



# Oxford City Race 2009

Saturday 31st October

## Final Details



Oxford University Orienteering Club is pleased to welcome you to the third Oxford City Race on Saturday 31st October 2009.


### Summary


- **Assembly** in the University Parks, to the north of the city centre.
- **No parking** in central Oxford.
- **Toilets**, and **First Aid** available in Assembly.
- **Registration** open **10.30am-2.30pm**.
- **Entries** limited EOD.
- **Punching** SI system on all courses. Collect hired cards from Registration.
- **Maps** sprint standard, 1:5000 scale, no contour lines.
- **Control descriptions** printed on the map. Loose descriptions in the start lane. Written descriptions available for courses 5-8.
- **Bibs** to be collected at the Start for courses 1-4 and 8. **To be worn and visible** throughout the run.
- **Start & Finish** less than 100m from assembly.
- **Courses close 4.00pm**.
- **Clothing:**
  - No metal spikes or dobs on shoes.
  - Shorts may be worn.
- **Safety:**
  - Take care when **crossing roads** – beware of vehicles and cyclists!
  - Report to download** even if retiring.


Take note of the following symbols:-


## SPECIAL SYMBOLS

○ • Distinctive Tree: Large, Small      × Tree Stump

○ Statue/Monument/Sculpture       Steps

 Impassable Wall, Fence, Hedge.      • Pillar  
FORBIDDEN TO CROSS

 Passageway through building

 Raised walkway, also passable UNDERNEATH

 Impassable Vegetation - DO NOT CROSS

 Forbidden Access - OUT OF BOUNDS

## Travel and Parking

Parking in Oxford City Centre is limited, difficult and expensive, so we recommend that competitors use public transport or leave cars at the **Water Eaton Park & Ride**, located off the A34 to the north of the city (grid reference SP 501118). Parking at Water Eaton is free and the Assembly Area is a walk of 300m from Keble road. This route will not be signed.

Buses run approximately every 15 minutes, and the journey into town normally takes 10-15 minutes. We suggest that you leave at least **one hour** to reach the Assembly Area from the Park and Ride.

### **Directions to Water Eaton from the North (M40)**

Leave the M40 at J9. Take the A34 towards Oxford and leave at the Kidlington junction after four miles. Water Eaton Park and Ride is clearly signed.

### **Directions to Water Eaton from the South-East (M40)**

Leave the M40 at J8. Take the A40 towards Oxford, and at the Headington Roundabout stay on the A40 towards Kidlington and Wolvercote. Take the A4165 towards Kidlington and park at Water Eaton Park and Ride.

### **Directions to Water Eaton from the South (A34)**

Leave the A34 at the Kidlington junction (just north of Oxford) and follow the A4260 to Kidlington. On reaching Kidlington, take the A4165 towards Oxford and park at Water Eaton Park and Ride.

### **Travelling by Train and Coach**

Oxford is served by frequent trains from London Paddington and the South Coast (via Reading), Wales and the South West (via Swindon), and Birmingham. The railway station is a 2km flat walk from assembly and the route will not be signed.

There are two frequent coach services from London to Oxford: the Oxford Espresso and the Oxford Tube. Both services run every fifteen minutes and passengers can buy tickets from the driver.

Competitors are advised to alight at Oxford High Street (SP 517062). The Assembly Area is a 1 km flat walk away and the route will not be signed.

## Assembly Area

Assembly will be in the central area of the University Parks, adjacent to the Cricket Pavillion.

There is a **small toilet block** in the assembly area. There are also toilets at Water Eaton Park & Ride and at Oxford railway station. There are no shower or changing facilities available. **Refreshments** will be available from Crêpes 'O' Mania, located in the Parks to the SE of assembly. As this is within the competition area, please only visit the crêperie after finishing your run.

**Dogs** must be kept on a lead in the assembly area, and will not be permitted on courses. There will be dog walkers in the parks. Please do not approach or aggravate the canine users of the area.

## Entry

There will be limited entry on the day subject to the availability of maps and competitors who have **entered online but not yet paid** will need to do so at registration.

## Electronic Punching

**SI punching** will be used. **Hired cards** can be collected from Registration on the day then handed back in at download. Please note that we will have to charge a fee for hired cards which are lost or not returned.

## Race Bibs

Competitors on Courses 1, 2, 3, 4 and 8 are required to wear race bibs. These must be **worn and visible** whilst competing, and **handed in at download** after finishing. Bibs will be used to identify runners entering colleges, as many gates are not open to the public. All competitors on these courses must **collect their race numbers on the day in the pre-start area**. We ask competitors to bring their own safety pins.

