



# NGOC League 2021

## Cheltenham Urban Race

Level: D (Local)

Sunday 23<sup>rd</sup> May 2021

NGOC are pleased to invite you to an urban orienteering race that explores Regency Cheltenham's town centre and leafy Pittville Park. We'll have courses suitable for everyone of all ages, from absolute beginners to experienced orienteers:

- Adult courses of 4 different lengths that venture out into the streets and alleys of the town
- Two traffic-free junior courses around Pittville Park

### Directions and Parking

Assembly will be in Pittville Park, on the grass in front of the Pittville Pump Room, very close to the lake. The map below shows assembly location and parking options. There will be no orienteering signs, so please use this map to find your way!

[Click here for Google map showing parking alternatives and assembly](#)

There are several parking alternatives, but as these are shared with the public, there may not be spaces at all of them. In order of proximity, these are:

1. The free car park directly behind the Pump Room, about 200m from assembly. Post Code GL52 3JE. (Green route shown on the map)
2. Several roads close to the park offer free parking for up to 4 hours. These are located to the south and south-east of assembly and include Pittville Lawn and Albert Rd. If parking here, you are likely to be 200-400m away. (Yellow ones on map)
3. The huge free car park at Cheltenham Racecourse Park & Ride. This is about 600m away and you are 100% guaranteed a space there! Post Code GL52 3LZ. (Orange route on map)

### The Area

Junior courses keep within Pittville Park, which is typical parkland and includes a large lake and various facilities and attractions. The adult courses also venture further afield into the town centre. There is a variety of urban terrain that includes old residential streets, relatively modern developments, a university campus, several parks/open spaces and a taste of Cheltenham's regency splendour. Cheltenham's centre is very flat, so there is little climb on the courses.

### The Map

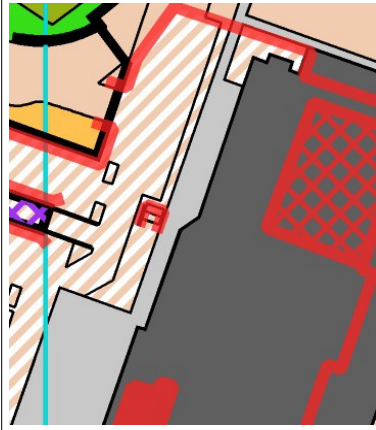
This is printed on A3 waterproof paper at 1:4000 with 2.5m contours. Control descriptions will be printed on the front of the map and will also be available loose at the Start. Green, Blue and Brown will all be double-sided – you start on page 1, then later turn over to page 2, before turning back to page 1 towards the end of the course.

The map is drawn to ISSOM, with credits shared between NGOC members: Greg Best, Tom Cochrane and Tom Birthwright.






Particularly for beginners, click here for the [standard urban map symbols](#) that are used.

#### **Map Notes - there are a number of special features of the map that need explaining...**



Firstly, there is an area with 2 levels and special symbols have been used to help depict this. The following map snippet shows a blown-up part of this.



The top level is shown using normal map symbols, but the lower level uses the following special red symbols. Car ramps between the levels are strictly out-of-bounds and marked as such. Note that this snippet shows a building canopy in light grey, which is also passable on 2 levels.

-  *Uncrossable boundary of lower level*
-  *Building at lower level*
-  *Stairway between levels*
-  *Out of Bounds area at lower level*
-  *Area Passable on 2 levels (standard symbol)*


Some roads in the town are busier than others of course. The busiest ones are highlighted in a darker shade of brown to highlight the greater need for safety and likely longer time to cross. In these cases, it is advised to cross using traffic islands where possible.

-  *Very busy traffic*
-  *Less busy*







There is one busy road that is over-printed with the out-of-bounds symbol, so **MUST NOT BE CROSSED**. This is partly for safety reasons, but more for tactical planning reasons. Anybody seen crossing this road will be disqualified. It is shown like this...



In Pittville Park, there is a pitch and putt golf course. This has very short holes and is little used, so not high risk. The junior courses are designed to avoid it completely, but other courses may pass through the golf area. Each of the 9 holes is marked with this special warning symbol, leaving it up to each competitor to choose whether to cross carefully or to run around. The symbol is similar to the out-of-bounds symbol except in a much lighter shade of pink.

-  *Warning only: pitch & putt golf course*

Finally, a reminder of standard symbols depicting barriers or areas which must not be crossed or entered.... Of course, no building may be entered either.

| OUT OF BOUNDS and UNCROSSABLE FEATURES  |                                  |
|---|----------------------------------|
|  | <i>Private land and gardens</i>  |
|  | <i>Other forbidden access</i>    |
|  | <i>Wall - do not cross</i>       |
|  | <i>Fence - do not cross</i>      |
|  | <i>Hedge - do not cross</i>      |
|  | <i>Vegetation - do not cross</i> |

### Start and Finish

The Start is just 200m from Assembly. **The taped route crosses a quite busy road that will not be marshalled, so all children under 16 MUST be accompanied.**

**Please don't use the pedestrian tunnel, as this is narrow and used by runners on some courses, including both junior ones.**

The Finish is right next to Assembly.

