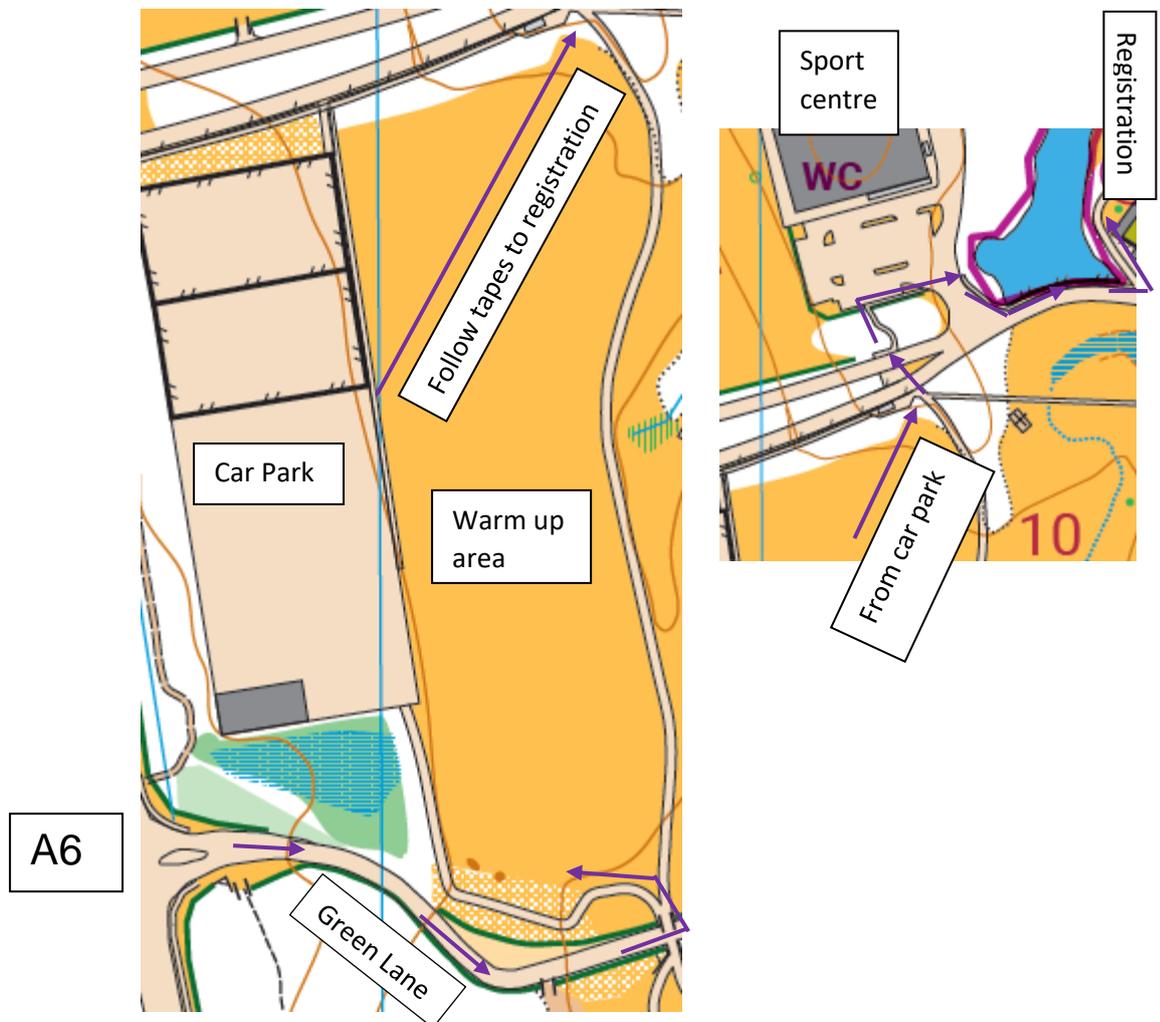


SROC autumn series #1 orienteering

21 September 2019

Venue: Lancaster University

Directions: By car: Please approach via the A6 and the Lancaster House Hotel entrance (via Green Lane, Lancaster LA1 4GJ). Drive 150m up Green Lane to the left turn to access the large visitors' car park. Park in the large Car park and follow the tapes from the NE corner of the carpark to the pedestrian crossing towards the sports centre. Once across the main access drive turn right (E) and cross the entrance driveway to the sports centre with care. Continue East along the S end of the lake. Turn left (N) past the lake. Registration (from 12:30 to 13:30; fee: Adults £5/Children £2) will be 100m up the East side of the lake. There are frequent buses to campus from the centre of Lancaster and Lancaster railway station. SI card (not SIAC) available to hire free (but charged at cost if lost or damaged) There are toilets in the sports centre, west of registration. All built-up areas of campus (except the direct route to visitors' car park and route to registration) are out of bounds before and after the courses. If you wish to warm up, please use the grassy area immediately adjacent to the east side of the car park. NO DOGS allowed on campus.



Format – There will be a Yellow course of 2.3 km (50m climb) and a Technical of 5.0 km (120m climb). Map scale 1:4000, contours 2.5m. Controls consist of an SI box (SIAC enabled) and a flag secured to a fixed object. Controls described as “building corner” may be secured to the building up to a metre away from the corner. Controls may be on the ground. The university has a peripheral

ring road from which cul-de-sac parking roads lead inwards. The technical course crosses the peripheral roads, so please exercise caution when crossing these roads. All roads should be quiet as term has not yet started. Secondary school children may compete in the Technical course unaccompanied with parental permission. Younger children must compete in the yellow course. The Start is close to registration. Punching start - when you like (at intervals of 30+ seconds) between 12:30 and 13:30. From the finish return promptly to Download which is adjacent to Registration. If there are large numbers of competitors, early finishers may be asked to recycle their maps to later starters. Competitors should be prepared to revisit controls already visited and must record a punch each time. Terrain: typical university campus with a mixture of hard surface, grass and gravel. Hazards could include steps, stairs, uneven surfaces, bollards, pillars, railings, narrow ginnels, tight corners and pedestrians. Please take corners wide and expect to meet people coming the opposite way. There are numerous uncrossable walls and hedges on the map. Many hedges have wires inside dating from planting. Anyone crossing such features compromises the future use of this area for orienteering and will be disqualified. All buildings are out of bounds, even when there are tempting doorways! There are many building pass-throughs on the map, shown as canopy. These have no doors and are permitted route choices.

Key course notes

Yellow course

At the start briefing you will be shown on the map where you run one leg in both directions. Be sure to punch both controls each time. Follow the short-taped section across the new track between controls 6 and 7 (and also when reversing this leg). Be sure to ask a marshal if you are unclear about what you will need to do.

Technical course

The underpass is marked as out of bounds for your safety. The main drive up to the University from the A6 is also out of bounds. Take care when crossing the 20mph limited perimeter road.

Please inform the organiser (in confidence) of any relevant medical conditions. Please be aware that we don't have sole use of campus and please be aware of other campus users.

As well as toilet facilities there are vending machines for snacks and refreshments in the sports centre.

For further information please email the organiser at tommatthew32@gmail.com