



St Ives Urban Orienteering Race Saturday 10th October 2015

Organised by Cornwall Orienteering Club

A South of England Orienteering Urban League Event

Event Location

Enquiries and Registration:

At the St Ives Leisure Centre at Trenwith Burrows, St Ives, TR26 1HB. Toilets and changing rooms will be available in the leisure centre. The sports café will be open for light refreshments.

The start is a 20 minute, 1km walk down the hill from the leisure centre.

Travel

Take the A30 west past Hayle to the large roundabout at [SW545362](#) and then take the A3074 towards St Ives. As you enter the town just keep following the signs for the Leisure Centre.

Parking is available at the Trenwith Burrows car park next to the St Ives Leisure Centre [SW515402](#), which has space for over 300 cars and great views over the town and St Ives bay.

Pay and display charges will apply:

8am - 6 pm Up to 2 hours - £2.00; 2 – 4 hours £4.00. Day Session (8am - 6pm) - £6.00

6pm - 0030 am Per session - £3.00

Coaches and commercial vehicles - £1.50 per hour

Or why not take the train: <http://www.carfreedaysout.com/stives.html>? The Assembly area is 1km walk from St Ives railway station.

Terrain

The running will mainly be on hard surfaces along the narrow streets, with some short stretches of grass and possibly sand!

Map

The map dates from 2013 and has been surveyed and drawn by Roger Hargreaves. It is at a scale of 1:4,000 with 5m contours and will be printed on cut-down A3 water-resistant paper. Courses will be overprinted.

Start list

Will be available on the [Fabian4 website](#). Any requests for changes to be made to Christine Vince on orienteer999@btinternet.com.

Times

Registration and dibber hire from 3.00pm.

Starts 4.00pm – 5.30pm. Start times will be allocated in advance but there will be a punching start.

Start & finish

There is a common start and finish for all courses. There will be a 20 minute, 1km walk down the hill to the start, following a marked route. There will be a shorter (but steep!) walk of about 250m back up the hill from the finish. Public toilets will be available near the start.

Important note for juniors! As the routes involve crossing busy roads we'll provide an escort for the juniors to the start and from the finish. To facilitate this all of the junior competitors will start before the seniors. Juniors should assemble at the front of the leisure centre at 3.30pm.

Entry on the day

Limited entry on the day will be available from 3.00pm until 4.30pm.

However, because junior competitors will be required to be escorted to their 4.00pm start, entry and registration for Junior courses will close at 3.30pm.

Safety

All competitors should follow the [guidance for pedestrians in the Highway Code](#). Be aware of traffic and use pavements except when crossing roads, including on the way to and from the start and finish. Please also respect all private property, members of the public and other competitors who could be running straight at you while you both have your heads down looking at the map.

Nearest hospitals: Minor injuries - West Cornwall Hospital, St Clare St, Penzance, Cornwall TR18 2PF, 01736 874000. Barncoose Terrace, Barncoose, Redruth, Cornwall, TR15 3ER, 01209 881688. Full A&E – Royal Cornwall Hospital, Treliske, Truro, Cornwall, TR1 3LJ, 01872 250000.

Courses and Classes

| <i>Course</i> | <i>Classes</i> | <i>Straight line distance</i> | <i>Climb</i> | <i>Controls</i> | <i>Running distance</i> |
|---------------|--|-------------------------------|--------------|-----------------|-------------------------|
| 1 | Men Open | 6.6 km | 290m | 29 | 8.2 – 9.2 km |
| 2 | Men Veteran (M40+) Women Open, | 5.0 km | 210m | 26 | 7.1 – 7.9 km |
| 3 | Men Super Vet (M55+) Women Vet (W40+) | 4.8 km | 190m | 28 | 6.1 – 6.6 km |
| 4 | Men Ultra Vet (M65+) Women Super Vet (W55+) | 3.4 km | 125m | 23 | 4.3 – 4.8 km |
| 5 | Women Ultra Veteran (W65+) | 2.6 km | 105m | 18 | 3.3 – 3.8 km |
| 6 | Men Junior (M16-) Women Junior (W16-) | 3.3 km | 125m | 22 | 4.0 – 4.5 km |
| 7 | Men Young Jun (M12-) Women Young Jun (W12-) | 1.7 km | 50m | 18 | 2.1 km |

Distances are shown as the straight line between controls as well as the expected running distance, which will depend on your route choice. There may be small changes to the above lengths as we finalise the planning and controlling.

Courses will be identified by their course number. Please make sure you know which course number you will be running.

Control descriptions

Control descriptions will be printed on the maps and loose copies will be available in the start lanes.

Special symbol: ▲ indicates a seat.

Officials

Organiser: **Gavin Henderson** (KERNO)

Planner: **Rod Allday** (KERNO)

Controller: **Richard Bown** (KERNO)