



Thames Valley
Orienteering
Club

ABINGDON URBAN

Regional Event, UKUL & SEOUL

Sunday 24th SEPTEMBER 2023

FINAL DETAILS



Summary - please read this page if nothing else!

IMPORTANT...Under 16's on Course 6 MUST start between 11.00 and 11.30. Any arriving at the Start after that time will not be allowed on the course. This for safety purposes, and will be strictly enforced.

- Assembly, inc. registration and download is based at the eastern end of Abingdon Abbey Meadow. Nearest what3words: target.exit.once
- Self car-parking in Abingdon public car parks. **However.....**
- **We highly recommend that you use Hales Meadow or Rye Farm car parks, south of Abingdon Bridge (pay toilet here). Access to Assembly is a pleasant walk along the River Thames via Abingdon Lock.**
- You must not, under any circumstances, park in local roads.
- **The public toilet block in Abbey Meadows is open, but currently restricted to one unisex and one urinal.**
- Entries from Monday 18th September are subject to map availability:
Seniors £14 (£16 non-BOF)
Juniors £5
- SI punching. Air enabled. Those hiring should collect their SIAC from the tent in Assembly.
- **Under 16's are not permitted on courses 1-5, even if accompanied by an adult.**
- Start times listed on SiEntries
- Start is approximately 500m from Assembly.
- **Courses 1-5 cross a quiet road immediately after the Start. The crossing will be marshalled, but please take care.**
- Finish is close to Assembly.
- **Courses close at 14.30 hrs. You must download by 14.45, even if you retire.**
- Map is ISSprOM2019-2, scale 1:4000, A3/A4. Longer courses have a double-sided map with overlap.
- **Please** be courteous to members of the public.
- **No traders or Portaloos**
- Finally, a big thank you to Abingdon Town Council for accommodating this event.

Safety issues:

- **Courses 1-5 cross a quiet road immediately after the Start. The crossing will be marshalled, but please take care.**

- Course 6 (Junior 16-) has three marshalled road crossings, one of which is a timed-out light-controlled crossing (as indicated in control descriptions). Please follow any instructions given by marshals.
- **IMPORTANT...Under 16's on Course 6 MUST start between 11.00 and 11.30. Any arriving at the Start after that time will not be allowed on the course.**
- **Safety Punch.** You must punch the Safety Control immediately after the Finish.
- **Under 16's are not permitted on courses 1-5, even if accompanied by an adult.**
- **Traffic and pedestrians.** This is an Urban event so you must be careful at all times.
- **Emergency Number.** All maps will be overprinted with a phone number which can be used on the day to contact the Organiser in the event of an emergency.
- **Nearest A&E.** Abingdon Minor Injuries, Marcham Rd, Abingdon OX14 1AG
- **Key drop.** Solo travellers particularly should take advantage of the car key drop at Assembly.

Location and parking:

Assembly is at the eastern end of Abbey Meadow. Approximate w3w: target.exit.once
We recommend that you use Hales Meadow or Rye Farm car parks, south of Abingdon Bridge, ([pay toilet here](#)). Access from here to Assembly is along the River Thames towpath via Abingdon Lock.

Facilities:

Toilets – **The public toilet block in Abbey Meadows is open, but restricted to one unisex and one urinal.**

A tent will be provided for baggage.

No traders or Portaloos at this event, or water/squash.

Entry on the Day / SIAC hire:

There is NO entry on the day.

SIAC hire will be in a tent at Assembly.

Our hire SIACs all contain a safety loop - put your wrist through the loop, to minimise the chance of losing the SIAC should it get knocked off your finger. **Lost SIACs charged at £65.**

Electronic Punching:

Sportident electronic punching system will be used, with contactless (SIAC touch-free) 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), at each control on the course, and at the **(contactless-enabled) Finish**.

Most control units will be an SI box, kite and back-up punch attached to street furniture or vegetation, usually with a Grippler. Some in the parkland (and a few elsewhere) will be on conventional stakes. In all cases the control number will be on the SI box only.

You **must** punch the Safety Control immediately after the Finish.

