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THE WORLD AS YOU WANT IT



TVOC Regional Event UKUL & SEOUL Orienteering Event

Thame Urban Race

Sunday 1st September 2019



FINAL DETAILS

SI touch-free timing



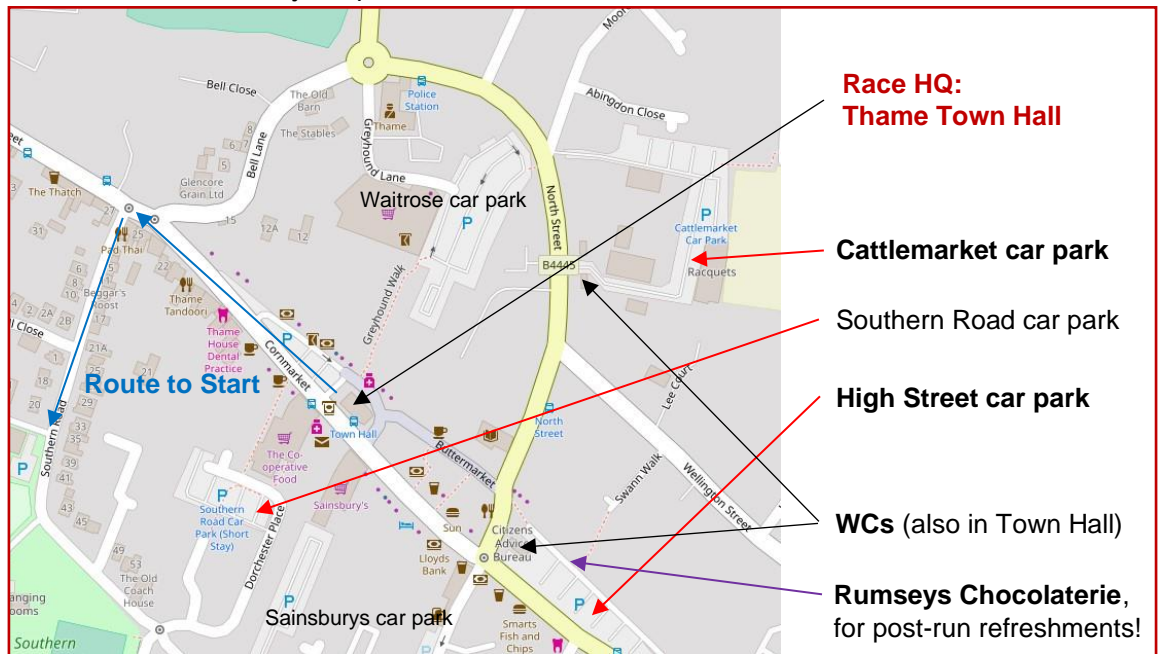
Say you're going on the Facebook event: facebook.com/events/408251319738649

Race HQ

Upstairs in Thame Town Hall, in the centre of town, [OX9 3DP](#) includes registration, toilets, key drop, unsupervised bag storage, water, first aid, **SIAC** hire & download.

Parking

Public car parks, see map below, all within a few mins walk of Race HQ. The High Street and Cattle Market car parks are the largest, and recommended. Free on Sunday.
NB Waitrose & Sainsbury car parks have a 2hr limit and are ANPR monitored.



Public Transport

Arriva 280 bus Aylesbury – Oxford via Thame & Haddenham Parkway Station.

Registration

On the day entry and timing chip collection (SIAC) open at the Town Hall from 09.30 to 11.30am.

Entries on the day

Entries after 25th August and on-the-day entries, subject to map availability:

Seniors £14 (£12 for British Orienteering members); Juniors £5

Special discount price of £6 for single Senior newcomers running classes RED or YELLOW (applies to pre-entry and on the day entries).

Pairs/groups Senior rate + £1 for an extra map

Hire of a timing chip to register at each control (a **SIAC** card) £2.00 for seniors & Juniors
Under 16s on the day may only enter Courses 6 or 7.

M/W 12 and below must not enter course 6

Online pre-entry (recommended) open until Fri 30th Aug. Enter at: www.fabian4.co.uk

SI Air: The event will have **SI Air** enabled. If you do not have a **SIAC** card you can hire one from us for £2. If you have an **SI card** (ie non-Air) you are welcome to use it if you wish. Your time, however, will be longer as a result, maybe by as much as 2 seconds a control. Our firm advice, therefore, is to hire a **SIAC card** for the event.

Lost **SIAC** cards will be charged at £63.




Terrain

Important note – some housing has un-fenced front gardens with lawns that may look like public space. You **MUST NOT** encroach on to them. Stay on the tarmac / paved paths except in the public grassy areas. Cutting through tight or thick undergrowth is potentially a viable-looking route choice on a small number of legs. Competitors are very strongly advised not to do this, as such vegetation is effectively impassable.


Map

1:5,000, 2.5m contours, A3+, ISSOM 2007, 2018 updated 2019 on waterproof paper.