## Clothing

All courses are suitable for shorts - full leg cover need not be worn. **Shoes with metal dobs or spikes are not suitable and should not be used**. As much of the centre of Oxford is paved with cobbles or flagstones, which are uneven and can be slippery when wet, the use of racing flats or other trainers with good grip on stone surfaces is recommended.

## Safety

Courses 1-4 and 8 will feature many busy road crossings. There will be roving marshals in this area, but no permanent marshals.. **IT IS YOUR RESPONSIBILITY TO CROSS THE ROAD SAFELY. PLEASE TAKE TIME AND CARE IN CROSSING THE ROADS.**

Also do not forget about **cyclists**. There are many of them about on all roads in Oxford. They have a tendency to assume they have the right of way at all times and can be easy to miss when you are looking to cross the road.

Parents, please ensure that your children are reminded of the importance of safe road crossing. Please respect other pedestrians – run around them, not through them! You may encounter **narrow passages or sharp corners** in the city. Please **give corners a wide birth**, and do not attempt either of these obstacles at speed, particularly in busy areas.

The River Cherwell runs along the eastern side of the University Parks and there is also a pond in the north east corner. Please be aware of the hazard these present, and we advise parents to keep young children away from the Cherwell's banks.

There will be **marshals** attending controls and potential problem areas. They **must be obeyed at all times**.

## Terrain

The race will use the city centre, parks, meadows and some of the colleges. Competitors should expect to be running most of their courses on tarmac, stone paving and cobbles.

## Map

The map will be 1:5000 for all courses and is drawn to the sprint standard (ISSOM2007). There are no contours (Oxford is not very hilly).

Other than special features, there is also no legend on the maps however loose copies will be available at registration. Please take note of the symbols in the summary above, including **the special (non-standard) symbol for raised** paved area.

Maps of the White Course (Course 7) will be displayed in assembly. Blank maps will be available for viewing in the start lane at -2 minutes.

IOF pictorial **control descriptions** will be printed on the map, and loose control descriptions will be available in the start lane at -3 minutes. Written control descriptions will be available for Courses 5-8. Unusual symbols that you may encounter on your course control descriptions and map are:

- x is a bench.
- o is a statue.

## Start and Start Times

All courses use the same start which is adjacent to the assembly area. Starts are at 1 minute intervals between 11.30am-2.30pm. It will be a punching start, with call-up at -4 minutes. Late starters should report to registration to be allocated a new start time. Some courses have very few free time slots, so please leave yourself enough time to get to the start.

### Start Procedure:-

#### Pre call-up

Competitors on Courses 1-4 and 8 pick up bib numbers. All competitors 'Clear' SI cards.

#### -4 minutes

Competitors are called by name into first box and their bib number is recorded by start team.

#### -3 minutes

Competitors move into second box. SI card clearing is checked. Loose control descriptions are available.

#### -2 minutes

Competitors move into third box. Blank maps available to look at.

#### -1 minute

Competitors move into final box and are given final instructions.

## Courses

Course details are as follows. The city centre is almost flat - there is very little climb on any course.

### Course Classes Distance Bib Numbers

1 Open Men *6km*

2 Open Women, Veteran Men (M40+) *5km*

3 Veteran Women (W40+), Super-Veteran Men (M55+) *4km*

4 Super-Veteran Women (M55+), Junior City Race (M/W16-18) *3km*

5 Juniors (M/W14-16), Orange *3km*

6 Minis (M/W10-12), Yellow *2km*

7 White *1.5km*

8 Red *4km*

9 Free string course available from Enquiries.

There will be a butterfly loop on Course 1. For more information on butterfly loops, see the end of these details.

Due to the nature of urban orienteering, the straight-line lengths given are significantly shorter than the shortest feasible route. It is expected that the Open courses will have a winning time of around 35 minutes.

All courses close at **4:00pm**, and controls will be collected from that point onwards. If you think you will not finish your course by this time you must **retire** and **report to download**.

## Out of Bounds

All areas marked in **olive green** are out of bounds. **Purple vertical lines** have also been used to mark **construction sites and roadworks**, which are also out of bounds. The **uncrossable vegetation symbol** has been used for all **flowerbeds**, and these are also out of bounds.

**There is a large redevelopment taking place on Oxford High Street. Please be considerate of other pedestrians if you are passing this area as the pavements are slightly narrower than usual. All other users of the area have priority.**

Please respect the out-of-bounds areas marked on the maps, we are very fortunate to have been given access to these areas. Anybody found to be using areas that are out of bounds will be automatically disqualified, as will anyone crossing an impassable wall, fence or hedge. Marshals will note the race numbers of those who infringe this rule.