If you come across an SI box which has failed, the back-up punch attached to the kite must be used.

Start:

The route to the Start from Assembly is signed, and is an approximately 500m walk.

Start times are from 11.00 until 13.00, and are listed on SiEntries.

IMPORTANT...Under 16's on Course 6 MUST start between 11.00 and 11.30. Any arriving at the Start after that time will not be allowed on the course.

- **Courses 1-5 cross a quiet road immediately after the Start. The crossing will be marshalled, but please take care**

All start clocks will be set to (unadjusted) race time. In practice, we will have no actual call-up but hope that you will join your short queue at, or a few minutes before, your chosen start time.

We will not adhere strictly to start times (**other than Course 6, see above**). Instead, we intend to use them to provide a steady flow of competitors through the starts. Our aim therefore is to manage competitors through the starts without delay, filling any vacant start slots caused by no-shows or delayed competitors. If you are late for your start, please do not rush needlessly - come to your start once you are ready. Please do not abuse the flexibility we are trying to provide.

Course 7 competitors will receive their maps at -3 and may study them before they begin their course.

It is a **punching start**; remember to punch the Start unit to record your start.

If the Start unit does not bleep when you punch, something is wrong. Consult the Start official.

Note: An entry does NOT provide an extra map for any shadower!

Finish:

There is one Finish for all courses close to Assembly, and is **contactless-enabled**.

Courses close at **14.30**.

You MUST also punch the safety control after the finish.

You MUST go to Download by 14.45.

You MUST report back to Download even if you retire.

Map:

The event will encompass the newly mapped Abingdon South, plus parts of the previously used Abingdon North.

ISSprOM2019-2, scale 1:4000, A3/A4.

Longer courses have a double-sided map with overlap.

Terrain notes:

A mixture of town centre shopping areas, older and more modern housing estates, and some parkland.

Course 7 will stay completely within the parkland areas.

The River Thames and River Ock pass through parts of the map. They can (and must) only be crossed via the bridges.

The whole area has very little in the way of climb.

Courses:

Under 16's are not permitted on courses 1-5, even if accompanied by an adult.

Please note that the course lengths below are OPTIMUM RUNNING DISTANCE, rather than straight line.

COURSE	CLASSES	LENGTH	CLIMB	CONTS	MAP
1	Men's Open	11.7km	20m	25	A3 Double-sided
2	Men's Vets (40+) Women's Open Other	9.7km	10m	18	A3 Double-sided
3	Women's Vets (40+) Men's Super Vets (55+) Other	8.1km	10m	22	A3 Double-sided
4	Men's Ultra Vets (65+) Women's Super Vets (55+) Other	5.9km	5m	18	A3 Double-sided
5	Women's Ultra Vets (65+) Men's Hyper Vets (75+) Women's Hyper Vets (75+) Other	4.0km	10m	15	A3 Double-sided
6	Junior (M/W16-) Other	6.2km	15m	18	A3
7	Young Junior (M/W12-) Other	1.5km	0m	16	A4

Control Descriptions:

Loose control descriptions will be available in the start lanes. Course 7 uses text descriptions; all other courses use IOF pictorial symbols. Control descriptions are also printed on the map.

Medical conditions:

If you have a High Risk Medical Condition you are invited to download and complete this form <http://tinyurl.com/BOF-med> and place it in a sealed envelope with your name on it, in the box provided at Enquiries. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.

Dogs:

Please note that TVOC's policy is **no dogs to accompany competitors on their courses**. Should you choose to bring along a dog please clean up any mess.

Results:

Results will NOT be displayed at the event. However, we hope to provide live results on the TVOC website at <https://tvoc-live.droppages.com/>

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 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.

Organiser: Neville Baker, TVOC
e-mail: nevorienteering@gmail.com **tel:** 07562 992 292
Planner: Tom Dobra, TVOC
Controller: Paul Fox, SN

Please remember

- **Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety.**
- **Please check website for last minute cancellation in case of bad weather. In the event of cancellation, some or all of your entry fee may be retained.**
- **The personal data you give will be used by the event organisers & 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.**