



Bridgwater Town Race - urban orienteering

Saturday 19 March 2016

FINAL DETAILS

The air was soft, the stars so fine, the promise of every cobbled alley so great that I thought I was in a dream – Jack Kerouac

Welcome to the first Bridgwater Town Race, organized by Quantock Orienteers.

RACE LOCATION AND ACCESS

The Assembly, Registration, Finish, Spectator Control and Maze are on Brewery Field, Bridgwater ST 296373.

The entrance to the recommended adjoining car park to the South of Brewery Field is:

Sat Nav: 51.129845 -3.005840.

Grid Ref: ST297372.

Nearest Post Code: TA6 3DR.

Charges apply. There are other local car parks well signposted if this car park is full. Competitors must not park on the grass at Brewery Field, even if you see other cars doing so.

TRAVEL

Rail: Bridgwater Train Station is a 15 minute walk. From the station walk North West down Wellington Road, then into Polden Street. Cross the Main A38 and walk down The Clink. Over the river Parrett then Northgate. Turn into the car park. Brewery Field is the other side of the car park.

All other routes will take you into the competition area

Bus: Bridgwater Bus and Coach station is served by National Express and is a ten minute walk. Head North past Asda to the river bridge. Go over the Parrett following The Clink into Northgate. Turn into the car park. Brewery Field is the other side of the car park.

All other routes will take you into the competition area

BREWERY FIELD

The Assembly Complex on Brewery Field consists of a Race Arena where you will find Registration, Enquiries and the Maze. Mmm! Drinks Ltd will be serving hot and cold drinks, snacks and some hot food and will be in the car park adjacent to the Assembly Arena.

Brewery Field is also the site of the spectator control (NW corner), last control and finish run in.

Download is 30 mtrs. from the last control and will be taped. No water is provided. Please take responsibility for your own hydration before and after the race. There will be no bag storage facilities.

Club tents are welcome and encouraged on Brewery Field.

IMPORTANT NOTE: Brewery Field is a public space with a footpath across it. Please be courteous to the Public and other users.



START TIMES AND ENTRIES

Start Times: It is a punching start. If you have pre entered via Fabian 4 you can go straight to the start. Fabian 4 entrants are asked to inform the start team at the first start box of their arrival, they will be ticked off the Fabian 4 list. Entries on the day do not do this.

Late Entries and Entry on the Day: Entries will be taken on the day from Midday with starts from 12:30 to 14:30 **subject to the availability of maps** - places are likely to be very limited on some courses. Pre enter to ensure a run. Entries via Fabian 4 <https://www.fabian4.co.uk/> are available until midnight on Wednesday 15 March. Any enquires about late entries, alterations to existing entries or cancellation of entries should be made to Roger Craddock by emailing: jandr.craddock@googlemail.com

FIRST AID

A dedicated first aid person will be available in the Registration tent. The nearest Minor Injuries Unit (MIU) that will be open is at Bridgwater Community Hospital, Bower Lane, Bridgwater, Somerset, TA6 4GU 01278 436555.

START

There is one start and is approximately 250 mtrs. from the South side of Brewery Field. The route to the start from the South side of Brewery Field will be signed and/or taped. Please cross the Highway at the pedestrian crossing. There are no toilets at Assembly or the Start. However there are public toilets on the first floor of Angel Place Shopping Centre. The route to the start passes the entrance to the Shopping Centre. Please don't frighten the shoppers!

The first start box is 4 minutes before your start where you will be ticked off (Fabian 4 entries only) and SI dibbers checked.

The three minutes before box will have loose control descriptions printed on waterproof paper.

The two minutes before box will have blank maps. It is a punching start.

On the start beep you must punch the start control and then pick up a map from the correct map box for your course and go! In the spirit of fairness of the competition, please leave a sensible gap between rivals and club mates running the same course.

