

BUCS Orienteering Championships 2024 Final Details

9th-10th March 2024

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General information

Individual race on Saturday, sprint relay race on Sunday. Results combined to determine overall winners according to the guidelines available here: <https://www.bucs.org.uk/rules-and-regulations/general-regulations/appendices.html>

EVENT TIMING

The event will be using SI timing. SI air will be enabled for both races.

SIAC cards (timing chips) will be available to hire for free for the weekend. These will be assigned to all competitors who have indicated that they need to hire a dibber through the entry system. Collect from Enquiries on Saturday for the weekend.

Any competitors not running the Individual but running the relay should also collect their dibber on Saturday.

It is the competitor's responsibility to clear and check the card before starting.

SI-Cards MUST be handed in to Download after the relay, even if you retire during the event. . There will be a charge of £60 for lost/not-returned SIAC.

MEDICAL INFORMATION

Any competitor with a high risk medical condition is invited to complete the form available [here](#). Place this in a sealed envelope with your name on the outside and leave it in the box at Enquiries. Envelopes will only be opened if required for a medical emergency, and unopened envelopes will be destroyed immediately after the event.

For first aid on Sunday, please go to Enquiries.

Day 1 Individual, Sandringham

Event details [here](#).

Start times [here](#). Starts from 10:30 – 12:50.

BUCS Individual is being run alongside the Midland Championships. There will be a full range of junior and senior courses offered. BUCS competitors will run the following courses:

Men's A: Course 3

Women's A: Course 6

Men's B: Course 6

Women's B: Course 8

Men's C: Course 16

Women's C: Course 16

Note: Women's A/Men's B will run the same course. Men's C/Women's C will run the same course. Competitors on different BUCS classes will not be starting near each other on the start list.

Maps will be collected from BUCS competitors at the finish.

Prizegiving for the individual will take place on Sunday, along with the prizegiving for the relay and overall.

We are very grateful to the organisers of the Midland Championships for their support in running the BUCS Individual. Sandringham is a fantastic forest which will provide a regal touch to the weekend's proceedings. Sightings of royals cannot be guaranteed.

Day 2: Sprint Relay, Trumpington West

Organser: Peter Molloy, CUOC
Planners: Bob Hill, RAFO
Controller: Graham Louth, WAOC

Deadline for final team declarations will be 18:00 on 09/03/24. This should be filled out on the spreadsheet sent out to Team Captains for entries. Make sure that you have the Google Sheets app downloaded on your phone if you are filling in the sheet.

You should arrive at the parking by 09:15. Don't be late!

TRANSPORT AND PARKING

The event will be using the free public parking at Trumpington Park and Ride (CB2 9FT) <https://goo.gl/maps/MsTvcvZthLdrQ3Bz9>. Height restriction of 2.1m for standard vehicles.

Over-height vehicles can get access by a separate entrance controlled by a member of staff who is present from 07:00. (On mini-roundabout take later exit signposted for vehicles over 2.1m high (also 'John Lewis Goods Vehicles'). After 50m turn left to barriers and use speakerphone -- select 'Park and Ride'.) The phone number for the Park and Ride facility as a whole is 01223 846 821.

There are public toilets in the building at the centre of the Park and Ride.

The route to the Assembly Area will be taped from the north corner of the Park and Ride. Total distance is 700m. The route passes through the competition area, the first part in a north-west direction through housing and then north along the eastern edge of a large open area. See map below. **You must follow the taped route. The route will be closed during the competition, from 09:45 to 12:15.** It is also possible to access the arena from the Byron's Pool car park by bike or on foot but competitors must stick to Grantchester Road. There is NO parking for orienteers at Byron's Pool.

There is a Sainsbury's Local just off the route to the assembly. Please only visit the Sainsbury's **after** the race.



TIMINGS

You should arrive at the Park and Ride by 09:15 and be at the Assembly area by 09:30. Team race numbers will be available from 09:15 onwards from Enquiries at the Assembly Area.

Changeover demo 09:55

Women's start 10:00 (Mini mass start for remaining leg 2/3 runners: 11:05)

Men's start 11:00 (Mini mass start for remaining leg 2/3 runners: 12:00)

Call-up will be 10 minutes before start. Please be prompt!

