

New Year Cracker Wednesday 1st January 2025 Lancaster University

Version 10/12/24

Lancaster University, Bailrigg, Lancaster, LA1 4YW.

Entrance from the A6 @ ///market.cubed.kneeled

Parking1

Parking is on the south west section of the university ring road between Grizedale Ave & Pendle Ave. For those travelling from the Lancaster direction on the A6, filter left at the traffic lights on to the Bigforth Drive entrance and follow the road uphill to the roundabout. Turn right (3rd exit) on to south drive, you should see parking after about 400m. For those coming from the M6 Junction 33, take the A6 through Galgate towards Lancaster. After approx 1.5km at the traffic lights take the right filter turning into Bigforth Drive. Follow the road uphill to the roundabout. Turn right (3rd exit) on to south drive, you should see parking after about 400m. Please do not park anywhere else on the campus.

Facilities

Registration and download 100-400m from the car park zone. A first aid kit will be available for people to self administer. There will be a portaloo available adjacent to parking. Sorry but dogs are **not** allowed on campus.

Entries

Pre-entries at <u>SiEntries</u> are encouraged and will remain open until 21.00 hours on Tuesday 31st December. There may be some maps left, which will be available on the day. However to be sure of a map please enter in good time. Entry fees are £7 for adults, £3 for juniors (under 21) and students. Please note, these fees are the same for individuals, pairs or small groups. e.g. two adults running together would pay just £7 not £14. Adult runners who are not members of British Orienteering are charged £8. SROC junior members may enter for free and for the discount code should contact Martyn Roome at development@sroc.org. Entry on the day £8.

We encourage running in pairs, it is good way to start orienteering. To do this, enter the event using one person's name (the junior in a junior + adult pair, or one adult of an adult pair) and please add the names of everyone accompanying in the 'Additional names and ages' box when you enter.

If you are a newcomer to the sport and do not have an orienteering dibber (to record visiting the controls, also called an SI-Card) then please indicate that you need to borrow an SI-Card.

If you have your own **please note that SI cards 5, 8 or 9,** do not have sufficient capacity for 60 controls & you will need to hire one from us, please indicate **on pre-entry**. Fee £3 for a SIAC.

You can check which type of card you have by looking up the number @ https://www.sportident.co.uk/information-sheets/sportident-cardcomparison.pdf.

Courses

Long 60 in 60 @ 60 Score: visit as many of the 60 controls as you can within the 60 minutes time limit. The whole campus area is utilised, a mix of grass, woodland, scrub and hard surfaces.

This course uses a double sided A4 map with all the odd numbered controls on one side & the evens on the other side. You start by visiting either odds or evens then switch to the other group by punching the change-over control and flipping the map. Each group has 29 controls, the changeover and last control making a total of 60. Any wrongly visited controls will be discounted. This course is suitable for all abilities. You can run as an individual, in pairs or groups. U16s wishing to run must be accompanied by a responsible adult at all times.

IMPORTANT - see the previous section and take action if your SI-card has insufficient capacity.

Short Score (visit as many of the 30 controls as you can in any order within the 30 minutes time limit). This is **NOT** an odds & evens course & all the 30 controls are on a single side A4 map. The course remains within the central area & ring road. The course is open to anyone and is suitable for U16s wishing to compete unaccompanied by an adult. Young children M/W10 & below must be accompanied by a responsible person over 18.

For **both** courses, all controls punched within the time limit score 60 points, with penalties of 1 point per second over the limit. Courses close at 13.15 and kites will be collected from then. Some controls are close together, please punch quickly and move away, particularly if you are part of a group. Map scale is 1:4000 2.5 contours, but no legend.

As usual in urban terrain there are hedges, fences & walls which must not be crossed. You must use any marked crossing points. Do not enter any areas mapped as olive green or marked as 'Out of Bounds', the latter includes some on-going building projects which

have closed paths you may have used before. Failure to comply with the aforementioned could jeopardise our future use of the area.

Start

There will be a mass start at **12 noon** for the long & **12.10** for the short. Please be ready to start at 11.45 to allow time for map issue, clearing and checking etc. There is a **100 - 400m** walk, from the car park zone.

Finish

Located close to the start. There is a control at the start of the runin to the finish and should only be punched when you are finishing. Please move away from the finish control quickly and proceed directly to download. You **must** report to download even if you abandon your run.

Download

Located near the start/finish area in a covered walkway. Pre cut splits will be printed, please move away from download quickly. Results will not be displayed during the event but will be on the website www.sroc.org in the evening.

Newcomers

If you have any questions prior to the event, either about orienteering or the entry process please contact Martyn Roome at development@sroc.org. See Entries section re running in pairs.

Event Officials

Planners: Gavin Smith SROC

Organisers: Graham Capper and Louise Dunn SROC

Safety

Please note ...

Come prepared for any forecasted weather conditions and bring waterproof jackets as they maybe made compulsory.

Take care on all roads on the site, there maybe visitor traffic.

Warn your juniors to take care near water features.

If you encounter other visitors on site, be courteous & take care particularly rounding corners.

You must report to the finish and download your Si-card after the event, even if you retire.

Road or trail/fell running shoes should be worn, **dobs/metal spikes** are not allowed. As there are sections of grass and woodland, light fell shoes would be a good option.

On the day only SROC emergency tel is 07425219369

Queries to web@sroc.org