



WEST ANGLIAN ORIENTEERING CLUB

Park-O and COLOUR CODED

PRIORY PARK, ST NEOTS, SATURDAY 12TH NOVEMBER 2022

FINAL DETAILS

Please ensure you comply with all Covid restrictions active at the time of the event. In particular do not attend if you suspect or know you may have Covid, or are required to be self-isolating.

Assembly and parking located at Longsands Academy, St Neots. Postcode: PE19 1LQ

Travel/directions:

By car

Parking is free

From: A1 travelling South

Leave at the junction for B1048 St Neots/ H. Ferrers B645. After 200m, take first exit at roundabout onto Great N Road/ B1048 St Neots. After 200m, take second exit at roundabout onto Crosshall Road/B1048 St Neots. Follow road for approx. 1.3k to roundabout, take first exit to continue on B1428 through town centre. After 1.5 k, turn left at traffic lights just before Spar onto Longsands Road. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy.

From: A1 travelling North

Take B1048/B645 exit towards St Neots/ Kimbolton. After 0.3 km, turn right onto B1048 St Neots. After 0.3km, roundabout take first exit onto Crosshall Road/B1048. Follow road for approx. 1.3k to roundabout, take first exit to continue on B1428 through town centre. After 1.5 k, turn left at traffic lights just before Spar onto Longsands Road. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy.

From: A428 (from East)

Leave A428 by following B1428 towards St. Neots, being second exit at the roundabout. Continue on B1428 by continuing straight on and taking first exit at next two roundabouts. When you reach the double roundabout continue straight ahead and stay on the B1428 (Cambridge Road/ Cambridge Street) toward the Town Centre. In 300m, turn right onto Longsands Road at traffic lights past the SPAR Shop. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy.

By public transport

St Neots station is less than 10 minutes walk from registration at Longsands Academy so is a very convenient public transport option. Leave car park, and at pedestrian crossing on Hawkesden Road follow path signed Market square (at right angles to railway line so basically east to west. Turn right when you reach Longsands drive and you'll see Longsands Academy.

Assembly and facilities:

Assembly is in the Longsands Academy Sports hall, adjacent the car park. This will include registration, dibber hire and collection, download. Anybody who has hired a dibber through fabian 4 will need to collect their dibber on the day. Toilets and showers are available.

Event information:

This is a colour coded event combined with Park-O.

White, Yellow and Orange courses correspond to Park-O Short, Medium and Long. These courses will start from 12.30 until 3pm, with courses close at 3:30pm- you must finish and report to Download by this time. If you wish to do the Park-O Long course, you need to start by 2:30pm, unless you have sufficient experience that you will be able to finish before 3:30pm.

Light Green, Short Green, Green and Blue will be available for starts from 12.30 until 2.30pm, with courses close at 3.30pm.

Courses White, Yellow, Orange, Light Green, Short Green are kept within the park and are suitable for all. Green and Blue include urban controls and are only suitable for those over 16.

IMPORTANT: Please report to the Download tent even if you do not finish your course.

Registration:

Registration will open at 12 noon. If you are new to orienteering or require assistance, then please enquire at registration.

Pre- registration for Park-O courses Long, Medium, Short and Colour-coded courses White, Yellow and Orange (these are the same as the Park-O courses) is at [oentry.uk](https://www.oentry.uk) with payment taken at the event. You will be allocated a hire dibber, if you do not have one, which you can pick up at registration. No payment is required until you turn up for the event. (Entry fee for these courses includes dibber hire where required). Last entries are 10th November 2022.

Pre-entry for Colour-coded courses Light Green to Blue will be via Fabian4 <https://www.fabian4.co.uk/>. For these courses, hire of an SI-card is in addition and you can choose to hire either a standard SI card (dibber), or a SIAC dibber, which allows contactless punching. Last entries are Sunday 6th November 2022.

We will also accept entries on the day for all courses (subject to map availability).

Prices:

Park-O courses and White, Yellow, Orange:	Light Green, Short Green, Green and Blue:
Children/ Students £3 (includes dibber hire)	Children/ Students £3 (excludes dibber hire)
Adults £5 (includes dibber hire)	Adults BOF member £8 (excludes dibber hire) Adults non-BOF member £10 (excludes dibber hire)
Groups £5 (includes dibber hire)	Groups £10 (excludes dibber hire)
Extra runs (when available) £1	SI dibber hire: £1 SIAC dibber hire: £3

Loss of a hired SI card will incur a charge of £30, a lost SIAC will incur a replacement fee of £65.