Prize-giving approx. 12:15 - 12:30

ASSEMBLY

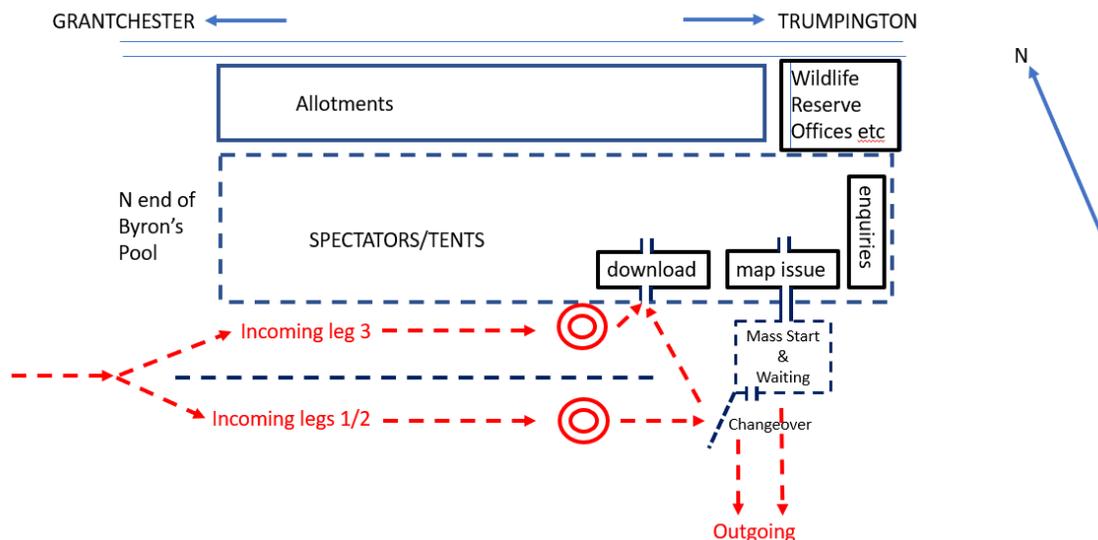
The Assembly Area is on the Trumpington Meadows Nature Reserve. We thank the Wildlife Trust BCN for permission to use this area. This is a sensitive time for plants/ground-nesting birds and our access to the Nature Reserve is restricted. Except for access, as indicated on the diagram, **please stay within the marked boundaries of the Assembly Area at all times**. There is room for club tents in the marked area.

Bibs: Bibs can be collected from Enquiries from 09:00.

Toilets: There are 2 toilets available to competitors in the Wildlife Reserve office, adjacent to assembly. Two portaloos will also be provided in the Wildlife Reserve office car park.

Warm-up/ Warm-down: You may run along the pavements running east-west to the north side of the Assembly Area, on Grantchester Road and Church Lane – beware of traffic. Stay out of the embargo.

Please note that there will be runners running west-east along Grantchester Road from around 9:30 onwards. They are competing in a half marathon/marathon. Please give way to them – don't get in their way.



Finish controls will be SIAC enabled. Leg 1 and Leg 2 runners should punch the finish **before** changeover. In the event of a sprint finish, the team position is from the order the Leg 3 runners cross the line, not from their finish punch.

COURSE DETAILS

Course	Length (km) (estimated shortest running distance)	Controls
Men's	3.6	20-21
Women's	3.4	18

Expected leg winning time 13-16 minutes. There will be gaffling. Climb is negligible: this is Cambridge, after all.

Ad Hoc teams

Women's Ad Hoc teams will start in the Women's mass start. Mixed and Men's Ad Hoc teams will start in the Men's mass start. When making your team declarations, indicate the names of any Ad Hoc runners in the separate column provided. We will allocate these runners to Ad Hoc teams. They will be informed of their team on Saturday evening.

MAP

Scale 1:4000 with 2.5m contours, updated by Paul Pruzina and Caroline Louth in Feb 2024.

ISSprOM 2019-2, size A4.

Control descriptions on map and control codes beside the control numbers.

