



Thames Valley
Orienteering Club

TVOC Level C and SEOUL Event

Witney Urban Race

Sunday 26th September 2021

FINAL DETAILS

Summary

Please re-read and follow the [COVID-19 Participant Code of Conduct](#).

Plenty of free parking at the Woolgate Centre, Witney (OX28 6FY) Three hours time limit.

No Assembly as such. Enquiries, SI card collection and Download are in a small car park, off Wesley Walk and marked by a feather flag, accessed from the western corner of the Woolgate Centre car park.

SI punching. Air enabled. Start controls must be punched. Finish is fly-by, but you must punch the safety control after the Finish.

Waterproof map, A3, scale 1:5000. No contours as the area is generally flat. No legend on the map for courses 1 to 5 - see last page for legend.

Control descriptions (also waterproof) in Start lanes.

Start times listed on [Fabian4](#). Start is about 1000m (10 to 15 minutes walk) from Woolgate Centre. Follow taped route.

Finish for all courses is close to the route to the Start.

NO post-race water. Bring your own supplies.

No traders, but Witney town centre is adjacent to car park, with many shops and cafes.

No dogs on the courses, please.

Singlets and shorts permitted. All courses run a mixture of grass and tarmac, normal running shoes recommended. Definitely not metal studs.

COVID 19

In entering this event you have signed up to the [COVID-19 Participant Code of Conduct](#). Please re-read and abide by it. If you have entered anyone for the event, please ensure they have done the same.

Do not attend the event if you or a member of your household has COVID-19 symptoms, or if you have been asked to isolate by NHS Test and Trace. Contact Alun on registration@tvoc.org.uk who will arrange a refund of your entry fee.

Whilst most health measure have now been relaxed, COVID-19 has not gone away. Case numbers remain high. Please be mindful that others you come into contact with may prefer that you keep your distance. Our start area has been laid out to avoid competitors needing to be close to each other.

Location

Witney is 10 miles west of Oxford.

Coming by car

Plenty of free parking in town centre car parks. The Woolgate Centre, Witney (OX28 6FY) is very convenient, and allows three hours parking. If you want to park for longer, the Woodford Way car park (OX28 6GD) is just five minutes walk away.

Coming by public transport

There are good travel connections to Oxford. From there, the S1 bus goes straight to the centre of Witney in 35 minutes. Services are every 30 minutes up to 09:50, 20 minutes thereafter.

Local interest

An ancient market town, it has been famous for its woollen blankets since the Middle Ages.

Most courses will pass by the entrance to Cogges. Cogges is a Scheduled Ancient Monument with over 1000 years of history, set against the stunning backdrop of a 13th century manor house and Grade II listed 18th century farm buildings. They describe themselves - "A unique historic farm in the heart of Witney, Oxfordshire with a beautiful Manor House, enchanting walled garden, orchard, adventure play and friendly animal residents. We have 17 acres of open space for you to enjoy, and we welcome well-behaved dogs on a short lead too!" More details at <https://www.cogges.org.uk/>

There is a popular duck feeding area close to the Finish. Those interested should come prepared! And there is a very popular young children's play area 100m from the Start.

Assembly There is no Assembly as such.

Enquiries, SI card collection and Download are in a small car park, off Wesley Walk and marked by a feather flag, accessed from the western corner of the Woolgate Centre car park.

Public toilets, are located close to the route to the start. Note they have a 20p charge.

The route from Woolgate Centre car park will be taped. It follows the pavement along Witan Way, crosses Witan Way at a light-controlled crossing, then along Crown Lane (passing the Finish), from which the tapes will lead you to the Start.

It is about 1000m to the Start, and maybe 500m back from the Finish.