Courses:

Course	Start times	Climb	No. of controls	Length (km)
White/Park-O Short	12.30 to 3	10m	11	1.0
Yellow/Park-O Medium	12.30 to 3	15m	10	1.5
Orange/Park-O Long	12.30 to 3	15m	14	3.1
Light Green	12.30 to 2.30	20m	12	3.8
Short Green	12.30 to 2.30	25m	20	4.0
Green (over 16s only)	12.30 to 2.30	40m	20	5.0
Blue (over 16s only)	12.30 to 2.30	40m	24	7.5



Course lengths displayed are straight line distances for all courses. The optimal route may be slightly further for some of the 'urban' legs, or if you have to deviate around an in use football pitch. For safety reasons, all sports pitches that are in use during your run are Out of Bounds for all courses.

Control sites on longer courses may use both the smaller 'Park-O control kites', as well as 'normal-size' control kites. Some controls on courses, particularly Blue and Green, may be gripped to street furniture.

Map and Terrain:

Priory Park is predominantly parkland. All courses make use of the wooded areas and parkland within Priory Park, with Blue and Green venturing over to the intricate streets and open sections of Love's Farm.

Park-O courses Short, Medium and Long correspond to White, Yellow and Orange respectively. These will generally be exactly the same as your usual Park-O courses, but the British Orienteering rules take precedence with respect to difficulty and length. All the Park-O, Light Green and Short Green courses are contained entirely within Priory Park. These courses use an A4 map 1:4000 updated to ISSPrOM2019-2 by Caroline Louth and Graham Louth in August 2022.

Green and Blue use an A3 map of Priory Park and Love's Farm at 1:4000 scale updated to ISSPrOM2019-2 in September 2022 by Caroline Louth and Graham Louth. Please remember that OOB, private land ('olive green'), hedges, walls and 'uncrossable fences' must NOT be crossed on this specification.

Maps are printed on waterproof paper with the map including text control descriptions for White (Short) and Yellow (Medium) and pictorial control descriptions for the remaining courses. Control descriptions are on the map for all courses, and loose control descriptions will be also be provided in start lanes for all courses. Blank maps will also be on display in start lanes.

Controls:

SI punching is being used, SIAC enabled so that both SIAC and SI can be used. Start and finish must be punched by both SI and SIAC.

Clothing and footwear:

You may encounter some undergrowth and nettles in the park so full leg cover is recommended. The urban terrain included within the Blue and Green courses is mostly of tarmac and paving, with some grass, and Priory Park is mostly grass. Trainers (or rubber studded shoes if you prefer, or if it is very wet) are recommended. There is no clothing dump at the start.

Safety:

- Please do not go into any area marked as Out of Bounds, indicated on the map by either solid olive colour, or vertical purple stripes or cross hatching
- There may be football matches, cyclists and pedestrians in the park. Please be considerate to other users and do not obstruct them.
- All football pitches are OOB when in use.
- There are some compulsory railway crossings on Green and Blue.
- For runners on Blue and Green courses. You must be aged 16 or over on the day to run on Blue or Green. Most routes will only encounter traffic on minor residential streets, save for one road that could be slightly busier. Please take care when crossing any roads. Both courses involve compulsory crossing points using public bridges over the railway line into Love's Farm, as shown in the map extracts below. Please take care using these bridges and do not run at high speed over the bridge as you may encounter members of the public and other runners.





- Blue and Green courses have been planned to avoid busy roads but **please take care when crossing any road or car park**. Remember this is a Saturday afternoon so roads might be busier than you might expect. The urban part of the map does have a river running through it and some lakes and streams.
- For Blue and Green courses on the urban part of the map, hedges, walls and uncrossable fences **MUST NOT** be crossed.
- Please ensure that you run within your capabilities and do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. Please give way to all non-orienteers at all times.
- You take part in this event at your own risk and are responsible for your own safety. Full leg cover is advisable.

First aid:

A first aid kit will be at Assembly. The nearest hospital for accident and emergency is Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon, Cambridgeshire, PE29 6NT.

Photography:

A photographer may be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please tell the enquiries team.

Enquiries/Contact:

Please email entries@waoc.org.uk for any enquiries.

Officials:

- Organiser - Helen Hague, WAOC
- Assistant Organiser – Kez Latham, WAOC
- Planner – Richard Powell, WAOC
- Controller -Mike Capper WAOC
- On the day Controller -Bob Hill RAFO/WAOC

Acknowledgements:

We would like to thank the following for their contributions to the event.

- Longsands Academy for the sports hall and parking.
- Huntingdonshire County Council for permission to use the park and urban areas.
- Everyone who has volunteered to help at the event.
- **Safety and Risk:** A comprehensive risk assessment will have 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.
- **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.