

# Bridgwater Town Race 2016

18:30 – 19:15, Saturday 2 January 2015



## FINAL DETAILS

### Welcome!

Welcome to Bridgwater and the Night Urban Orienteering Race.

Safety has always been our number one priority, especially for junior competitors. However, all competitors take part at their own risk and are responsible for their own safety. To comply with BOF Insurance requirements, all competitors will be required to carry a whistle and backup lighting. These will be checked as you start. Juniors 16 and under can only run if accompanied by their parent/guardian. The town centre is a 30mph zone, however the roads can be busy. The A39 and A38 are major roads and should be crossed with great care. Use the public crossing points and traffic islands. Controls are situated to make it easy to cross these busy roads by using canal tunnels and subways. Please do take care at all crossings and wherever the surfaces may be slippery. Please would all competitors take care to avoid collisions with members of the public. If it is wet then the pavements will be slippery. The river Parrett borders the area to the north east. The Bridgwater and Taunton canal dissects the area. The canal is up to six feet deep. Do not attempt to cross it. The streams in the Meads are un-crossable except where mapped as light blue – this is mainly where they are crossed by minor paths. If there is undue wet weather the Meads will flood and the controls on the Meads will not be used. Whatever the weather if crossing the Meads then expect to get wet and muddy. The clay soil is very slippery. Please bring a cagoule as this will be compulsory if there are minus temperatures and it blowing a hooley! On behalf of Quantock Orienteers, I wish you an enjoyable and challenging evening, Gavin Clegg.

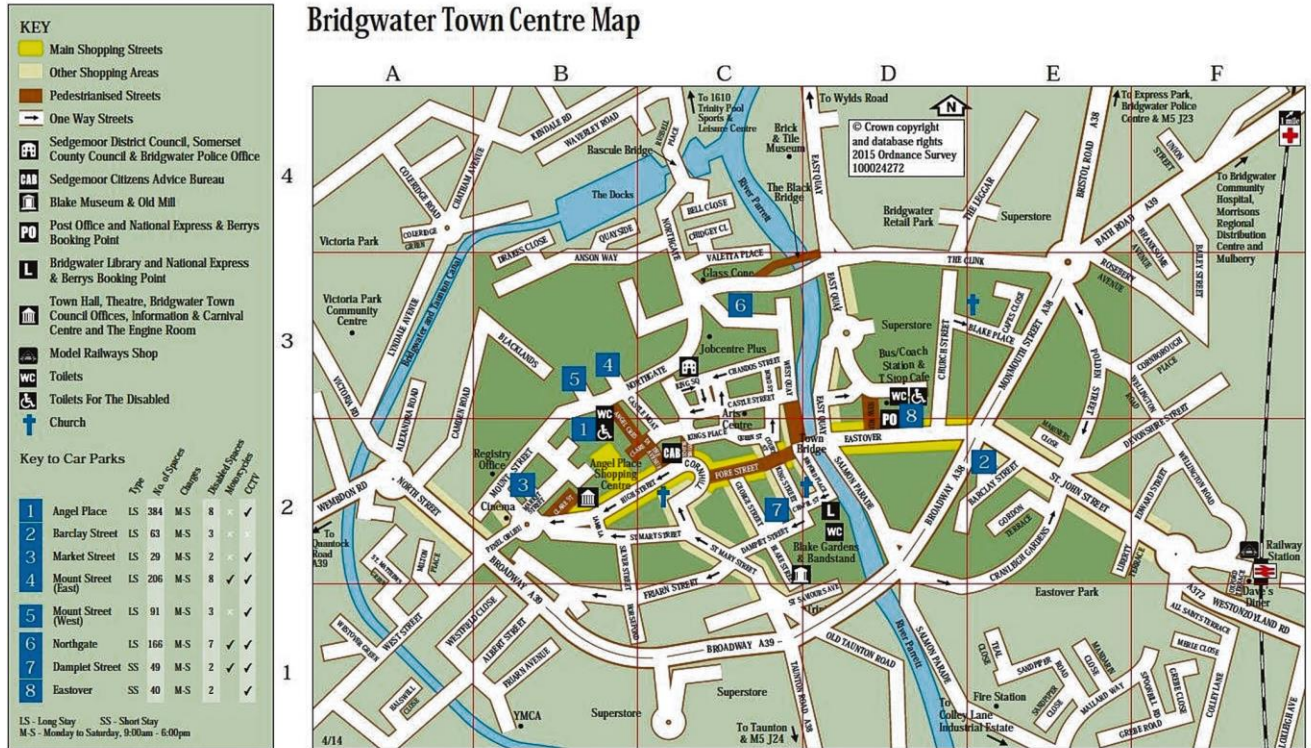
### Important things to note

- All competitors are required to wear a hi-viz or reflective top or jacket.
- Competitors must carry a torch or head torch, a whistle and backup lighting
- The pavements will be slippery when wet
- Take care when using canal tunnels, they are rounded and low to the ground on the side away from the water – watch your head.
- Do not cross walls, fences and water courses marked as un-crossable even if it looks like there is a way through. Some un-crossable walls bordering the canal have a 15m drop on one side!
- Ensure you are familiar with Urban O symbols. Copies will be available on the night.
- The un-crossable wall symbol  has been used in some places instead of the un-crossable fence symbol  to aid clarity. Whichever, the key point is it's not to be crossed

## Travel Directions

The event centre is Coffe#1 in Fore Street Bridgwater, TA6 3NH, which is a pedestrianised area.

