council

St Johns Primary School

WAOC - For their support, equipment and expertise

NOR - For kindly rescheduling their Fellbrigg event to allow us to offer a full weekend