



Thames Valley
Orienteering
Club

Thame Urban Race

UKUL & SEOUL (Urban Leagues)
Regional Orienteering Event

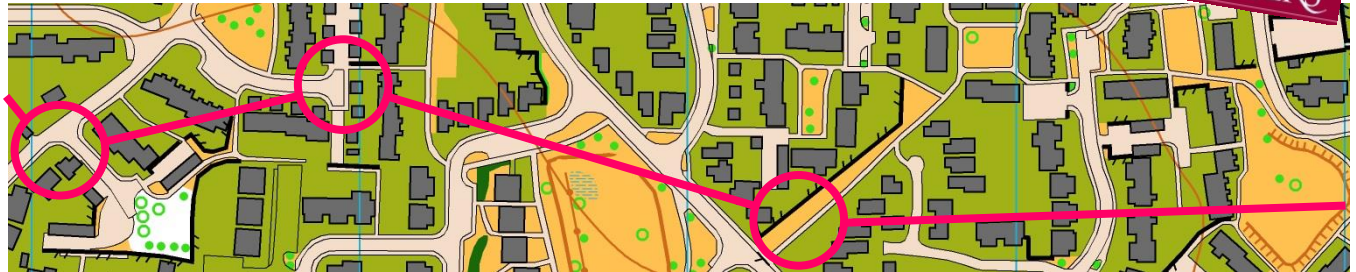


Sunday 1st September 2019

SI touch-free electronic timing



Thame is often used for the filming of "Causton" in Midsomer Murders. You'll see plenty of the filming locations during your run. Pick up a Midsomer tour leaflet afterwards!



Location: Thame, Oxfordshire. 5 miles from M40 Junctions 7 & 8a
Race HQ: Thame Town Hall, OX9 3DP (aka "Causton Town Hall"!)

Parking: Plenty of parking in town centre car parks. Free on Sundays.

Terrain: Mediaeval town centre around the Butter Market and Cornmarket, with lots of alleys; parkland including the picturesque Cuttlebrook Nature Reserve; and a complex 1970s residential estate (Lea Park) with a plethora of cul-de-sacs and open areas, linked by numerous alleys and paths, providing lots of route choices around the courses!

Map: Map updated August 2019; Scale 1:5000, ISSOM 2007, A3 size. By Mike Shires, TVOC. You'll receive a waterproof map, to keep, with your course printed on.

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.

Cunning running: new to orienteering?

If you're a runner, with no orienteering experience, it's a great opportunity to try out the adventure sport of urban racing. If you want to have a leisurely walk around a course, that's fine too - there are courses for all abilities.

Which course shall I enter?

All the courses are suitable for anyone who wishes to have a go. Under-16s (on 1st Sept) must enter courses 6 or 7, unless accompanied by an adult. For family groups, we suggest RED, which is around 4.0 miles actual distance. For adult runners or pairs, consider entering your proper age class, but note the Open classes for men & women are at least 6.5 miles & 5.5 miles actual running distance (more if you do not choose the best route!).

How can I pre-enter?

Pre-entering saves time queuing to register & it's cheaper if you enter by 25th August! Visit www.fabian4.co.uk

What do I do on the day?

If you've pre-entered online, head to Race HQ at the Town Hall, to get your SIAC timing chip and help from our friendly Welcome Team. For competitors entering on the day, we'll help you choose the best course for you. There is a simple entry form to complete, and payment can be made with cash or card. You will be given an SIAC card (a small timing chip to record your time at each control point). Then proceed to the Start.

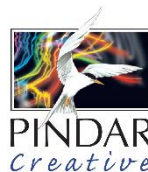
We're very grateful to our race sponsors:

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Facebook event page: www.facebook.com/events/408251319738649

www.tvoc.org.uk

Courses: The following courses will be available (subject to final controlling).

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

You may enter any class you wish, but to be competitive in the Urban Leagues (SEOUL & UKUL), enter your age class as shown (or run up).

Course	Class (for UKUL & SEOUL)	Age (on 31/12/19)	Length (Straight line distance)
1	Men Open	Any (over 16s)	8.2km
2	Men Vet Women Open	M40+ Any (over 16s)	6.8km
3	Men Supervet Women Vet	M55+ W40+	5.7km
4	Men Ultravet Women Supervet	M65+ W55+	4.6km
5	Men Hypervet Women Ultravet Women Hypervet	M75+ W65+ W75+	3.5km
6	Men Junior Women Junior RED	M16 and below W16 and below any	4.3km
7	Men Young Junior Women Young Junior YELLOW	M12 and below W12 and below any	2.8km

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

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 should not enter course 6** (ie 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.

Registration: From 09.30 to 11.30 in Thame Town Hall, [OX9 3DP](#). Plenty of help available. Timing chip (SIAC) collection at the same time for pre-entrants

Start times: Start a course any time from 10.00 to 12.00 (Start c.500m from Town Hall, Finish adjacent). Courses close 14.00.

Entry fees: Pre-entries up to Sunday 25th August:
Seniors £12 (£10 for British Orienteering members); Juniors £4

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

Facilities: Squash, toilets in Town Hall, First Aid, lots of cafes, pubs, shops nearby

Event organisers: Jon & Glynis Wheatcroft (wheatcroft[at]waitrose.com)

Course planner: Neville Baker (TVOC) **Controller:** Eric Harper (BKO)



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.