



Science City Races



Two orienteering sprint races in Cambridge

Saturday 7th May 2016

A level C event and part of the UKUL and SEOUL

Final details

When and where

Saturday 7th May 2016

Cambridge Regional College, Kings Hedges Road, Cambridge [CB4 2QT](#)

Travel/directions

By car

Leave the A14 at junction 33, signed Milton. Take the 3rd exit onto the A1309 signed to Cambridge. After 700 metres, turn right at the traffic lights by the Golden Hind pub onto Kings Hedges Road. After 600 metres turn right into Cambridge Regional College (this will be signed with orienteering signs).

Alternatively leave the A14 at junction 32, signed Histon/Impington. Take the 3rd exit onto the B1049 signed to Cambridge. After 250 metres, turn left at the traffic lights onto Kings Hedges Road. After 1.5 km turn left into Cambridge Regional College (this will be signed with orienteering signs).

Parking is free. **Please note the additional car park at the north of the College will close at 15.45** – you will need to move your car elsewhere if you intend to stay after this time.

By public transport

From Cambridge Station, catch the Guided Bus (Busway A) towards St Ives from Stop 9. There is a bus every 15 minutes ([see timetable](#)) and the journey takes 20 minutes. The Regional College is the stop immediately after the Science Park stop. Alternatively, catch the Citi 1 from bus stop 7 towards Arbury which runs every 10 minutes but takes slightly longer.

Assembly and facilities

Assembly is in the Cambridge Regional College sports hall, adjacent to the car park. The hall should be accessed directly via the doors on the SE side of the building. This will include dibber hire, bib collection and download and plenty of space for waiting between runs.

Toilets and showers are available up the stairs from the hall.

