
Cambridge City Race

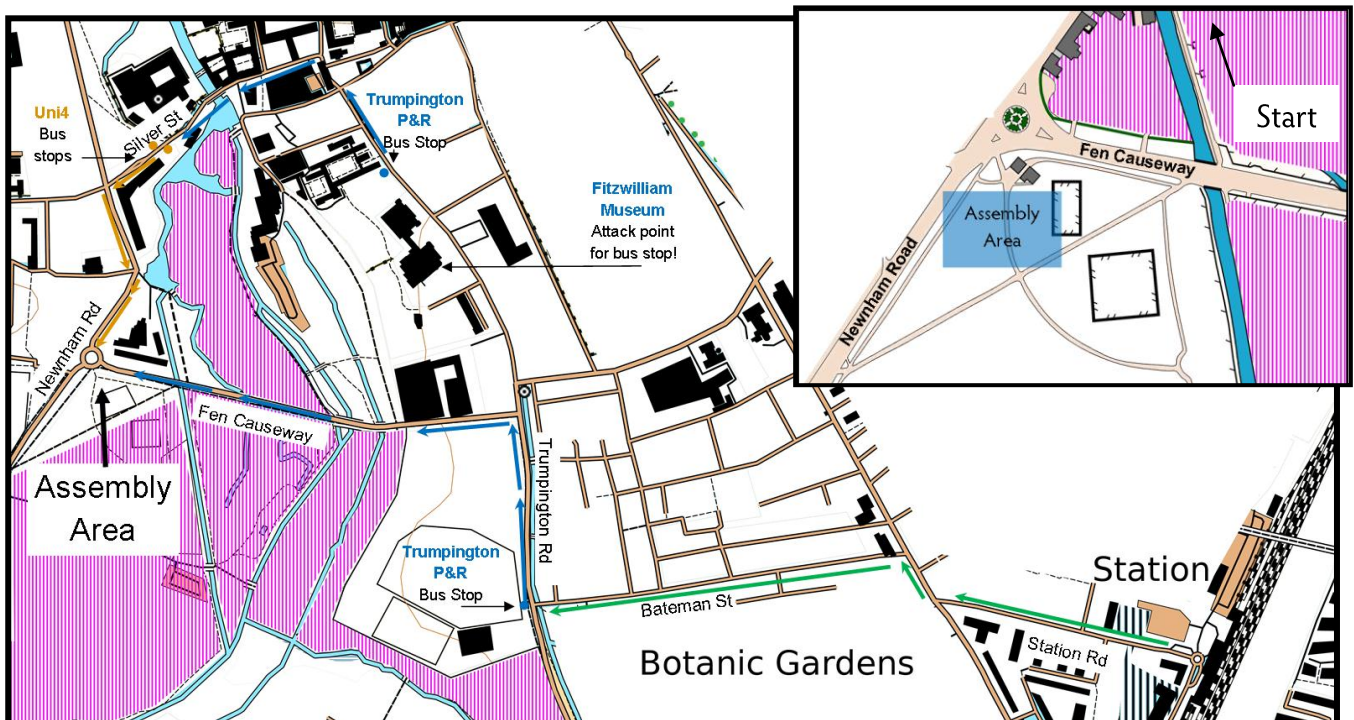
Saturday 22 October 2011

FINAL DETAILS

3rd edition (20 October 2011 – clarification of directions to include both Trumpington P&R bus stops)

Welcome to the second Cambridge City Race. This year we have a new assembly area on Lammas Land which will give you a chance to see a different part of Cambridge on your course. Don't forget that the race incorporates the annual **Icenian Trophy** for EAOA clubs, is part of the **Nopesport Urban League** and is the final event in the **2011 UK Masters Cup**. Local club WAOC are putting on an event on Sunday at [Rowney Warren](#) – why not make a weekend of it?