Please note that the following features on the map must not be crossed, even if they look crossable:

	Forbidden area (e.g. garden)
	Impassable Vegetation
	Uncrossable hedge
	Out of Bounds Area
	Uncrossable wall
	Uncrossable fence
	Uncrossable stream, pond
	Uncrossable marsh
	Building

The following non-standard symbols are used on the map:

×	Bench / Seat
○	Play equipment
	Boardwalk
†	Graveyard

Course details

Course	Length (Straight line distance\$)	No. of controls	Class (for UK & SEOUL)	Age (on 31/12/19 – for UK & SEOUL classes)
1	8.2km	25	Men Open	Any (over 16s)
2	7.0km	19	Men Vet Women Open	M40+ Any (over 16s)
3	5.9km	19	Men Supervet Women Vet	M55+ W40+
4	4.9km	15	Men Ultravet Women Supervet	M65+ W55+
5	3.8km	13	Men Hypervet Women Ultravet Women Hypervet	M75+ W65+ W75+
6	4.2km	18	Men Junior Women Junior RED	M16 and below W16 and below any
7 #	2.2km	10	Men Young Junior Women Young Junior YELLOW	M12 and below W12 and below any

You may enter any course you wish, apart from unaccompanied under 16s, who must enter Courses 6 or 7. To be competitive in the UK & South England Urban Orienteering League (SEOUL), enter your age class as shown (or run up).

Please note that you can expect to run 30% to 40% further than the course length.

Course 7 maps are available before starting; for all other courses, you get your map after starting. Blank maps and lots of help will be available at Race HQ. There is no string course. Climb is negligible & will not affect any route choice.

We've suggested two classes for beginners (RED & YELLOW), but feel free to enter any class, depending on what length you prefer. Course 6 crosses minor roads with a 30 mph limit, but with light traffic and good visibility. **M/W 12 and below must not enter course 6** (i.e. they are not permitted to 'run up').

Parents of younger competitors should note that the route to the start and returning from the finish has a 30mph road crossing which will be manned.

For safety, a bright/hi-viz top is strongly advised for Courses 1 - 6.

Starts First start is at 10:00am. We are not pre-allocating start times, but are using the following start blocks in order to try to avoid queues forming at the Start. But if you are early or late for your start, just turn up when you are ready (between 10am and 12 noon, that is!):

10:00 – 10:20 (shown as 10:00 on the [Fabian4 entries start list](#))

10:20 – 10:40 (10:20)

10:40 – 11:00 (10:40)

11:00 – 11:20 (11:00)

11:20 – 11:40 (11:20)

11:40 – 12:00 (11:40)

Loose Control Descriptions are in start lanes as well as on maps. (Text & symbols for Course 7). **All, including SIAC, need to punch/dib the start unit.** There is no official clothing dump at the start, which is in a public area.

Main Finish & Start Around 500m (10 minutes slow walk) from Assembly – follow taped route. Involves one light controlled crossing & one minor road crossing which will be marshalled, but traffic will not be controlled.

There is a separate finish for courses 4 & 5 adjacent to race HQ

Dress Singlets and shorts permitted. All courses run on a mixture of grass and tarmac. Normal running shoes are recommended. Metal-studded shoes are NOT to be used. Bright or high-viz tops are strongly advised.

Finishes **Contactless, fly-by for those with SIAC cards** (including those with hired cards); conventional punching for those with non-SIAC SI cards. Courses close at 2.00pm. Don't forget to download at the Town Hall after finishing. Follow tapes back from Finish to Download in the Town Hall. **You must download even if you don't finish your course, otherwise we may end up looking for you!**

Refreshments Water at the Town Hall. No outside caterers are attending, however there are many cafes, pubs & shops nearby. **Pick up a voucher for Rumseys café from download!**

Photography You are welcome to take photographs at our event. However please be respectful of other peoples' privacy when taking photos, and do not take inappropriate or intrusive photos. If you have any concerns regarding inappropriate or intrusive photography (in terms of the way, by whom, or where photography is being undertaken), please report them to the event organiser or another official. Steve Rush (BOK) will be taking photographs for TVOC throughout the event. A link to them will be provided with the results.

Parents, guardians or carers who have a reason to be sensitive about the children they are responsible for should bear in mind that photographs may be taken at the event, and some may be posted onto public websites. If you wish to have any such photographs

removed or not posted, please contact the organisers at any time, or 'Information' on the day and we will do our best to prevent and/or remove.