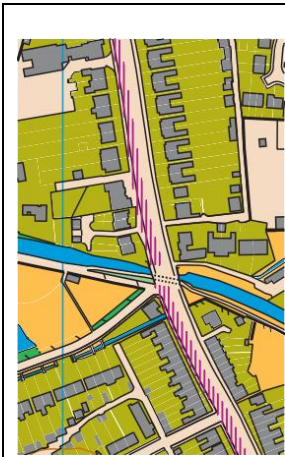
DURING THE RACE

For each control unit the flag, control number, SI box and backup pin-punch will be secured to an immovable object. If the SI unit at a control does not appear to be working use the backup pin-pinch attached to it to punch your map as proof that you have found it. Controls are secured or supervised, however if a control appears to be missing due to vandalism, you should make very sure you are in the right place and then continue with your race. Please let us know at download if you believe a control is missing.



SAFETY

There is traffic on many of the roads in the competition area on Saturday. No roads are closed for the race and you may therefore meet traffic throughout the course and it is your responsibility to take care. A number of the longer courses may experience some busier roads – take care crossing them. Courses have been designed to avoid the busiest roads. For the main artery, the A38, there are two underpasses which you must use. One underpass is very obvious.



The second is shown here. You are not allowed to cross the road, however the footpath on the east side of the road is in bounds. The out of bounds purple hatching symbol has been used to show this. This purple hatched area has only been broken to show the underpass which is the canal towpath. **It has not been broken to allow you to cross the road.** There will be a marshal here taking photographs of those who transgress – you have been warned

The area has the usual array of steps, fences, walls and other items of which you will need to be careful. This includes some not to be crossed walls with a greater drop on one side than the other (up to 12 mtrs!), as well as a variety of slopes and steps that can be slippery when wet. Check for traffic in both directions before you cross any road. There are also a number of cycle paths which allow cyclists to travel in both directions – even though its one way for vehicles. There are some blind bends and shopping areas. Competitors and, more importantly, the general public will be in these locations. Therefore take care and adjust your speed as you go around corners to avoid accidents occurring. Be aware of cyclists as well. Some of the canal towpath tunnels are low particularly on the side away from the canal. Mind your head!

It is a privilege to run this type of race in Bridgwater. **Do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES. This is especially important in the housing areas, there are local residents and we do not want to upset any of these.**

Under 16s: It is a requirement of British Orienteering's Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed limited traffic. With this in mind it is important to note that anyone under the age of 16 may only take part if they are accompanied by a responsible adult. If you are the accompanying adult please ensure you have any competitive run beforehand.

SPECTATOR CONTROL

In the North West corner of Brewery Field is a lone tree which is the spectator control. There will be no restrictions on how close you can get to this control but in the interests of fair play and to avoid getting in the way of runners please keep your distance. Where the spectator control is on each course is shown in the course details below. The last control and run in are also visible for spectating.



FINISH

There is one Finish for all courses. Punch at the Finish control to record your finish time and then proceed to Download in the Registration tent. If you have hired an SI card, please return it here. There will be a charge of £30 if you lose a hired SI card.

YOU MUST DOWNLOAD, EVEN IF YOU ABANDON YOUR RACE.

This is a safety check to ensure that all competitors are back.

COURSES CLOSE AT 16:00.

If you have not finished by 16:00, return to the Assembly Arena and download.

Maps will not be **collected** – **IN THE SPIRIT OF FAIR COMPETITION PLEASE DO NOT SHOW YOUR MAP TO COMPETITORS THAT HAVE YET TO RUN.**

REFRESHMENTS

Water will **not** be available at Assembly. mmm! will be selling refreshments and situated in the car park next to the Assembly Arena

MAP INFORMATION

Courses 1-4 - 1:5,000. Size A3+. Partial Legend.

Course 5-7 - 1:5,000. Size A4. Partial Legend.

Printed on waterproof paper. Map bags will not be used.

If you are unfamiliar with urban orienteering maps please read the general information about map symbols at the end of these details. Copies of these symbols will be on display at enquiries. A black X on both the map and control description sheet denotes a bench.

There are minimal contours on the map since there are no significant hills in the Town.

No wall, gate or fence mapped as Uncrossable may be crossed,

Areas mapped by a green/yellow (olive green) "settlement" colour are not to be entered. Such areas might be flower beds, private gardens or private paths.

