



WEST ANGLIAN ORIENTEERING CLUB
ST NEOTS COLOUR CODED EVENT, LEVEL D LOCAL
SUNDAY 9TH JUNE 2019

Final details

We return to the territory of last year's Sprint Double, with a range of colour-coded courses to suit all ages and abilities.

Where: Longsands Academy, Longsands Road, St Neots, PE19 1LQ

Grid Ref: TL191606

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 into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

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 into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

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 into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

By public transport

St Neots station is less than 10 minutes walk from registration at Longsands Academy. Follow signs to Town Centre, taking the pedestrian route towards Bean Close. This will bring you to Longsands Road, cross the road to reach 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 and download. Loss of a hire dibber will incur a charge equivalent to full replacement cost: £30 for a standard SI card.

Toilets and showers are available.

Registration:

Registration is open from 10am until 12 noon.

Entry Fees are as follows:

Senior (not BOF) - £7

Senior (Members) - £5

Juniors (under 21) - £2

SI card hire - £1

Start and finish:

- **Start times: 10:30 – 12:30.** Courses close at 14:30.
- Start and finish will be located near to the assembly area

Course Information:

Terrain - Parkland with limited wooded areas. Longer courses also include neighbouring residential areas.

Green and Blue courses cross a road with significant traffic and are therefore open to over 16s only.

Dogs must be under control at all times and on a lead in urban areas. No dogs allowed in Academy buildings.

COURSE	LEVEL	DISTANCE
White	Very easy	1.5 km (14 controls)
Yellow	Easy	2.2km (18 controls)
Orange	Moderate	3km (17 controls)
Light Green	Harder	3.7km (19 controls)
Green	Hard	3.9km (18 controls)
Blue	Hard	5.8km (18 controls)

Map:

- Maps – 4000 scale, A4 sized, printed on waterproof paper

Control descriptions are pictorial on all courses and are to 2018 standards. Pictorial control descriptions are on the map (on the reverse of the map for Green and Blue courses). Loose control descriptions will in the start lanes.

Controls:

SI punching is being used. Starts must be punched. Most controls in the Priory Park will use stakes as usual and most urban controls will be attached to objects in a manner that will not obstruct punching. Control numbers will only be on the control boxes, there will not be separate numbers on the stakes.

Planner's notes:

Clothing and footwear:

In most of the area there is little to no undergrowth, so shorts and vests are permitted (but note that longer courses have very short sections in woodland with significant undergrowth). The urban terrain 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.

Safety:

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-orientees at all times. Members of the general public may not be expecting to meet runners and please watch out for cyclists. There may be uneven ground and beware of trip hazards. Roads in the residential areas are generally very quiet, but one of the roads (crossed only by Green and Blue courses) has occasional through traffic which may be travelling quite fast. Take particular care crossing this road (which will be highlighted on maps at the start area).

You must report to download at assembly, even if you abandon your race.

All competitors take part at their own risk.

First aid:

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

Photography:

We may sometimes publish photographs of event participants in news items or publicity. At events where we have arranged for photography we will advertise this at the event and in advance in the event details.

We aim always to obtain the permissions of parent or responsible adult before we publish any picture showing a junior participant as the main focus. Although we cannot guarantee that an event photographer will not take photographs of any given individual, we will do our best to avoid publishing images of individuals who have told us they do not wish to be photographed.

Enquiries/Contact:

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

Officials:

- Organiser – Jenny Hunt, WAOC
- Assistant Organiser – Helen Hague, WAOC
- Planner – Peter Haynes, WAOC
- Controller – Mike Bickle

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 area.
- 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.