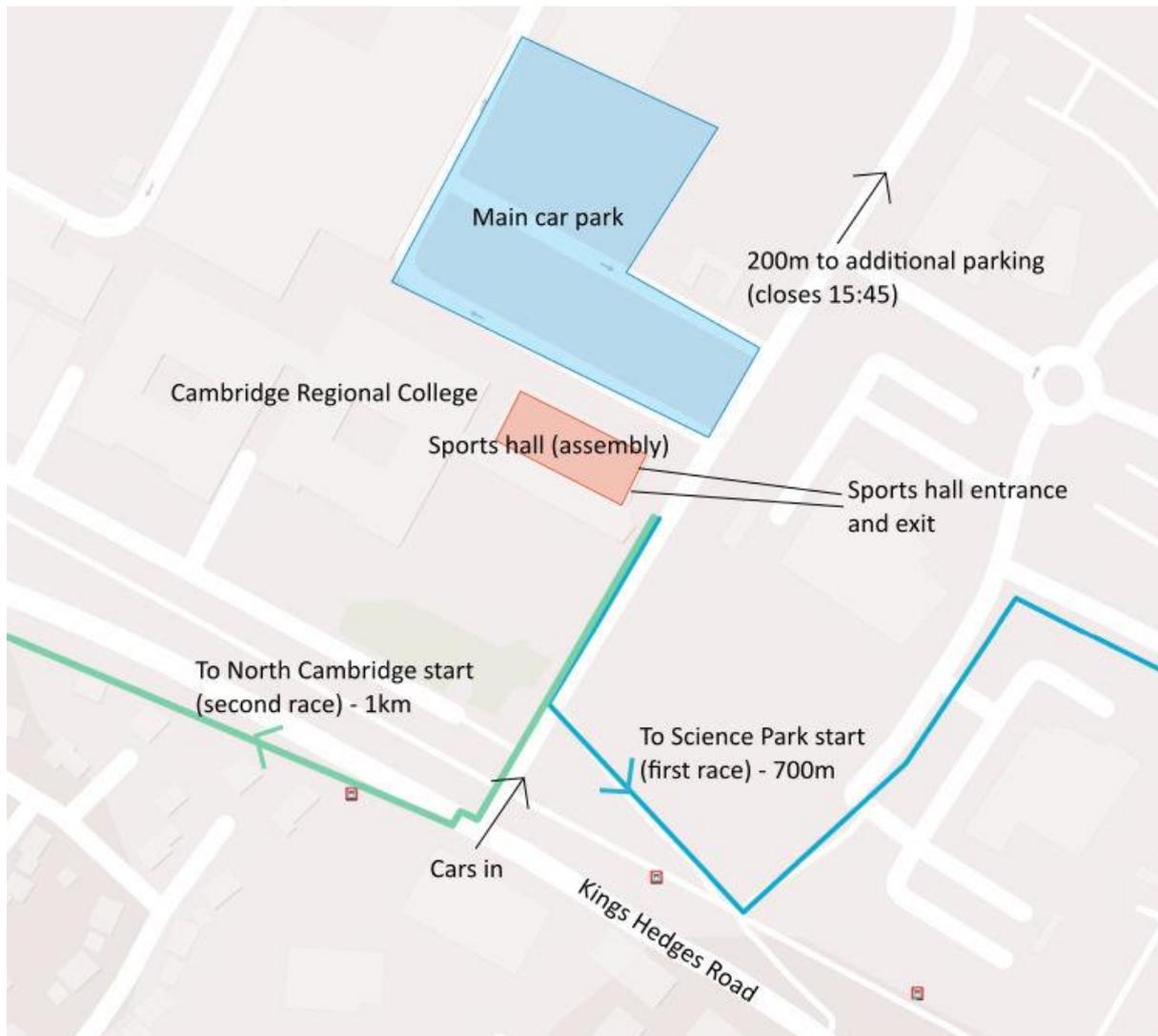
Traders

Ultrasport will be in attendance.

Food

Cambridge Regional College will be providing catering at assembly, which will include the following.

- Cakes, chocolate bars, crisps, soft drinks etc.
- Jacket potatoes, paninis, baguettes, burgers and chips - [full menu](#).



Start and finish

- The Science Park (first race) start is 700m from assembly and the North Cambridge (second race) start is 1km from assembly, both along flat tarmac, and will be taped.
- It is a punching start and there will be a 3-minute call-up.
 - Loose control descriptions will available be at -3 minutes (also on map).
 - Blank maps will be available for viewing at -2 minutes.
- The respective finishes are adjacent to the starts.

Timings and race format

The event consists of two separate sprint races, one in the Science Park and one in North Cambridge. Times for both races will be added to determine the overall results, which will be used for individual prizes, league scores and BOF ranking points. Everyone will run the Science Park race first, followed by North Cambridge after a break (how long is up to you). **Please remember to download between races.**

- Start times for the first race: 10:30 – 12:30. Fixed start times have been allocated due to the large number of competitors, especially on Courses 2-4. The start team will do their best to accommodate anyone who misses their start or turns up extra early, but please be aware

that this flexibility depends on the free slots available and for the more crowded courses you may have a long wait if you miss your allocated time. Start times are on [Fabian4](#).

- Start times for the second race: 11:30 – 13:30. Start times will not be allocated. On popular courses please be prepared for a short wait.
- Courses close 45 minutes after the last start for each race.
- Prize giving (both individual and teams) will take place at 14:15 or as soon as possible after this.

Race bibs

Competitors are required to wear race numbers. Please bring pins if possible. Numbers will be the same as your Fabian4 entry number, and should be collected from assembly.

Courses

Course	Classes	Science Park		North Cambridge	
		Length/km	Controls	Length/km	Controls
1	Men Open	2.8	18	2.7	20
2	Women Open, M40+, M/W16-	2.2	15	2.3	23
3	W40+, M55+	2.1	16	2.1	21
4	W55+, M65+	1.8	14	1.5	18
5	W65+, Newcomer	1.5	13	1.2	14
6	M/W12-	1.1	11	1.1	11

Lengths shown are straight-line distances. The shortest sensible route is approximately 25% further. There is minimal climb on all courses. Courses are planned to British Orienteering Sprint guidelines with expected winning times at the lower end of 12-15 minute for each age group for each race so the winners are expected to run for just over 24 minutes in total. (Note that course lengths shown on control descriptions for the North Cambridge race will be the length of the shortest sensible route.)

