



**UK Urban League
Clifton NW (Nottingham)
Urban 'O'
Sunday 12 May 2019**

FINAL DETAILS

Beginners are welcome!

- Travel** The event will start and finish at the Clifton Campus of Nottingham Trent University. It is accessed from the A453, close to Junction 24 of the M1.
Do not enter at the main entrance (North Gate). Enter at the South Gate. Note that if you are approaching from Nottingham City Centre, there is no right turn into the South Gate entrance. You will need to turn around at the next junction (250m beyond) and return in the opposite direction.
Postcode: NG11 8ET
- Parking** Marshals will direct you to the South Car Park on the campus.
- Facilities** Enquiries, Registration, Download and Results will be situated in the Assembly Area next to the Lee Westwood Sports Centre, approx 150m from the car park.
Toilets will be available in Lee Westwood Sports Centre.
- Entry** Pre-entry at www.fabian4.co.uk until midnight Friday 10 May or enter on the day (EOD). If EOD, please arrive in plenty of time to register.
- Courses** See below for details of courses.
- Registration** Registration will be open from 10:00 and will close at 10:50.
Fees: Seniors £7, Juniors/Students/Beginners £3
SI hire: £1, Extra maps: 50p
- SI-Cards** Course 1 (Men Open) and Course 2 (M40+, Women Open) have more than 30 controls. SI-Card 5 (< 500,000) or SI-Card 8 (2,000,000 to 2,999,999) must not be used.
Course 3 (M55+, W40+) has 28 controls. Use of SI-Card 8 is not recommended.
SI Air (contactless punching) will not be used but multiple SI boxes will be available at the busiest control locations.
- Beginners** Beginners are welcome. Please ask at Registration for a suitable course to suit your level of experience.
- Start Times** There will be 3 mass starts, at 11.00, 11.10 and 11.20am. Further details below.










Control Descriptions	Control descriptions will be printed on the map.
Shadowing	No shadowing is allowed for UKUL competitors. Shadowing is allowed for newcomers.
Terrain	University campus, historic village, and complex modern housing estate.
Map	<p>The map has been drawn to ISSOM2007 at 1:4000 with a 5m contour interval. A3+ size. Predominantly new areas with a revised map of the campus.</p> <p>All race maps will be printed on waterproof paper. Control codes will be printed on the map next to the control number.</p>
Finish	<p>There is one Finish in the Assembly area. First Aid will be available at the finish.</p> <p>You must report to the Finish by 13:30 even if you do not complete your course.</p> <p>All competitors must go to download before leaving to avoid us instigating a search.</p>
Results	Intermediate results will be displayed in the assembly area and will be available at www.live-o.org .
Safety	<p>Competitors take part at their own risk. Shorts may be worn.</p> <p>This is a public area, please respect members of the public, including walkers, dog-walkers, cyclists, children playing, etc.</p> <p>Nearest A & E: Queen's Medical Centre, Derby Road Nottingham, NG7 2UH. Telephone: 0115 924 9924. Map with directions available at enquiries.</p>
Child Safety	<p>Competitors take part at their own risk. Under 17's must enter the junior course as British Orienteering rules specify no major road crossings for safety reasons. NOC recommend that young and inexperienced orienteers are shadowed (or accompanied) in this area.</p> <p>The event organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police. If anybody has concerns regarding the misuse of camera equipment they should report it to an event volunteer immediately.</p>
Dogs	Dogs are welcome in the assembly area and car park but must be kept on leads at all times. No dogs on the courses.
Thanks	The organisers would like to thank Nottingham Trent University and Nottingham City Council for their co-operation and support in the hosting of this event.
Officials	<p>Organiser: Julie Webster (NOC). 07749 743473. Email: org20190512@noc-uk.org</p> <p>Planner: Anthony Squire (NOC).</p> <p>Controller: Mick Lucking (NOC).</p>

Courses

Course	Class (UKUL Category)	Distance	Controls
1	Men Open (MO)	7.6 km	37
2	M40+ (MV) Women Open (WO)	6.5 km	32
3	M55+ (MSV) W40+ (WV)	5.3 km	28
4	M65+ (MUV) W55+ (WSV)	4.2 km	24
5	M75+ (MHV) W65+ (WUV) W75+ (WHV)	3.4 km	21
6	M16- (MJ) W16- (WJ)	4.4 km	25
7	M12- (MYJ) W12- (WYJ)	2.7 km	18

High-density buildings on the campus with complex route choice. There are two large construction sites and these are marked as out-of-bounds on the map. In the housing estates, footpaths, alleyways, and small pockets of parkland make it difficult to identify the optimum route. The A453 is the boundary of the course area on one side and this road must not be crossed.

This is an urban event. The map identifies features that must not be crossed even if you are physically able to do so. This is to prevent damage and to ensure safety. Please do not put the use of this area for orienteering at risk. Ensure that you are familiar with the relevant map symbols before you start. The organisers will disqualify competitors who take forbidden routes as indicated on the map. Features that you must not cross are shown below and on the event map...