Pre-entry	<p>Pre-entry through Fabian 4 (www.fabian4.co.uk) will remain open until shortly before the event, subject to map availability.</p> <p>Pre-entrants with their own cards may go straight to the Start, following tapes from the Woolgate Centre car park.</p> <p>Pre-entrants who have hired SI cards need to collect their card from Download, which will be in a small car park, off Wesley Walk and marked by a feather flag, accessed from the western corner of the Woolgate Centre car park.</p>
Registration	There will be no entry at the event itself. You must pre-enter.
Fees	<p>Seniors £14 (£12 for BOF members), Juniors £5.</p> <p>Under 16s may only enter courses 6 and 7.</p> <p>SIAC card hire – £2 per card, for seniors and juniors. Lost SIAC cards will be charged at £65.</p>
Terrain	<p>Mostly flat urban territory. The map covers the town centre, with a number of alleys off the High Street; an older residential area to the west; and to the east a strip of parkland by the River Windrush. East of the river is Cogges, a more modern residential area with a strip of parkland and a branching network of roads and cul-de-sacs joined by paths; the only through road shown in Cogges has very little traffic.</p> <p>The town centre has a small number of busy roads, shown with a 50% brown screen; the other roads and pathways have a 30% brown screen. The busy road competitors on courses 1 to 5 will see at some point (and if you drive to the event, will probably arrive by), runs between the east edge of the town centre and the river and gives access to the car parks adjacent to Sainsbury and Waitrose.</p> <p>A lot of the road and path edges in the town centre have low-growing ornamental shrubs, which are shown with the olive 'not to be entered' screen. A few places where these are obviously crossed by local people are shown with the 'open' screen</p> <p>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.</p>
Safety issues	<p>As with all urban events, we are sharing the streets and parkland with other users, pedestrians, cyclists, motorists, etc. Please be courteous and considerate to them.</p> <p>For safety, please wear a bright/hi-viz top</p> <p>Witan Way is crossed twice by all senior courses. This road has a 30mph speed limit but can be busy. Take care and do not take risks. A pedestrian crossing will be marked on the map but its use is not compulsory.</p> <p>The centre of the map is dominated by car parks with significant amounts of hedging. All senior courses will pass through these. These car parks will be quite busy, even on a Sunday, so please be aware of traffic - drivers may be more focused on finding a vacant parking space than on looking out for runners. And please give way to pedestrians.</p> <p>You can also expect to encounter traffic on all other roads. Take care crossing them - you are responsible for your own safety!</p>

Safety issues (continued)

Take care on blind corners. Run wide to give yourself more visibility, and slow down.

All courses - including the two Junior courses - involve the general area of the River Windrush, which can be fast-flowing. Whilst courses have been planned to avoid the river banks, this does rely on competitors navigating as expected. Those responsible for juniors are asked to warn them of this danger.

All maps will be overprinted with a phone number which can be used **in an emergency** on the day to contact the Organiser.

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 Enquiries. It will be shredded after the event.

Blank copies of this form and envelopes will also be available at Enquiries.

We are not providing specific first aid at this event. However we will have a First Aid kit available at Download for self-administration.

SI electronic punching

The event will have SI Air enabled.

It is a punching start. It is your responsibility to ensure that you have satisfactorily punched the Clear, Check and Start units (NONE of which are contactless-enabled). If the Start unit does not bleep when you punch, something is wrong. Consult the Start official; **do NOT head off on your course regardless**.

For those with SIAC cards, a SIAC Air-On Test unit will be positioned after the Check unit. Waft your SIAC over the unit to check that Air has been switched on.

All subsequent controls, including the Finish, will be Air enabled. After the Finish control, there will be a safety control which **must be punched**.

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.






Clothing

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.

Map

Waterproof A3 map, scale 1:5000. Surveyed 2021 by Martin Ricketts.

Do not cross these features:

	uncrossable wall, fence
	watercourse
	Forbidden area, e.g. garden
	dense wood or hedge
	Out of Bounds area

Blank maps will be displayed in the Start lanes.

There is no legend on the map for courses 1 to 5 - see last page for the legend. Note that an X symbol is used to represent items of play equipment.

Ensure you know the map features on left, which you must not cross. Our future use of the area is dependent on these being observed.

Control descriptions Control descriptions are printed on the map. Loose control descriptions (waterproof) will be available in the start lanes. The young junior course (course 7) uses text descriptions; all other courses use IOF symbols.

Courses	SEOUL class	Age (on 31/12/21)	Length	Controls
1	Men Open	Any (over 16)	8.1km	29
2	Women Open Mens Vets	Any (over 16) M40+	6.8km	22
3	Women Vets Men SuperVets	W40+ M55+	5.6km	20
4	Women SuperVets Men UltraVets	W55+ M65+	4.7km	17
5	Women UltraVets Women HyperVet Men HyperVet	W65+ W75+ M75+	3.8km	14
6	Women Juniors Men Junior	W16- M16-	2.0km	13
7	Women Young Juniors Men Young Junior	W12- M12-	1.4km	8

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

The Junior course 6 does not require crossing of significant roads, but does involve crossing extremely minor cul-de-sac roads - albeit with what we expect will be almost no traffic. It has been planned assuming teenagers in this age category are familiar with complex urban maps.