Map

Both maps are drawn to sprint standard at 1:4000 with 2.5m contours, printed on A4 waterproof paper. Control descriptions will be printed on the map. Please ensure you are familiar with the forbidden to cross symbols. Anyone crossing these features will be disqualified. Special symbols and forbidden to cross symbols are shown below. A full legend is available [here](#) (not on the map).

	Play equipment		Forbidden access - OUT OF BOUNDS
×	Stairs Pylon		Building site or private drive - OUT OF BOUNDS
↑	Sign Box		Uncrossable fence - DO NOT CROSS
	Boundary - DO NOT CROSS		Uncrossable wall - DO NOT CROSS
	Impassable vegetation - DO NOT CROSS		Building - DO NOT ENTER
	Pond/Marsh - DO NOT CROSS		

Controls

SI punching is being used. Most controls in the Science Park will use stakes as usual and most controls in North Cambridge will be attached to objects using wires (but these will not obstruct punching).

Planners' notes

The Science Park map makes extensive use of the impassable vegetation symbol (green-black). **Please make sure you use the mapped gaps in hedges rather than attempting to fight through them.** There will be red and white tape in some places to reinforce this, and these tapes must not be crossed. This particularly applies to an area immediately after the start.

The North Cambridge terrain is a council estate with many narrow passages and frequent turnings. The most complex part, visited by all courses except course six, probably offers decision points about every 20 metres. The area also includes a park which is briefly visited by all courses. Course 1 runners may encounter a closed (but not locked) gate in a low fence. It is not marked on the map and is fine to be open and run through.

Clothing and footwear

Shorts and vests are permitted. The Science Park terrain is a mixture of tarmac and grass, and North Cambridge is mostly tarmac with some grass. Trainers (or rubber studded shoes if you prefer, or if it is very wet) are recommended.

Safety

Courses have been planned to avoid busy roads but **please take care when crossing any road or car park.** All the North Cambridge courses except M/W12- cross minor roads.

Ensure that you run within your capabilities. Do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. Please give way to all non-orienteers at all times. Members of the general public may not be expecting to meet runners and cycling is popular in Cambridge so please watch out for cyclists.

The Science Park contains deep lakes and streams, and while no controls are placed by water features, parents are asked to ensure that children are aware of the need to take care.

Be aware that there are construction sites on the Science Park - these are marked as out of bounds on the map and well fenced off.

You must report to download at assembly, even if you abandon your race.

All competitors take part at their own risk.

First aid

A first aider will be based at Assembly and there are also first aid kits at both starts as well as Assembly. The nearest hospital for accident and emergency is Addenbrooke's, Hills Road, Cambridge CB2 0QQ.

Team competition

Entrants in all classes excluding juniors are eligible for an overall team competition, with 4 people per (complete) team. If you have not already formed a team you may do so on the day before the first member of your team has run. Please see the website for full details.

Prizes

There will be **individual prizes** for the competitor in each class with lowest time when their times for both races are added together. There will also be a prize for the **top three teams**.

Results

Results will be available on the [website](#) after immediately the event (and possibly provisional results during the event).

Photography

A photographer will be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please let the information team know your bib number.

Enquiries/Contact

Please email entries@waoc.org.uk for any enquiries.

Officials

- Organiser - Helen Bickle, WAOC
- Assistant Organiser - Ben Stevens, DrongO
- Planners - Ben Windsor, DrongO and Peter Duthie, WAOC
- Controller - Simon Errington, HH

Acknowledgements

We would like to thank the following for their contributions to the event.

- Cambridge Regional College for the sports hall, food and parking
- Cambridge City Council for permission to use the North Cambridge area
- Cambridge Science Park for permission to use their area
- Chris Fry and SLOW for loan of SI boxes
- Hally Hardie for crafting the trophies
- Advance Performance for providing the bibs
- Tesco for a contribution towards prizes
- Everyone who has volunteered to help at the event