A number of areas might have certain edges or parts taped off. Do **NOT** cross these tapes under any circumstances as this could jeopardise our future use of the area.

There are a number of gates in the area that allow residents access to their properties via key pads, but can be opened from the opposite side without a code – these gates have been marked as closed and uncrossable on the map – it is possible that a resident might leave one open – please do not be tempted to go through them. Failure to comply with the above will result in disqualification, if seen.

There will be marshals out around the course at some sensitive places.

For clarity some short Impassable fences have been mapped as Impassable walls i.e. the double tags have been omitted and only a solid black line used

There is constant building and maintenance work going on within the mapped area. In general, long term building works have been mapped using the **purple hatched** symbol (Out of Bounds), which we have found gives an effective picture of what to expect.

All competitors should be aware that minor works can come and go too swiftly to be mapped – be adaptable.

All courses will have IOF description only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.



The rhyes on The Meads are drawn as uncrossable as they can be deep and have steep slippery sides. However in **a few places** they **can** be crossed and are mapped as crossable, as in this section, with the bend in the middle of the map drawn in light blue without the uncrossable river boundary. You will however get your feet wet and muddy.



COURSES

Please note your course number to ensure that you pick up the correct map on starting. Due to the complex nature of the competition area, the actual running distance will be significantly greater on all courses, **in some cases being over 50% longer than the straight line distance.**

Course and Map Information:	Category	Course Length (km)	Controls	Map Size	Spectator Control Number
1	Men's Open (M18-35) Men's Veterans (M40-M50) Women's Open (W18-35)	6.9	24	A3	16
2	Men's Super Veterans (M55-60) Women's Veterans (W40-50)	5.2	20	A3	14
3	Men's Ultra Veterans (M65+) Women's Super Veterans (W55-60)	4.2	16	A3	4
4	Women's Ultra Veterans (W65+)	3.2	14	A3	
5	Juniors (M/W 13-16)	2.5	14	A4	
6	Juniors (M/W 12 and below)	0.9	7	A4	
7	Tourist Course	4.0 (act)	15	A4	

Full body cover is not required; shorts and singlets may be worn. Dob spike O shoes are inappropriate for this race – wear trainers or similar. Courses 1 – 4 run in some part on 'The Meads'. This is a pastureland area of water meadow – If there is heavy rain beforehand expect this area to be wet and muddy!

PLANNER'S NOTES

Welcome to the first Bridgwater Urban Race. In planning the courses I've aimed to set some thoughtful orienteering challenges and to take most courses through the more complex parts of the map. You will run near some of Bridgwater's most famous sights, so do look up from time to time and enjoy the view! If you have the inclination the free Tourist course will take you on a journey to some of the more interesting and historical parts of the town.

As ever, building work in a town is extensive and constantly changing. We have worked hard to map all of these changes, but we trust that you will understand if we have missed any last minute out of bounds or roadworks

All courses cross a number of roads that may feature fast moving traffic, take care at all times. I have made the more dangerous roads Out of Bounds – these may only be crossed at the underpasses that are mapped. Competitors may also encounter heavy pedestrian traffic in one or two locations on their course especially around Fore Street where there are stallholders - please be considerate and careful. To make these underpasses clearer we have broken the Out of Bounds area above the underpasses – this does NOT mean you can cross the road at this point, see example above.

All courses use the canal tow path and visit the canal basin please be aware of the dangers of the water and to keep away from the edges; parents should make sure that their charges know the map and control descriptions for urban features. In particular they should be made aware of the symbols for covered walkway, bridge, underpass and stairs. Spare legends will be available at Enquiries.

CHILDREN SHOULD ALSO BE INSTRUCTED THAT THEY SHOULD NOT ATTEMPT TO CLIMB ON OR CROSS ANY WALLS.



MAZE

Free to enter, there will be a layout of 10 controls and uncrossable tapes in approx. 10m x 10m area. Each control will have an SI box, like a normal O course and there will be 4 different courses of increasing difficulty. Each competitor will be timed with SI dibbers. Results will be displayed on a 'washing line'.

