



WEST ANGLIAN ORIENTEERING CLUB
North Cambridge, Sunday 12TH September 2021
FINAL DETAILS v2

Directions / Parking

Enquiries and Download are at North Cambridge Academy, Arbury Road, Cambridge CB4 2JF.

There is limited Car Parking at the academy. The entrance to parking at the academy (Parking 1 in sketch below) is on Arbury Road at **///think.tops.wire** (What3Words). There will be orienteering signs at the entrance. If parking here is full when you arrive, you will need to use one of two nearby public car parks:

2. Arbury Town Park car park. (CB4 2LD; **///newest.card.deflection**). This is on Campkin Road, off Arbury Road north of the Academy, and is very close to the start.
3. Arbury Court Shopping Centre accessed from Arbury Road opposite the Academy (**///luck.rick.thick**).

If arriving by car from outside Cambridge, the recommended approach is via the A14. Leave the A14 at the junction with the B1049 north of Cambridge, and head South on Cambridge Road towards Cambridge. Turn first left onto Kings Hedges Road and then first right onto Arbury Road and continue South to reach the Academy and car parking. Please note that works are in progress on Cambridge Road and signage may indicate that the road into Cambridge is closed. However, the route onto Kings Hedges Road and on to the Academy is not affected. Once on Arbury Road, the Academy entrance is on the left, roughly 1 km from the turning from Kings Hedges Road.

If arriving by train, the Academy is about 3 km walk (or cycle) from Cambridge North Station. From the station, initially head north on Cowley Road and follow directions to find the path alongside the guided busway. Continue north on the busway path until you reach Milton Road, where you should turn left and follow Milton Road until its junction with Arbury Road. Turn right and head north along Arbury Road to reach the Academy.

Facilities: Indoor toilets will be available at the Academy. Please bring a mask to wear indoors. Please remember to keep a 2m distance from others when queueing here as well as elsewhere.

Small items can be left at registration if absolutely necessary. There will **not** be a clothing dump.

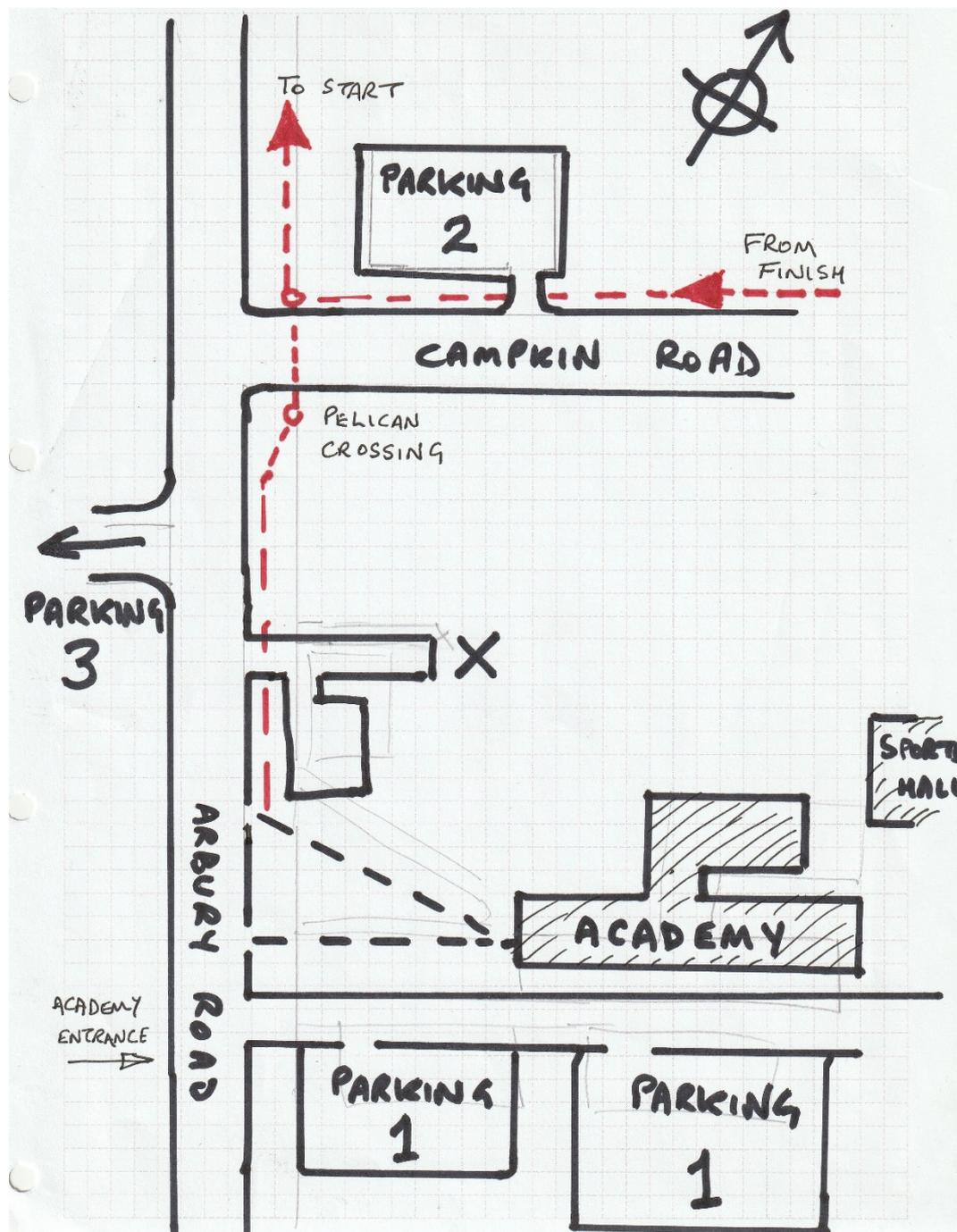
Hired Dibber collection will be open from 10:00 to 12:15.