FAIR PLAY	
DO NOT CROSS	
	Impassable Fence
	Impassable Wall
	Hedge
	Forbidden Route
DO NOT ENTER	
	Building
	Private Area (No Public Access)
	Impassable Vegetation
	Construction Area
	Out-of-Bounds

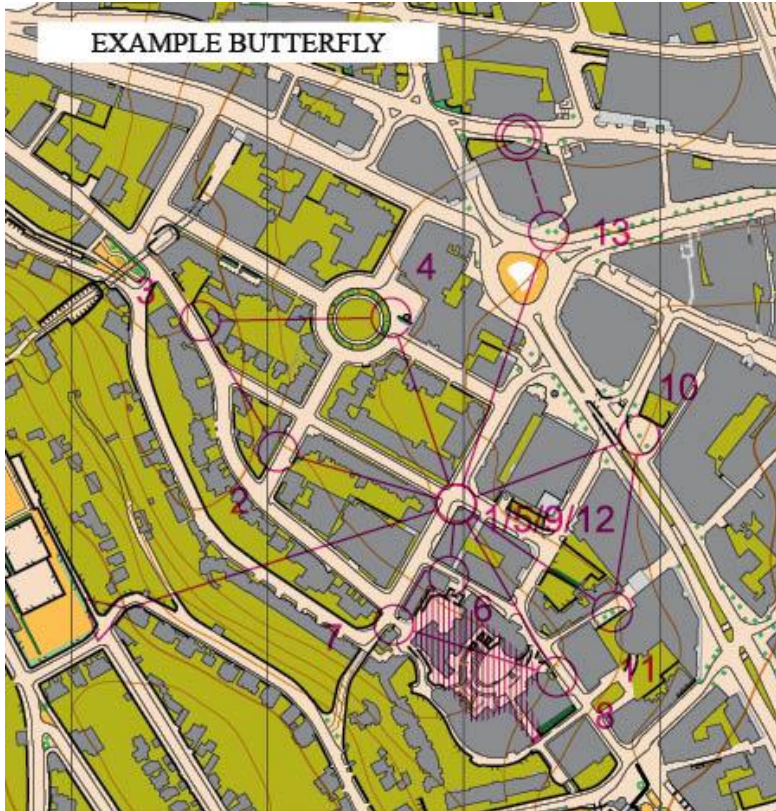
There are two gates that are overprinted with purple on the map and one of these is at the end of a public footpath. This gate is locked and must not be climbed. The short diversion is very obvious and clearly marked on the map.

This is a mass start event and you may find yourself running in a group with other competitors. The event is taking place in a public area so please remain alert at all times in order to avoid incident.

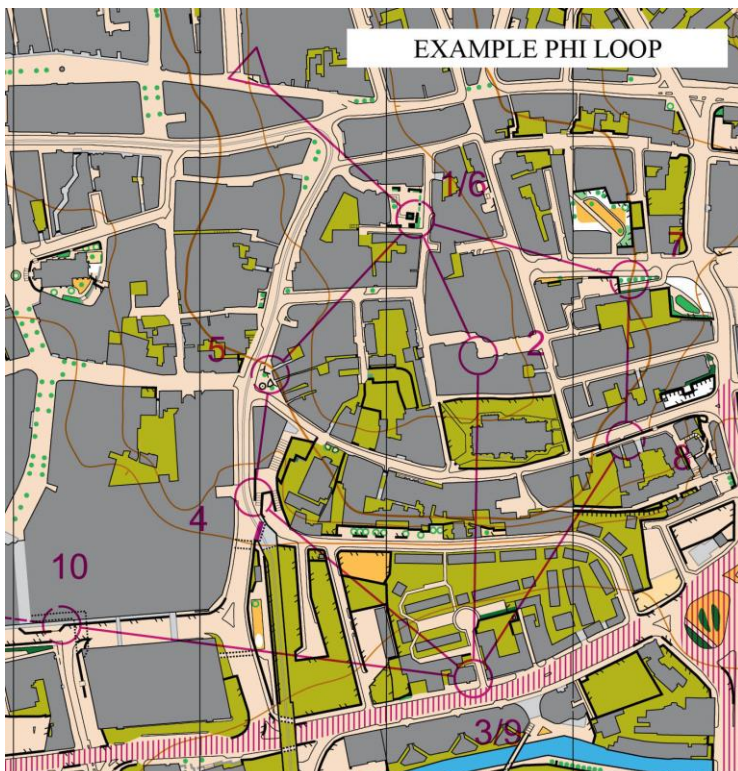
Mass start courses with gaffing to separate competitors. Due to control density and the use of loops, competitors need to pay close attention to their map to ensure that they visit controls in the correct order.

On all courses except course 7 you may encounter both butterfly loops and PHI loops.

Here is an example of a butterfly loop...



Here is an example of a PHI loop...



Start times (subject to final confirmation at the event) are as follows...

11:00	Courses 1, 2 and 6
11:10	Courses 3 and 5
11:20	Courses 4 and 7

Please ensure that you arrive at the event before 10:45. If you have not pre-entered, allow additional time to register by 10:50 at the latest. Check your course start time at assembly. Call up will be 5 minutes prior to the start time.