Location & Travel



Map data: CC-BY-SA OpenStreetMap and Contributors. Based on OpenOrienteeringMap by Oliver O'Brian. Competition map is properly surveyed!

GR: TL444575, online map here: bit.ly/CamCityRace2011.

The assembly area is on Lammas Land, an area of parkland immediately south-west of the city centre. There will be no parking at the event; **you are strongly advised to use public transport.**

There are five Park and Rides (bit.ly/CambridgePandR) serving Cambridge City Centre. We recommend taking the **Blue** line from Trumpington P&R to the bus stop "Trumpington Rd nr Ley's School", or go on to "opp. Pembroke Rd" which is just after the Fitzwilliam Museum, identifiable by its Greek temple style frontage (both are 800m from the event). Alternatively take the **Orange** Uni4/Citi4 from Madingley Road P&R or Addenbrooke's Hospital Bus Station to Silver Street (outside Queens College) and walking to Assembly (600m).

Cambridge has good rail connections to London and elsewhere. The event is a 25-minute walk away.

If you do need to park in Cambridge, the nearest multi-storey is the Grand Arcade car park on Corn Exchange Street. Please be warned that this car park can be extremely busy on Saturday mornings.

Orienteers will not be allowed to park at the Lammas Land car park.

Please respect the competition when approaching the event and do not seek out controls before your run. Note that Coe Fen and Lammas Land are Out of Bounds before you run –

you must not arrive at the event this way. Old maps are not permitted in the competition area.

Race Day

All competitors must collect their race bib from the assembly area before they go to the start. You will not be allowed on your course without it!

Download and the hired SI card collection point will be located inside the Bowls Pavilion.

We are using BSF4 controls so version 8 or 9 SI cards will not work. If you have one please come to Dibber hire for a free loan of a compatible SI card.

Enquiries, toilets and the 'Try it Now' course for newcomers will be based on the grass surrounding the pavilion. The finish is in sight of the assembly area and should offer a good view of the final leg of all courses. Some courses will have a spectator leg.

This is a public area, so be mindful of your valuables. A store for small valuables (keys, wallet, phone – space is limited!) will be provided but note that all items are left at the owners' risk. There will not be room in the pavilion to accommodate bags, but there is space for club tents to be put up near the finish in case of bad weather.

A prize giving will be held at 3.15pm, or as soon as possible after. Prizes are being provided by Up & Running and Cotswold Outdoor.

Start Times

Start times will be posted on the CUOC website www.cuoc.org.uk on or after 12 October. If you miss your start we will give you the next free slot but you might have a long wait (especially courses 2 & 3).

The start is 300m from assembly. You will need to cross the A1134 Fen Causeway to get there – please cross at the pelican crossing and wait for the green man. Parents should consider supervising their children as they cross the road. You will be called up four minutes before your start time. Loose control descriptions will be in the start lanes. On the long beep, you must dib the start control and pick up your map. Competitors should check that they have the correct map before leaving the start area.

Safety

ALL COMPETITORS TAKE PART AT THEIR OWN RISK

Be very careful when crossing roads as traffic will be present. **Cyclists are extremely dangerous** – assume they are not aware of the highway code or one way streets. You should watch out for undertaking and overtaking when crossing roads at any point including pelican crossings and be prepared to give way, even on pavements. Please be respectful and careful of pedestrians.

We have been asked to warn competitors that when passing across college car parks and access roads, some Fellows in large cars will be expecting you to get out of their way. You must let them pass.

The river Cam and various tributaries pass through Coe Fen. The waterside paths are wide but please take care.

Fen Causeway is a dangerous road and must not be crossed anywhere other than at the pelican crossing on the way to the start and at the marked crossing point on each course.

St John Ambulance will be providing first aid on the day. The nearest hospital with an emergency department is Addenbrooke's, Hills Road, Cambridge, CB2 0QQ.

Please be mindful that Saturday lectures will be taking place in some parts of the map – watch out for students when these finish.