Courses close at 2.30pm. Please report to the Download desk even if you do not finish your course.

Start and Finish

Start and Finish are in Arbury Town Park, 400m (approx.) walk from the Academy. The route from the Academy to the Start, and back to the Academy from the Finish, involves walking alongside Arbury Road a short distance and a road crossing to cross Campkin Road. You must use the Pelican crossing at the junction of Campkin Road and Arbury Road.

This crossing will be marshalled, but Parents, please ensure your children are escorted if necessary. The route will be marked with red/white tape streamers (see sketch below).



There is one **Finish** for all courses. You must contact-punch at the Finish control. Download is at the Academy.

There is one **Start** for all courses. In the start grid, each course has its own lane except that the two junior courses, which share a lane. We will be starting runners at one-minute intervals from all 6 lanes. There will be a punching start: you must contact-punch the start unit.

Space at the start will be limited – if you need to warm up, do so at the academy before going to the start.

Please plan to arrive at the start in your allocated start time (allowing 4 minutes to proceed through the start grid). We will not enforce start times and there will not be a “call-up”. If you think you have missed your start time, just go to the start when you can. If you are early, don’t wait if there is a space in the start grid, start as soon as you can!

We will operate as far as possible a quiet Start. Safety notices will be posted at the starts and can be previewed on the website. SIAC battery test, Check and Clear boxes will be on canes for you to use.

Map and Terrain: Course maps are 1:4000 scale and are printed on waterproof paper. Map size is A3 for all courses (double-sided on courses 1 and 2). Loose control descriptions will be provided in the start grid.

Note that residential areas may be bordered by walls, fences, or not enclosed at all, and the actual boundary features are not necessarily shown on the map. Vegetation features are not shown in residential areas. (At some locations, there are significant trees in unfenced residential areas that are not shown on the map).

Safety Information

The area is residential with very limited traffic on Sunday mornings. Residential roads mostly feed into one road which runs through the middle of the urban course competition area where traffic could be higher. This road is restricted to 20mph with frequent road markings, but **YOU MUST TAKE CARE WHEN CROSSING ALL ROADS**. Urban courses have been planned so that, on legs which cross this road, competitors can choose when to cross as they run alongside the road. Course 6 uses an underpass to cross this road.