There are a number of small car parks in Bridgwater Town Centre plus limited on street parking. The nearest car park is in Dampiet Street, No 7 on the map below. 70p per hour before 18:00. Free after 18:00.



## Pre-race shopping/sightseeing

Bridgwater Town is not embargoed and so you are free to wander round the shops and attractions before the race. However please respect the spirit of the competition and do not walk round actively searching for controls.

## Help and advice on the night

There will be plenty of helpers on the night that are able to give advice etc from 17.00 onwards. So, if anything below is unclear then please don't hesitate to ask. Alternatively, you are welcome to email the organize [Gavin Clegg](mailto:Gavin Clegg) beforehand.

## Refreshments

Coffee#1 will be serving teas, coffee and mince pies etc.

## The Competition

Starts are from 18:30 to 19:15. The Start and Finish are in Front of Coffee#1  
The course closes at 20:30, however distant controls may be collected in earlier.

The competition is a 60 minute score event. Collect as many of the 28 controls as you can **in any order** in the 60 minutes. However controls have different points values, ranging from 10 to 50. Controls 101-115 10 points each. 116-121 20 points each. 122-124 30 points each. 125 & 126 40 points and 127 & 128 50 points each. Making a total points value of 540. The course is planned so that it is very unlikely that anyone will get all the controls within the 60 minutes! There will be a penalty of 10 points per minute (or part) taken over the 60 minutes.

All participants must punch the Finish and report back to Download at Assembly before course closing time. This is a safety requirement so that we know that there are no lost or injured competitors remaining out on the course.

Please do not risk future use of this area by running recklessly or inappropriately.

## SportIdent (SI) Electronic Punching System (EPS)

Hired SI cards must be returned at the end of the event. Lost cards will be charged at their replacement cost of £25.

## Map

This new urban orienteering map is at a scale of 1:5000 with 5 mtr contours on just over A3 size waterproof paper. It is based on ISSOM. The mapper would appreciate any feedback you may have on inaccuracies/interpretation etc as there is a day race here on 19 March which is part of the SEOUL league.

It is planned that IOF pictorial descriptions will be printed on the back of each map. Loose descriptions will also be available. On the map, each control will show both the course code and the points value (eg 117 (20), 124 (30) etc). The code and value have been sited to avoid interfering with possible routes. Control circles have been broken where appropriate to aid clarity.

## Terrain

There are three distinct areas. The old town centre with narrow streets and alleyways. The Meads, and area of pasture land liable to flooding and crossed by deep streams. There are also very shallow ditches which have been mapped. When wet these are quite obvious (but not so obvious at night!). The third area type is regular 1930s housing estate. With rear access roads and alleyways.

## Entry

If you intend to compete please email the organizer [Gavin Clegg](#) to reserve a map. Maximum number is 45 on a first come first served basis. It is possible to enter the event on the evening whilst maps are available. Entry fee is £6. U16's must be accompanied, though there is no fee for the accompanying parent/guardian. Registration is open from 18:00.

## What to wear

Please wear appropriate clothing for the weather conditions. Full leg cover is not required – shorts may be worn. Metal Spiked shoes are not allowed. Please remove muddy shoes before entering Coffee#1. Cagoules will be compulsory in very bad weather. A reflective or hi-viz top is recommended.

## Torches and Headtorches

Torches will be needed. As well as lighting up the map, there are other benefits including security and the reduction of potential collisions in less well-lit areas. Backup lighting must also be carried.

## Health and Safety

People run in Bridgwater every day without incident. However, the risks that all competitors should be aware of are those of road traffic accidents and collisions with members of the public and other runners. Competitors can mitigate the risks to a great extent by following the guidance:

- Reflective / Hi-viz jackets recommended
- Cross roads only after having checked that it is safe to do so
- Take care when running around corners
- Take extra care when emerging from alleyways
- Adjust speed to take in to account the various urban conditions






The area at the junction of the A38 and A39 is marked as out of bounds on the north side. You may use the pavements on the south side only.







The A38 south (Taunton Road) is marked in places as not to be crossed (purple crosses). You may use the pavements but do not cross the road where marked. You should not need to cross this road as there is a control near a canal tunnel that can be used.

Nearest A&E Hospital is: Bridgwater Community Hospital, Bower Lane, Bridgwater, TA6 4GU 01278 436555

## Maps

The maps are printed at a scale of 1:5,000 using the ISSOM symbol set (modified).

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence – not to be crossed
	Grey	Passable wall
	Black	Impassable wall – not to be crossed
	Medium grey	Building – not to be entered

	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree
	Green	Small tree or bush

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

## Start & Finish arrangements

The start and the finish are just outside Coffee#1.

\*\*\* NB. You must download and return hired chips even if you retire. \*\*\*

## Controls

The control boxes will be positioned so that they are visible as soon as you have navigated to the correct side of the feature. They will be attached to the feature using metal cable ties or on normal stakes for two of the controls in the Meads. The control will be a standard orienteering kite plus SI box. There are no backup pin punches.

Missing controls: The locations of each of the controls should be obvious so if you are convinced that i) you are in the right place and ii) that the control is missing, then you should continue with the race. No adjustment of times will be made for vandalised controls and no one will be penalised for not punching at a missing control.

Controls will be collected in progressively from just after 20:00.



## Control descriptions

Pictorial control descriptions will be printed on the reverse of the maps. Loose descriptions will be available.

## References

[IOF Control Descriptions](#) (Maprunner website)

## Results

Full results will be published on the QO websites within 24 hours of the event.