Full leg cover is not required – shorts may be worn, but dress appropriately for the weather. Metal-spiked shoes are inappropriate for courses 1-5

Access

Colleges are primarily places of learning and living, and we are lucky to have access to some very prestigious colleges. You must not stray in to an out of bounds area or walk on the grass unless it is marked as 'in bounds'. Marshals and porters will be patrolling and you will be disqualified if you breach our agreed access. Our access agreements are only valid for the duration of your run. Most colleges are open to the public if you want to visit after your run, although some may charge an entry fee.

Do not risk future use of this area by running recklessly or inappropriately. We rely on the goodwill of the colleges and university to be able to put on this event.

Finish

All courses will finish next to the assembly area. You must punch the finish control, and then proceed to Download. **All competitors must download, even if you do not finish the course** – this is a safety check and failure to download may result in a search party being sent out to look for you!

Courses will close at 15.00 – if you are still on your course at 15.00, you must return to the assembly area and download immediately. Controls will be collected in from this time.

Please don't show your map to competitors who have yet to run.

Map

Scale: 1:5000, original survey by Ian Webb 2009, Coe Fen extension by Ben Holland. Selectively updated and extended for this event by Adam Bennett and Ben Windsor, 2011. There are no contours on the map as there are no significant hills, but form lines have been used where necessary.

While we have made every effort to bring the map up to date, roadworks and other alterations can appear at short notice and may not be mapped.

Sprint events use a special symbol set. The area has been mapped according to ISSOM 2007. It is the competitors' responsibility to ensure they are familiar with these! A legend is available at <http://maprunner.org.uk/simon/sprintmapsymbols.jpg> **Please make sure you are familiar with the 'Forbidden to Cross' symbols.** This may represent a high wall, a low boundary or a gate/entrance which we do not have permission to use.

We are also using the special symbols; x for rootstock and x for playground equipment. Benches are not shown on the map for clarity.

Maps will be printed on waterproof paper.

Terrain

The urban parkland of Lammas Land and riverside meadow of Coe Fen soon give way to the intricate streets of central Cambridge where you will find a maze of courtyards, passages and quads guarded by porters (don't touch the grass!). Adult courses 1-4 will mostly be on paved surfaces, but you should be prepared for some controls in the meadows. Metal-spiked shoes should not be worn on these courses. Junior courses will be in parkland with some very quiet streets.

Courses

Course	Classes	Length (km)	No. of Controls	Map Size
1	M Open	7.6	29	A3
2	W Open, M40+	6.3	26	A3
3	W40+, M55+	5.3	23	A3
4	W55+	3.5	17	A3
5	M16-, W16-	2.8	15	A4
6	M12-, W12-	1.9	16	A4

All lengths are subject to final small alterations.

Results

Results will be displayed during the event. After the event, they will be uploaded to www.cuoc.org.uk. Don't forget to put your route into Routegadget after the event!

There will be a prize giving as soon as possible, hopefully at or shortly after 3.00pm outside the Bowls Pavilion with prizes kindly donated by Up & Running and Cotswold Outdoor. The Icenian Trophy will be presented for the East Anglian club with the lowest score when their ten top placed runners are added together. Places will be calculated based on urban age classes, i.e. W40+ will be ranked separately from M55+ although they are on the same course. You must be entered with an East Anglian club to count!

Try it Now course

A short and straightforward Try it Now course will be available for interested passers-by and anyone who isn't entered for the main event. Entry will cost £4 and use laser printed maps (bagged if necessary).

Last minute information

Late information about the event will be available on the CUOC website: www.cuoc.org.uk

Cambridge University Orienteering Club reserves the right to cancel the event at short notice should the need arise. In the event of cancellation, we will send an email to the addresses we have and place a notice on the CUOC website. CUOC reserve the right to retain all or part of the entry fee to cover costs that have already been incurred.

Contact Details

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Planner: Adam Bennett (CUOC)

Controller: Keith Downing (SMOC)