All runners will have allocated start times. Call-up is at -3 minutes. Please try to arrive at pre-start no earlier than 4 minutes before your start time. There will be a warm-up area before the start, set out with a clock showing call-up time. Please maintain social distancing when warming up, and go forward to the start boxes when the clock at warm up shows your start time. It will be running roughly 4 minutes ahead of your allocated start time, but may not be a digital clock, so keep a careful eye on it and try not to be late, or too early, arriving at the Start.

There will be no more than 2 runners starting at any minute during the start window. If you are late arriving at warm up you should go through to the start and be allocated a vacant slot in the start boxes. There is however no reason for you to be late, so pay attention!

### Courses

**NOTE: Course lengths are approximate actual running distance, not straight line distance.** These may appear long compared to usual, but this is justified by the area being fast, flat and smooth and the town centre being some distance from the park. Winning times are expected to be in the normal range for each course.

Because there is less of a technical navigation challenge in urban orienteering, all courses are suitable for adult beginners.

| Course      | Length - Km | Climb - m | Controls | Suitable for                          |
|-------------|-------------|-----------|----------|---------------------------------------|
| Brown       | 13          | 60        | 32       | Any adult                             |
| Blue        | 10.5        | 40        | 33       | Any adult                             |
| Green       | 8           | 30        | 24       | Any adult                             |
| Short Green | 6.2         | 25        | 20       | Any adult                             |
| Orange      | 3.6         | 30        | 17       | Adult beginners and improving juniors |
| Yellow      | 2.5         | 25        | 14       | Children                              |

There will be no string course, but there are plenty of other attractions in the park for young children.

**IMPORTANT NOTICE FOR JUNIORS: Unfortunately, because of the nature of urban orienteering with its many road crossings, those under 16 are only allowed on Yellow and Orange, unless accompanied by an adult.**

We will use SI Timing, in contact and touch free modes. All runners must however physically punch the Start and Finish controls.

### Timings and Fees

Starts: 11:00 – 13:30

Courses close: 15:00, meaning you must report back to download by 15:15

Fees: £7 Seniors, £2 Juniors, or £6/£2 by pre-entry via Fabian 4  
£8/£2 for non-BOF members

SI dibber hire: £1 Seniors, or £2 for touch free, Juniors free



Entries close at midnight on Wednesday 19 May.

Hired SI dibbers may be picked up from a table at registration. Each will be bagged in a small plastic bag, with the runner name on a slip inside. Please take the dibber and leave the bag in the box for reuse.

### Refunds

Under British Orienteering COVID guidelines you may claim a full refund of your entry fee **if you or a member of your household has COVID-19 symptoms, or because**

|                   |   |
|-------------------|---|
|                   | <p><b>they have been asked to isolate by NHS Test and Trace.</b> NGOC will carry the costs associated with the entry and cancellation transactions.</p> <p>In this event you must email the Organiser requesting cancellation of your entry.</p> <p>There are no refunds available for cancellation for any other reason.</p>   |
| <b>Dogs</b>       | Dogs NOT allowed on senior courses, but they are allowed on junior courses in the park. The senior courses pass through at least two areas where dogs are forbidden.  |
| <b>Facilities</b> | Under current restrictions, the NGOC cafe will not be present. However, there are 3 pleasant cafes in the park, all within 300m of assembly! There is a fantastic adventure playground next to assembly with adjacent toilets and a kiosk. Various other attractions too: pitch & putt, boating, tennis, skateboarding, permanent orienteering course etc...  |
| <b>Safety</b>     | <ul style="list-style-type: none"> <li>• Orienteering is an adventure sport. All runners take part at their own risk and are responsible for their own safety.</li> <li>• Adult courses will encounter traffic on roads and car parks: take care!</li> <li>• Particular care should be taken in the vicinity of the 2 level car park</li> <li>• A risk assessment has been completed, and a copy will be held at Registration in case competitors wish to consult it before their run.</li> <li>• A first aid kit and trained first aiders will be available at Registration.</li> </ul> <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> <li>• Act as ambassadors for the sport of orienteering at all times and consider how your actions may appear in the eyes of landowners or members of the public.</li> <li>• Observe social distancing at all times, including keeping your distance from other participants, volunteers and members of the public.</li> <li>• Use hand sanitiser on arrival and departure.</li> </ul> <p><i>Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.</i></p> |
| <b>Officials</b>  | <p>Organiser/Planner: Greg Best - <a href="mailto:permissions@ngoc.org.uk">permissions@ngoc.org.uk</a> 07989 276668</p> <p>Controller: Judith Taylor, NGOC</p>  |
| <b>Thanks</b>     | We are very grateful to the University of Gloucestershire for permission to run through their grounds, to Cheltenham Borough Council and to Waitrose for their permission.  |