POST RACE

Food and drink will be available from mmm! in the assembly area car park. Sit down, eat and watch everyone finish.

Angel Place Shopping Centre and the main Shopping streets of Bridgwater are within 400 mtrs.

Privacy: When entering our events your name may appear in the results section of the website or in newspaper reports.

ACKNOWLEDGEMENTS

Thanks for to Vicki Banham, Tim Mander; Tom Dougall; and Brian Smedley of Bridgwater Council.

Controller: John Parfitt (BOK)

Organisers: Judy and Roger Craddock (QO)

Planner: Gavin Clegg (QO)

Mapper: Gavin Clegg (QO)

Please check the website at <http://www.quantockorienteers.co.uk/> for any last minute news.

COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

APPENDIX: URBAN MAPS

GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

The map is drawn to ISSOM, the International Sprint Map standard, and it uses some symbols with which "forest orienteers" may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote "passability". The map symbols used are shown below:



IOF Sprint Orienteering Map Symbols

Land forms

- Contour
- Index contour
- Form line
- Slope line
- Contour value
- Earth bank
- Small earth wall
- Erosion gully or trench
- Small erosion gully
- Small knoll
- Small elongated knoll
- Small depression
- Pit or hole
- Broken ground
- Prominent land form

Water and marsh

- Waterhole
- Impassable body of water
(forbidden to cross)
- Passable body of water
- Passable small watercourse
- Minor watercourse
- Narrow marsh
- Impassable marsh
(forbidden to cross)
- Marsh
- Indistinct marsh
- Small fountain or well
- Spring
- Prominent water feature

Rock and boulders

- Impassable cliff
(forbidden to cross)
- Gigantic boulder or rock pillar
- Passable rock face
- Rocky pit
- Cave
- Boulder
- Large boulder
- Boulder field
- Stony ground
- Open sandy ground
- Bare rock

Technical symbols

- Magnetic north line
- Registration marks
- Spot height

Man-made features

- urban
- non-urban
- Unpaved footpath or track
- Small unpaved footpath or track
- Less distinct small path
- Narrow ride
- Bridge
- Railway
- Tramway
- Power line, cableway or skilift
- Major power line
- Underpass or tunnel
- Passable stone wall
- Passable wall
- Impassable wall
(forbidden to cross)
- Passable fence or railing
- Impassable fence or railing
(forbidden to cross)
- Crossing point
- Building
(forbidden to cross)
- Canopy
- Pillar
- Area with forbidden access
(forbidden to cross)
- Paved area
- Step or edge of paved area
- Passable pipeline
- Impassable pipeline
(forbidden to cross)
- High tower
- Small tower
- Cairn, memorial, small monument or boundary stone
- Fodder rack
- Prominent man-made feature

** It is forbidden to cross these items. Competitors violating this rule will be disqualified.*

Vegetation

- Open land
- Open land with scattered trees
- Rough open land
- Rough open land with scattered trees
- Forest: easy running
- Forest: slow running
- Undergrowth: slow running
- Forest: difficult to run
- Undergrowth: difficult to run
- Vegetation: very difficult to run
- Impassable vegetation
(forbidden to cross)
- Forest runnable in one direction
- Orchard
- Orchard, one direction (e.g. Vineyard)
- Distinct cultivation boundary
- Cultivated land (seasonally out of bounds)
- Distinct vegetation boundary
- Indistinct vegetation boundary
- Prominent large tree
- Prominent bush or small tree
- Prominent vegetation feature

Overprinting symbols

- Start
- Control point
- Control number
- Marked route
- Finish
- Uncrossable boundary
(forbidden to cross)
- Crossing point
- Crossing section
- Out-of-bounds area
(forbidden to cross)
- First aid post
- Refreshment point
- Temporary construction or closed area
(forbidden to cross)

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Copies of these map symbols and of the IOF pictorial control descriptions can be downloaded from www.maprunner.co.uk
The full ISSOM 2007 specification is available from www.orienteering.org