



WESSEX ORIENTEERING CLUB

Friar's Cliff Urban Level C Event Saturday 5th November, 2022

Final Details

Event Officials

Planner	Ian Sayer (WSX)
Controller	Linda Pakuls (WIM)
Organiser	Rob Hick (WSX) rob.hick@tiscali.co.uk

Parking and Assembly

East Christchurch Sports & Social Club, Grange Road, Christchurch, BH23 4JD.
Parking is adjacent to the sports club.

From West, North and East to Somerford roundabout on the A35 Grid SZ184937
What 3 Words glitz.vines.sang. Then head East South East on Highcliffe Rd (A337 dual carriageway) to Holbourne roundabout (approx. 500m). Go right around and back towards Somerford roundabout. After approx 250m turn left into Grange Rd. Event will be O signed from this point. Car park on the right after approx 100m. What 3 Words junior.spell.corner. The overflow car park is further 300m down this road and marshals will direct. What 3 words price.lanes.certified.

The Registration/Download/Dibber Collection/First Aid will be based in the East Christchurch Sports and Social Club.

Facilities

Large room at the back of the sports club with room for bags. Toilets but no showers.
Additional toilets in Sainsbury's adjacent to Somerford roundabout.

Terrain

The event takes place at Friar's Cliff which is predominantly an urban area on the East side of Christchurch.
The area consists of housing estates and recreation grounds which include many cul-de-sacs with linking alleyways. The whole area is flat so there is virtually no climb on any course. Please be aware that you are running where people live so be courteous to any people you may come across during your run especially around blind corners.

Maps and Courses

The town was surveyed and mapped by Ian Sayer in 2019 and updated in 2022.

Courses 1-5 are A3, courses 6 & 7 A4. All courses use a 1:5,000 scale map printed on waterproof paper. There will be no legend printed on the map.

Control descriptions are printed on the map, and loose descriptions will be available in the start lanes. Courses 1-5 have IOF symbolic descriptions. Courses 6 and 7 will have written control descriptions.

Safety bearing: Juniors head North to the common and then head East.

Course details:

Course	Distance (km)	Controls
1 Men's Open 18-35	7.3	26
2 Men's Vets 40+ and Women's Open 18-35	6.2	22
3 Men's Super Vets 55+ and Women's Vets 40+	5.0	17
4 Men's Ultra Vets 65+ & Women's Super Vets 55+	4.3	18
5 Men's Hyper Vets 75+ & W Ultra Vets 65+ and W Hyper Vets 75+	3.5	17
6 Novice and M16- & W16-	2.6	15
7 Young Junior M12- and W12-	1.7	12

Note: there is negligible climb on all courses.

Entries

Pre-entry on Race Sign Up until 31/10/2022. There will be no entry on the day.

BOF Seniors £12.00

Non BOF Seniors £14.00

Juniors £6.00

Dibber hire £1.00 (free for juniors, £30 charge if lost)

Dibber Collection/Enquiries: From 10:00

Start times: 10:30 – 12:00 (Punch & Go)

Courses close: 14:00

Electronic Punching

SI will be used for this event. SI hired dibbers to be collected at registration. Please check you are using the SI number you entered with. If you need to change the number, please inform SI registration before your run to keep download operating smoothly.

Registration

Runners with their own dibber may go straight to the start.

Runners who have hired a dibber should collect it from Registration.

If you have pre-entered but wish to change your course, please visit enquires **before** you run to check we have the maps available and to correct the numbers.

Start and Finish

The start is approximately 350m from the sports centre and the finish 400m. Both routes will be clearly marked.

There is a punching start with no allocated start times. The controls are SIAC-enabled but the start and finish control must both be punched. The start is open from 10:30 to 12:00 Please bear in mind that **courses close at 14:00**.

Download

All Competitors must report to download even if they do not finish. Please report to download immediately after your run. If you do not report to download, we may send out a search party for you. **Courses close at 14:00**

Results

Results will be displayed on the WSX website within 24 hours of the event finishing. Routegadget will be available for uploading your routes after the event.

Safety

If you are concerned about the length of time a competitor has been out, even if courses have not yet closed, please inform a member of the organising team at assembly. If you have notified us of a concern, please ensure we are notified if the competitor then returns and ensure they download as soon as possible.

Competitors with pre-existing medical conditions may wish to leave details of their medical condition including any medication they are taking and emergency contact details with registration in a sealed envelope. This will only be opened in case of emergency and will be destroyed after the event if not collected by the competitor. The form can be downloaded [here](#).

First Aid will be available in the assembly area provided by members of the club. The nearest A&E department is the Royal Bournemouth Hospital, Castle Lane East, Bournemouth BH7 7DW. Any major incidents must be reported to the organiser.

Disclaimer

Orienteering is an adventure sport and competitors take part at their own risk. Please note that personal injury through the normal course of orienteering is not covered by British Orienteering's public liability insurance.

Cancellation

In the event of cancellation due to extreme weather or other circumstances a notice will be posted on the club website <http://www.wessex-oc.org/>

Wessex Orienteering Club reserves the right to retain part of the entry fee to cover costs already incurred. Details of how to obtain a refund in the event of cancellation will be posted on the website and sent the email used to enter.