Junior courses are mainly in parks but do involve crossing some very minor roads: Course 7 (MW12-) will need to cross the ends of some small cul-de-sacs and associated parking areas; Course 6 (MW16-) crosses some slightly more significant roads, but nowhere where more than very occasional traffic is expected. **Juniors under 10 years of age must be accompanied by an adult on their course.**

Lengths given are "as the crow flies", and so shortest feasible routes on urban courses may be somewhat longer due to the need to navigate round buildings and other impassable features.

Course	Classes	Controls	Distance	Map size
1	MO	30	7.2 km	A3 double sided
2	WO, MV	29	6.2 km	A3 double sided
3	WV, MSV	26	5.3 km	A3
4	WSV, MUV	27	4.7 km	A3
5	WUV, WHV, MHV	22	3.4 km	A3
6	W16-, M16-	24	3.3 km	A3
7	W12-, M12-	23	1.9 km	A3

SI controls will be set up in SIAC beacon mode, allowing non-contact punching for those with SIAC dibbers. START and FINISH controls will NOT be set in beacon mode. You **MUST** contact punch at the Start and the Finish! (Reminder to SIAC users – check for feedback from the SIAC when you visit each control, and if in doubt, punch conventionally. There will be a SIAC battery test unit at the start).

Safety: [NOTE ALSO COVID-19 INSTRUCTIONS BELOW.]

Please show consideration to other competitors, and pedestrians including dog-owners and cyclists.

Competitors take part at their own risk and are responsible for their own safety.

The club first aid kit will be located at download at the Academy

Nearest hospital: Addenbrookes, Cambridge CB2 0QQ. A&E tel 01223 217118

Results: The results from this event will be published online as soon as possible, at www.waoc.org.uk/results.

PLANNER: Stephen Borrill (WAOC) CONTROLLER: Roger Moulding (HH)
ORGANISER: Peter Woods (WAOC) entries@waoc.org.uk

Thanks go to North Cambridge Academy, Cambridge City Council, and to all who have helped in putting on this event.

Next WAOC event: Milton Country Park-O, Cambridge, 18th September

For your diary: 9th October Autumn in Anglia – Bush Heath Woods (WAOC)
10th October Autumn in Anglia – Bury St Edmunds Urban (SUFFOC)

Safety and Risk: A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

Insurance: Please note that if you have participated in three orienteering events/activities and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

Dogs: This event is not suitable for dogs. Dogs are not allowed on urban courses.

Privacy: You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not limited to) name, any club affiliation, race times and age group. [Read our data protection page](#) for further information about how we look after your personal information.

Photography: In line with British Orienteering policies, the organisers of this event request that any person wishing to take photos or video showing children should register their details with event officials before taking any such photos or videos. The event organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police.

COVID-19 INSTRUCTIONS:

- 1) Do not come to the event if you think you may be suffering from Covid-19 or have been exposed to it within the last 2 weeks, or if you have tested positive for Covid in the 10 days prior to the event. If you have pre-entered and are then unable to come due to confirmed or suspected Covid-19 infection, or exposure to Covid-19, then please email the organiser for a refund.
- 2) Cambridge Safety Advisory Group recommends that all participants take 2 lateral flow tests prior to the event and continue testing for 10 days afterwards. Please be aware that Covid-

19 case rates are rising in most age groups in most areas of the UK at present, and that even fully vaccinated adults may carry and/or be susceptible to the disease.

- 3) Whilst you are at the event, please aim to maintain distancing of 2 metres at all times. Use the hand sanitiser provided at key locations.
- 4) Please respect social distancing during your course – this applies to your encounters with both orienteers and non-orienteers. Move away from a control as soon as you have ‘dibbed’ and wait for people to move away from the control before dibbing. Keep a safe and courteous distance away from non-orienteers.
- 5) At the Finish, after you have ‘dibbed’, keep moving. Do not wait or rest near the Finish.
- 6) At Download, queue in an orderly fashion if necessary, keeping 2m apart from others. A printout of your split times will be provided. Avoid touching the Download SI box or the printer. If you experience a problem alert the helper responsible for Download. Be prepared to stand away from the equipment as you explain the problem to them and as they attempt to resolve it.
- 7) If using the toilets provided, please use hand sanitiser and keep 2m distance when queueing.