The Young Junior course 7 crosses a road which provides access to Cogges Manor for deliveries only, and also has a short segment along Church Lane, which is used for access to the small car park for Cogges Church. We expect there to be next to no traffic but cannot guarantee none. Church Lane is also well-used by cyclists; we ask that juniors on Course 7 are warned to be aware of them.

Parents of younger competitors should also note that the route to the Start and returning from the Finish has a 30mph light-controlled road crossing.

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

All courses close at 2:00pm, by which time all competitors **MUST** have reported to Download whether or not they have completed their course.

Start times Start times are from 10.00 until 12.00, and are listed on [Fabian4](#). Please aim to arrive at the Start about 5 minutes before your allocated time, which means exiting the Woolgate Centre car park about 15 to 20 minutes before your start time.

- Start** The Start is about 1km (10 to 15 minutes walk) from the Woolgate Centre car park; the route to the pre-start contains one traffic-light controlled road crossing.
- We will not adhere strictly to start times. With the number of competitors entered, we do not anticipate any significant queues. If you arrive at the Start early then, provided there is no appreciable queue for your start lane, please join the queue. And if you are late for your start time, just come to your start lane as soon as you are ready.
- Call-up will be at -4 minutes. Loose description sheets (which are also on the map - text and symbols for course 7) will be available at -3 minutes. Blank maps will be displayed at -2 minutes. Please follow the Start team's instructions.
- Course 7 competitors will receive their maps at -4 minutes.
- All, including SIAC users, need to physically punch the Start unit.
- Please check you have picked up the right map.
- Finish** The Finish is close to Crown Lane, which you will have walked along on your way to the Start.
- Contactless, fly-by for those with SIAC cards** (including those with hired cards); conventional punching for those with non-SIAC SI cards.
- There will be a safety control after the fly-by Finish control; **please ensure you physically punch this control.**
- Follow tapes back to Download which is situated in a small car park, off Wesley Walk and marked by a feather flag, accessed from the western corner of the Woolgate Centre car park. Please download before returning to your car. **You must download even if you retire.**
- Courses close at 2.00pm.** You must have downloaded by this time.
- Shadowing** An entry does **NOT** provide an extra map for a shadower. You must not shadow before your own run. Alternatively, declare yourself non-competitive at Download.
- Dogs** Obviously dogs are allowed in the streets of Witney. However we ask you not to go through the Start area with a dog.
- Facilities** Public toilets, are located close to the route to the start. Note they have a 20p charge.
- First Aid - there is no formal first aid service supporting this event. However a First Aid Kit is available for self-treatment at Download. The nearest Minor Injuries Unit is at Witney Community Hospital, Welch Way, Witney, OX28 6JJ
- There will be **NO** post race water or squash. Please bring your own supplies.
- Results** Live results will be available at <https://tvoc-live.droppages.com>. Scanning the QR code on your results print-out will take you directly to the live results.

Photography You are welcome to take photographs at our event. However please be respectful of other peoples' privacy when taking photographs, and do not take inappropriate or intrusive photos. Please bear in mind [British Orienteering's guidelines](#) on the subject.

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.

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.

Acknowledgements We are very grateful to

- Witney Town Council for their support for the event
- Amadeus Software for providing a location for Download etc

Organiser Neville Baker
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Planner Ben Green

Controller Mark Foxwell, BKO


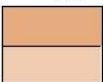





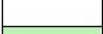








The personal data you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your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

Courses close at 2:00pm. You must report to download even if you do not complete your course.

www.tvoc.org.uk

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

Legend:

	building		
	canopy, passage		
	busy road		NB Uncrossable features given separately below
	quieter road, footpath		distinctive tree
	single kerb, steps		tree or bush
	open land		line of trees
	rough open land		distinct veg. boundary
	open with scattered trees		unpaved footpath
	rough open + scattered trees		less-distinct footpath
	tree area runnable		crossable fence/post line
	tree area slow run		crossable walls
	tree area walk		bridge, boulder
	light undergrowth		form line, small depr.
	undergrowth hard to cross		steep slope
			seasonal watercourse
			play equipment, pillar