

Lakeland Orienteering Club

Kendal Urban Event – Monday 5th May 2014 – Final Details

Event Centre

Kendal Town Hall, Highgate, Kendal, LA9 4DL, GR SD 515 926. This is a significant building with a clock tower, adjacent to traffic signals on the main street through the town centre.

Travel Directions and Parking

The advised approach to the town centre is the A5284 Windermere Road from the A591 roundabout, 2km NW of the town at GR SD 497 945, LA8 8LX.

There will be limited free parking (approx 100 cars) off this approach at GR SD 515 932, LA9 4RQ, signed County Council Offices / Emergency Services. When this is full, the most convenient 'pay' car parks are off Blackhall Road at LA9 4BT:

- West side – Multi storey, Westmorland Shopping Centre (Pay-on-exit). Opens at 10.00am on Bank Holiday Monday (623 spaces)
- East side – surface level, pay and display, multi tariff (only 81 spaces)

A map of the centre of Kendal, showing the location of the Town Hall and the One Way System can be downloaded at

http://www.kendaltowncouncil.gov.uk/files/toptipsmap_low_res.pdf

Also worth considering for parking is Kendal's K Village, which is currently offering 4 hours parking for £1. Go to <http://www.kvillage.co.uk/directions> for directions.

Please note that the Kendal Bypass is currently being resurfaced, but we have been assured that this work will not be ongoing over the Bank Holiday weekend.

We have been advised by the County Council that Parking Restrictions in Kendal will still apply on the May Day Bank Holiday.

Event Centre Facilities

Facilities in the Town Hall comprise entry enquiries, EOD, SI card hire, toilets, clothing and car key deposit. Pre-entered competitors not requiring any of these facilities do not need to enter the Town Hall. NB Competitors on the Black course (Men's Open) will need to collect a new series SI card (numbered 1000000+) if they don't already have one. A signed route to the Start commences outside the Town Hall.

Toilets in Kendal

Toilets for event competitors are being provided in the Town Hall.

Competitors should note that there are no longer any public toilets in Kendal. Instead, SLDC organises a Courtesy Toilet Scheme, details of which are available at <http://www.southlakeland.gov.uk/your-neighbourhood/public-conveniences/kendal-courtesy-toilet-scheme/>

Start Times

The Start Period is 1030 to 1330, extended due to the numbers of entries on the Blue and Green courses. Start Times should appear on the Fabian4 website shortly. It is intended that competitors will be notified by email of the publication of start times on the Fabian4 website.

Anyone wishing to request a change to either their course or their start time should email dave.neild@btinternet.com, explaining the reason for their request, and then

wait patiently for a response. Please do not telephone or email the organiser with such requests.

Entry on the Day

Registration between 9.30am and 12.30am. No late entries will be accepted, but Entries on the day should be readily available, subject to map availability.

Entry fees - Seniors £12 (£2 supplement for non-British Orienteering members), Juniors £6. EOD runners will be allocated a start time.

SI Card Hire

Pre-entrants who requested SI card hire will collect them in the Town Hall. Entrants on the day needing to hire a card will be charged £1. Black Course entrants who don't have their own SI cards numbered 1000000+ will be allocated one which will be available for collection free of charge.

NB All entrants hiring or being loaned an SI card, are required to return their card after download. Failure to do so will incur the full replacement cost of £30.

Courses

The information in these columns will identify the course on Maps and Control Descriptions			Entry details of courses	
			Men Classes	Women Classes
Black	Open	7.7k, 225m, 33 controls	Open (over 16 on the day)	
Brown	M40+ W. Open	6.7k, 210m, 29 controls	Veteran M40+	Open (over 16 on the day)
Blue	M55+ W40+	5.5k, 150m, 25 controls	Superveteran M55+	Veteran W40+
Green	M65+ W55+	3.8k, 95m, 22 controls	Ultraveteran M65+	Superveteran W55+
Short Green	W65+	3.3k, 85m, 23 controls		Ultraveteran W65+
Light Green	Junior M/W	2.8k, 110m, 24 controls	Junior M16-	Junior W16-
Yellow	Young Junior M/W	1.2k, 35m, 14 controls	Junior M12-	Junior W12-

NB Black course, Open Men's Race, competitors must use SI cards numbered in the series 1000000+. These will be available at the Town Hall.

All competitors on the Black, Brown, Blue, Green and Short Green courses must have passed their sixteenth birthday on the day of the race. This is an insurance requirement.

Course Distances and Running Surfaces

Stated course lengths are based on straight line measurements between controls but competitors can expect to cover up to a third further than these distances. The majority of competitors can expect to be on hard surfaces for 90% of their course – apart from the Light Green course which will be about 75% hard / 25% soft. Please wear appropriate footwear.

Map

A3 Kendal Urban map produced by Martin Bagness in 2010 & 2011 with minor updates in 2014 using a 1:4000 scale with 5m contour intervals and IOF Standard Sprint Symbols. Please familiarise yourself with these symbols at <http://maprunner.org.uk/simon/sprintmapsymbols.jpg> as there is no Legend on the map.

