



North Wiltshire Orienteers

North Wiltshire Orienteers (NWO)

www.northwilts.org.uk

URBAN ORIENTEERING REGIONAL EVENT

UKUL, SEOUL (Round 14)

WEST SWINDON

Sunday 22 September 2019



@NWOrienteers

Acknowledgements: Access is by kind permission of the Swindon Borough Council, in association with The Link Centre, supporting Cancer Research UK.



We kindly invite participants to make a suggested donation of £1 on entry. Cash donation boxes will be available at the registration desk and also via Fabian.

Beginners, family groups and wheelchair users are welcome to take part in the selected courses detailed below.

Venue / Parking:

The Link Centre is a leisure centre located in west Swindon and is signposted from the B4534 and B4553. Postcode SN5 7DL Grid Reference SU119844. Parking, included disabled parking, is available in the main Link Centre car park, accessible from the B4553. If required, other parking may be available in the area. Please park sensibly and do not obstruct other users of the Link Centre or other facilities in the area. **Please car-share if possible**

The Swindon Half Marathon is also taking place on 22 Sept and a number of road closures will be enforce during the day. Drivers are recommended to approach from the west or via Junction 16 of M4, following A3102 / B4534. Further details can be found at <https://www.newswindonhalf.co.uk/residents-and-spectators/road-closures/>

Public Transport:

The venue is accessible by buses 1, 1A and 19 from stops close to Swindon Rail & Bus Stations. A journey planner is available on Traveline South West <http://www.travelinesw.com/>

Terrain/Hazards:

The area is a mixture of residential and commercial developments with some open parkland. **Busy roads should only be crossed at marked points.**

Maps:

A3 landscape 1:5000 scale. Contours at 5m intervals.

Times:

Registration from 10.30-12:30. Start Times 11.00-1300. Courses close at 14:30.

Courses:

	LENGTH	CONTROLS	ASCENT	MENS CLASS	WOMENS CLASS
Course 1	7.7km	30	85m	Men Open (M18-35)	-
Course 2	6.4km	25	85m	Men Veteran (M40+)	Women Open (W18-35)
Course 3	5.6km	22	75m	Men Super Vet (M55+)	Women Veteran (W40+)
Course 4	4.4km	20	55m	Men Ultra Vet (M65+)	Women Super Vet (W55+)
Course 5	3.9km	19	40m	Hyper Vet Men (M75+)	Women Ultra Vet (W65+), Women Hyper Vet (W75+)
Course 6*	4.0km	18	55m	Men Junior (M16-)	Women Junior (W16-)
Course 7*	2.1km	17	25m	Men Young Junior (M12-)	Women Young Junior (W12-)
Course 8**	1.8km	10	20m	Men Wheelchair Users	Women Wheelchair Users

All course distances quoted are straight line distances and the actual distance covered may be up to 40% longer.

*Courses 6 and 7 are suitable for beginners, family groups and unaccompanied runners under 16.

**Course 8 is specifically designed for those who are in wheelchairs, either self-propelled or pushed, or those with limited mobility. The start is 400m from registration. The course can either be followed like all other courses using an Emit tag which will require the ability to access the control sites or by using the MapRun application which will automatically detect your arrival at each control. You will need to have downloaded the application onto your phone beforehand. In either circumstance you will be provided with a paper copy of the map so will not need to rely on the phone to view and follow the map. For further information on how to use MapRun please contact Pete Gilder (petejgilder@gmail.com)

All other controls will be standard kite and emit units.

Punching: EMIT. Card hire fee £1.50 per competitor. Lost card charge £47.

Start & Finish: There will be 2 start locations. The start for courses 1 – 5 is about 150m walk from the Link Centre. The start for courses 6-8 is about 400m. There will be a punching start. You will not be allocated a start time – you may go when you are ready. The finish is 400m from the Link Centre.

All competitors must report download to download, regardless as to whether they complete their course or not.

Registration: Registration will be on the first floor of the Link Centre. Enter through the main entrance and follow past the main reception desk to the stairs and lift. Registration will deal with any enquiries, late entries, entry on the day and issue of hired EMIT cards.

Entries & Fees: Individual Seniors (courses 1 to 5) £10 Individual Seniors (courses 6 to 8) £5
Family Groups (courses 6 to 8) £5 Individual Juniors and Students (all courses) £3

Pre entry available online via www.fabian4.co.uk up to midnight 18 September. Entry for beginners, family groups and wheelchair users recommended via email to poc@northwiltshire.org.uk before Monday 16 September.

Late entries and entry on the day (EOD) will be accepted up to the limit of available maps. To reserve a map after the pre-entry closing date please contact the Organiser (details below) before 9pm on Friday 20 September.

Facilities: Toilets, including disabled, facilities and café are available in the Link Centre. Please note there are no changing facilities available and the café accepts card payments only. First Aid kit and welfare facilities will be available at registration.

Safety: All competitors must complete a registration form and report to registration before starting. This is particularly important for Wheelchair entries to ensure any helper details are recorded. Car keys may be left at registration and those travelling alone must leave their car keys at registration. All competitors **MUST** download even if they do not complete the course. The nearest A & E Hospital is at Swindon Great Western Hospital SN3 6BB. Cagoules may be made compulsory in adverse weather.

Officials: **Organiser:** Stuart Fisher (NWO), 07794 654222, E-mail: stuart-fisher@hotmail.co.uk
Planner: Pete Gilder (NWO) **Controller:** Katy Dyer (BOK)

Dogs: Dogs permitted under control in the car park. Guide and assistance dogs only are permitted in the registration area.

Results: Results will be linked on the NWO website as soon as practical after the event.
www.northwiltshire.org.uk

The competition takes place in a public urban area with numerous road crossings. All competitors run at their own risk and must report to the download whether they finish or not.

The personal data given at registration will be used by the event organizers and their agents but only for the purpose of processing/publishing entries/results, conducting safety checks and as required by our insurers to validate our cover; and, managed in accordance with the General Data Protection Regulation (GDPR).