Maps will be handed to runners at 'Map issue' folded and taped. Do not open your map until you have started.

After finishing, runners must place their maps in plastic bags labelled by club.

TERRAIN NOTES

The terrain comprises of a new housing estate, open meadows, and a narrow strip of woodland. The area is situated next to Byron's Pool, named so because Lord Byron himself used to swim in the river there. Indeed, the Trumpington estate is inspired by his architectural sketches, drawn in 1819. The area promises scintillating racing.

The courses will be approximately 70% asphalt, 30% soft surfaces. No dobs/spiked shoes. The spectator control is approximately ~3-5 mins from the end for all courses.

In the meadows, you must stick to the paths. The grassland is marked as OOB on the map - see extract. The margin around the paths is for clarity, do not cut corners. Marshalls will be in the terrain.



There are some controls in the woodland section that are close together but on different features. Read your map, check your codes.

In the housing estate there are some gates marked as uncrossable on the map, which may be broken/left open by residents. There will be unambiguous signs on these gates indicating that they are uncrossable to orienteers, and there will be marshalls in the area. Read the map - do not cross them.



Flower beds and hedges are uncrossable when indicated on the map. We will tape some of those that may look ambiguous on the ground.



Watch out for cars in the housing estate. There will be signs and marshalls but be sensible. Please also be considerate to residents, particularly when going round sharp corners.

PRIZES

Prizes for the Women's and Men's categories will be presented as soon as possible after the results have been finalised. Prizegiving for the Individual race and BUCS overall will also take place.

Accommodation and Social

Timings (Saturday unless specified)	Access to...	Venue (see full details in relevant section)
15:30-17:30	Showers	Cambridge University Sports Centre
17:00-09:00 (Sun)	Accommodation	St Mary's School
19:00-21:00	Buffet banquet meal	Nines Global Buffet, Cambridge
21:00 onwards	Afterparty	Downtown Cambridge

Showers

Shower facilities will be available for all competitors at Cambridge University Sports Centre from 15:30 – 17:30 following the Individual race. There are no showers in the overnight accommodation.

To avoid significant queues please stagger yourselves appropriately, especially if you are a large team with a spread of start times. There is on-site parking.

Location: **Cambridge University Sports Centre, Philippa Fawcett Dr, Cambridge CB3 0AS**

Accommodation

The overnight accommodation is at St Mary's School, split across two halls. **Sleeping bags and mats are required.** There are no showers. There is a dining hall, basic and a small amount of fridge space (please co-ordinate refrigerated items such as milk with your team and clearly label any items). Please bring your own cutlery/crockery.

There are five unisex toilets on the ground floor and two unisex toilets on the first floor. These will be signed. **Competitors must not walk around closed off areas of the school.**

Accommodation opens at 17:00 on 9th March and closes at 09:00 on 10th March. Security will be constantly present at reception and patrolling - they will allow athletes to come and go as they like provided their name is on the pre-submitted list. **Competitors must enter and leave the school through the main entrance (sliding doors) on Bateman St.**

Please leave the school as you found it! CUOC members will take note of any damage and teams will be duly charged.

Location: **St Mary's School, Bateman St, Cambridge CB2 1LY**

Approach from the east, through the one-way system. Parking is tight. Park competently please.



Social

19:00 – 21:00 at Nines Global Buffet - buffet meal (First Floor, Leisure Park, Unit 3 Clifton Way, Cambridge CB1 7DY This is a 15min walk from the accommodation. £26 per head.

There are a number of excellent pubs in the centre of Cambridge, a city widely considered to be the beating heart of British nightlife. Competitors are then invited to go to Mash, described by Tatler Magazine in 2023 as 'one of the hottest new nightclubs this side of Miami Beach' – tickets can be purchased [here](#). Please see the website for details of your team's costume theme.

Appendix: Rules and Regulations

Rules and Regulations can be found on this [page](#). Competitors must confirm that they fully understand that the event will be staged under the British Orienteering Rules, and that they take part at their own risk.

If you have any questions regarding the event, please contact the organiser: pwm32@cam.ac.uk

See you in Cambridge!