Our next events

Saturday 28th September (tbc) – Wittenham Clumps, Didcot
Sunday 27th October – Spooky Orienteering at Waddesdon Manor
Sunday 10th November – Wendover Woods
Sunday 29th December – Chesham Bois Woods

SAFETY

- All maps will be overprinted with an emergency phone number which can be used on the day to contact the Organiser in an emergency.
- Any competitors with a medical condition that might require medical assistance during the event are invited to complete the following medical form: <http://tinyurl.com/BOF-med>, print it off and leave it in a sealed envelope at Information. It will be shredded after the event. Blank copies of this form and envelopes will also be available at Information.
- All roads have a 30mph limit. Take care crossing them (courses 1 – 6 only). You are responsible for your own safety!
- Take care on blind corners.
- High-viz/bright tops are encouraged (courses 1 – 6).
- Do not enter water – use bridges (mainly courses 6 & 7).
- Some paths (mainly courses 6 & 7) may have overhanging nettles &/or brambles
- Some large, but sometimes hard to see, cracks have developed in the ground in the parkland area. Take care!
- The electronic safety checks before you start are our only record of who has started & download our only record of who has finished. Please complete all. If you don't download, we could end up searching for you with the police.
- Lone travellers, in particular, are encouraged to use the key drop at Race HQ.
- First Aid is located at Race HQ and is provided by EMC Medical Services.
- Nearest A & Es: John Radcliffe, Oxford OX3 9DU; Stoke Mandeville HP21 8AL (maps at information & First Aid).
- Please be aware of residents, and other users of the competition area including pedestrians, cyclists, motorists, dog walkers & treat them with courtesy and respect. Not only do we want to avoid confrontation, but we want to use the

New to all of this?

If you are new to orienteering, then a special welcome to you. When you come to the event, look out for people wearing bright yellow 'here to help' tabards; they will guide you through what to do, what course to enter, how to register, how to interpret the map, and how to use our chip timing device.

We hope you have a great experience and will want to come again. Once you have been to three events, we strongly urge you to join a club, not least because you will then be covered by our public liability insurance (you are automatically covered for your first three events). Joining is really easy - just go to <https://tvoc.org.uk/> and follow the 'How to join' instructions.

Officials

Course Planner: Nev Baker (TVOC)
Mapper: Mike Shires (TVOC)
Organisers: Glynis & Jon Wheatcroft (TVOC), wheatcroft[at]waitrose.com
Controller: Eric Harper (BKO)

Acknowledgements

We are grateful to all of our race sponsors, as well as Thame Town Council for their support and encouragement. Where possible, please patronise them.



The personal data you give will be used by the organisers & their agents only for the purpose of processing and publishing the entries & results, for conducting safety checks & to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure.

Orienteering is an adventure sport. All competitors take part at their own risk & are responsible for their own safety.

Race sponsors

Thank you to all of our race sponsors:

Rumsey's Chocolaterie is a café for drinks, coffee, sandwiches, cakes, and their famous handmade chocolates! Pick up a special offer flyer at download and pay them a visit for some post-run refreshments!

www.rumseys.co.uk



Pick up a voucher at download for a special offer from Rumseys for all race competitors! Visit Rumseys café for some post run refreshments!



Racquets Fitness Centre is the Thame centre for fitness for all the family. Classes for all ages and all fitness levels, including yoga, pilates, HiiT and Circuits. Learn squash, racketball and table tennis too:

www.racquets-fitness-centre.com

The Practice, in Thame, is an award winning clinic, offering a wide range of treatment including chiropractic, osteopathy, physiotherapy and counselling, psychology and CBT:

www.thepractice-thame.co.uk



Spear Travels in Thame has been voted the UK's Best Independent Travel Agent five years running, offering a complete range of tailor-made holidays just for you, to family holidays, ski, cruise, adventure and short breaks:

www.speartravels.net



Pindar Creative is the UK's leading agency in providing content, data, mapping solutions and print to public transport operators and local authorities: www.pindarcreative.co.uk



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Thame Cars is an award-winning independent local business. Specialising in the UK's best cars, all under one roof, they believe in making car ownership a safe, simple, convenient and happy experience. Also an extensive range of servicing, car and van rentals, and tyre services: www.thamecars.co.uk

The Space is Thame's yoga studio. Whether it's a fast-flowing dynamic workout, relaxation and meditation, rehabilitation following an injury, or just a fun practice with friends, The Space has a wide variety of classes to suit everyone: www.thespacethame.com



Massage Matters is a clinic based in Thame, who offer a scientific approach to injury and pain and an artful approach to the management of stress. They use Hydrotherm, the world's first 3 dimensional massage system:

www.massagematters.clinic

CPM is Thame's biggest employer, and is an award winning, outsourced sales agency:

www.uk.cpm-int.com



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Thame has a proud agricultural heritage, including the UK HQ for **Kubota**. They manufacture various equipment, including tractors, mowers and many other mechanical innovations.

<http://kubota.hae.org.uk>

Field Sales Solutions are a field marketing company who employ around 85 people in Thame and around 700 field staff. Working to activate sales and drive distribution, they are the Winner of Field Marketing Agency of the Year Award 2017:

www.fieldsalesolutions.com



Your sales, our business

Sign up for our free monthly email event bulletin for details of our next events: eepurl.com/E9NvX