In particular, be aware of the special thicker symbols - **the “Uncrossables”** – Wall, Fence, Railing, Hedge, Building - which show features that must not be crossed. Olive Green coloured land is also uncrossable and should be considered as if it was shown with the more familiar **“Out of Bounds”** stripes. Any competitors having split times that show usage of “Uncrossables” will be disqualified. Adults, please ensure that Juniors are aware of these symbols. Ignoring the “Uncrossables” is likely to stop the usage of Orienteering in this urban area.

The map used at the 2012 Kendal Urban Event can be viewed at <http://www.loc.routegadget.co.uk/cgi-bin/reitti.cgi?act=map&id=47&kieli=>

Please note that there are a number of areas of land marked as Out of Bounds on the current competition map. These areas, all marked with the familiar striped overprint, include a supermarket delivery area, sheltered housing, car parks and a strip of ground alongside the east end of the Parish Church which is currently used for the interment of ashes.

Control Descriptions

The Black, Brown, Blue, Green, Short Green and Light Green courses have IOF pictorial descriptions on the front of the map. Loose descriptions will also be available for these courses at the Start – these will be quite long for the longer courses but will be printed on waterproof material. The Yellow course has text descriptions. Many of the IOF pictorial descriptions used for this competition are rare in forest events. It is worth learning about them if this type of event is new to you. They can be found at <http://www.maprunner.co.uk/simon/iofcontroldesc.doc>

Controls

All controls will be tied by Gripples to urban furniture to secure the SI Boxes and kites. The control number will only be displayed on the SI box. There will not be any Pin Punches at the controls.

The Black, Brown and Blue courses visit control 141, which is denoted on the control descriptions with the pictorial symbol 'X', for a man-made object. The feature is a wooden sculpture in the form of a seat, partly surrounded by palisade fencing.

Start

There is one start for all courses, just 100m from the Town Hall. Please follow the signed route from the entrance to the Town Hall. An SI card clear box will be located at pre-start. Call-up will be at –4 minutes for SI card check. Loose description sheets will be available at –3 minutes. Blank maps will be displayed at –2minutes. There will be a ‘punching’ start.

Please arrive at the start in good time for your start time. Although we will try to slot in Late Starters, some courses are very full, so there may be a considerable time to wait for the next available free start time.

Yellow Course Maps

Yellow course maps will be displayed in the pre-start area.

Shadowing of Juniors

Adults on the Black, Brown, Blue, Green and Short Green courses wishing to shadow a Junior on the Light Green course or accompany a Young Junior on the Yellow course must run their own course first or declare themselves non-competitive. Shadowed Juniors on the Light Green course are also non-competitive.

Road Crossings

Timed Road Crossings are needed on all courses, except the Blue. These are shown on the Map and Control Descriptions as Crossing Points.

A 1 minute timed crossing means you can take up to one minute to cross without being timed. You don’t get any bonus for doing it in less!

If you take more than one minute, your time is registered as the excess over a minute.

The **Black, Brown, Green and Short Green** courses all have the same 2 minute timed crossing at a Pelican Crossing. This will be manned to ensure proper use of the crossing.

The **Light Green** course has two manned crossings of a suburban, traffic calmed road. At each of these crossings, competitors have 1 minute to cross between controls on each side of the road. **Competitors must cross in accordance with the marshal’s instructions.** The Light Green course also has a third manned road crossing, at a Pelican Crossing, on a section of the main street through the town (Stricklandgate,) where traffic is flowing in both directions. Light Green course competitors must use this Pelican Crossing between controls on each side of the street and will have a 1 minute time allowance.

The Yellow course crosses a section of the main street (Stricklandgate), at a manned Pelican Crossing where traffic is flowing in both directions (The same crossing as on the Light Green course). Yellow course competitors must use this Pelican Crossing between controls on each side of the street and will have a 1 minute time allowance.

Finish

Located within 300metres of the Town Hall. Weather permitting, download and screened results display will also be located here, otherwise in the Town Hall. Courses will close at 1530. You must report to download even if you fail to complete your course.

First Aid

First aid provision will be close to the Finish. Minor injuries services are available at the Westmorland General Hospital, LA9 7RG, 2km south of the town centre off the A65, Burton Road at GR SD 524 902.

Urban Safety

You participate in this event at your own risk. However, please also consider the safety of members of the public - pedestrians, riders and drivers. Be courteous and take extra care not to collide with or intimidate pedestrians, especially when exiting from narrow passageways and turning corners – slow down and run wide. Take care crossing trafficked roads and do not compromise the judgement of drivers.

There is a dangerous area of slippery gravestones on the north side of the Parish Church, marked on the map with the criss-cross magenta overprint symbol. To differentiate the more important busy roads through the town they have been shown as a darker shade of the standard road colour.

Acknowledgements

Thanks are due to:

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Officials

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