Some **sports pitches** in the Parks are also marked out-of-bounds. There are no official matches taking place during the event, but there may be informal games during the course of the day. Please be aware of the other users of the Parks. The organisers will not be liable if you upset thirty muscle-bound rugby players.

## Finish and Download

All courses finish in the assembly area. **Please proceed directly to download after you finish.** The route from the finish to download will be taped. Any queries about the courses will be answered at download. **Please report to download even if you retire.**

Please note that **water will not be provided** in the assembly area. Please bring your own supplies.

## First Aid

First aid will be available from St John's Ambulance in the Assembly Area. The nearest A&E is at the John Radcliffe Hospital, 3 miles from assembly, tel. 01865 741166.

## Results

Provisional results will be displayed on boards in the Assembly Area and updated at intervals throughout the event. Post-event results will be available on the City Race website. If a paper copy is required, please send a SAE to Jennifer Thornton, Corpus Christi College, Oxford, OX1 4JF

## Other Events & Attractions

Ideas for ways to while away the afternoon include looking at the dinosaurs and dodos at the **University Museum of Natural History** (open until 5pm) or the shrunken heads and spears at the **Pitt Rivers Museum** (open until 4.30pm), both of which are located approximately 200m from the Assembly Area and offer free entry. There will be tourist information leaflets at Enquiries for some more ideas.

## Complaints and Protests

Any non-trivial complaints should initially be discussed with the Organiser. If the complaint is not resolved satisfactorily, a protest may be raised. The protest should be made in writing to the Controller, accompanied by a fee of £5. Protests will proceed according to BOF rule 9.3.

## Last Minute Information

Last Minute Information about the event will be available on the City Race website.

Oxford University Orienteering Club reserves the right to cancel the event at short notice should the need arise. In the event of cancellation a notice will be posted on the OUOC website. OUOC reserve the right to retain all or part of the entry fee to cover costs that have already been incurred.

## Enquiries

Enquiries can be directed to Jennifer Thornton by email to [organiser@cityrace.org.uk](mailto:organiser@cityrace.org.uk), by 'phone on 07986004947 or by post at Corpus Christi College, Oxford, OX1 4JF.

## Officials

**Organiser:** Jennifer Thornton OUOC

**Planner:** Chris Embrey OUOC

**Controller:** Colin Duckworth TVOC

## COMPETITORS TAKE PART AT THEIR OWN RISK

## Acknowledgements

We would like to thank those listed below for their assistance in the staging of this event:-

Alan Halliday and Print5  
OUOC, TVOC, CLOK, HOC and JOK  
St John's Ambulance  
'The other' OUOC

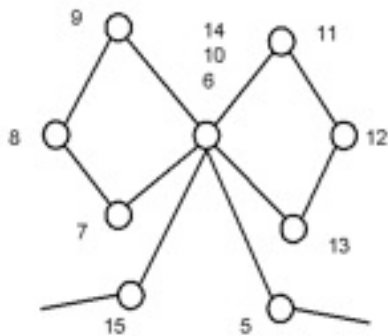
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The University of Oxford Proctors

and the colleges who have given us permission to use their land.

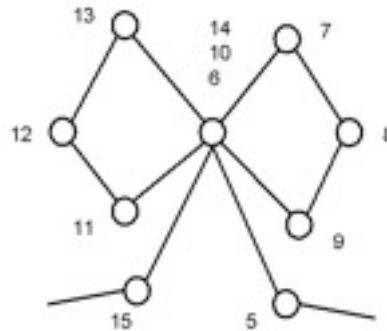


## Appendix: Butterfly Loops

A butterfly is a group of controls forming 2 loops with a common start and end control in the middle. The 2 loops resemble the wings of a butterfly, thus the name butterfly loops. Both loops are roughly but not necessarily precisely the same length. All the competitors will complete both loops but the order will vary; half the competitors will run the right-most loop first while the other half starts with the left-most loop. Thus, for half the competitors the pattern looks like this (an example, not from the actual course):



while the other half sees it as this:



Note that each competitor has to punch the common control 3 times: first when you enter the butterfly, a second time when you have completed the first loop, and finally a 3rd time when you have completed the 2nd loop.

The common control will be marked with 3 numbers stacked up on your map, it will be duplicated 3 times on your control description sheet, and it will be programmed in the e-punch scoring to require 3 punches. We expect that this will be easy to forget, since it will seem like once you've found the bag you shouldn't need to visit it again, but because the two wings are of slightly different length, the multiple punching is a necessary requirement to balance the two variants of the course. So please remember to punch the common control 3 times.

Please take care that you run these loops in the right order, and don't just chase someone round the wrong "wing".