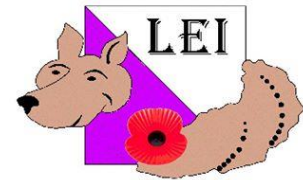




**Leicestershire Orienteering Club**

Regional (Level C) Urban Orienteering Event



**Shepshed – Sunday 12<sup>th</sup> November 2017**

An event in the 2016 East Midlands Urban League

### Final Details

Car parking and assembly is at Iveshead School, (formerly Hind Leys Community College), Forest Street, Shepshed, LE12 9DB, SK484198

**Please note:** As this is Remembrance Sunday, first starts will not be until 11.05 am. Also, Course 6 start times are from 11:30 to 12:30 only.

**Getting there:** From the north/south/east, exit (or cross) the M1 at Junction 23. Head west on Ashby Road (A512) and turn right into Leicester Road before the blue Motorline Direct depot. After about 1 km, take the right fork at the roundabout just past the petrol station. Continue down Forest Street for 500 m and the turning into the school is on the right, before a thatched cottage.

From the west, travel to Ashby then head east on Ashby Road (A512) until the traffic lights just after the blue Motorline Direct depot. Turn left into Leicester Road, then proceed as above.

The event will be signed from the turning off Forest Street into the school.

**Car Parking:** Park in Iveshead School as directed by marshals. The main car park is the first right turn after passing the main school gates. There is no charge for car parking.

**Assembly, Registration, Download & Toilets:** Iveshead Youth Centre – first building on the right as you come through the main school gates (next to the main car park). Help for beginners will be available here. There is plenty of room to leave belongings (at your own risk) and to change – if you choose to change in the car park instead, please do so discretely, as others will also be using the school.

**Please remove muddy shoes before entering. No metal dobs indoors (even if they're clean!).**

**Entry:** On the day only, from 10:00-12:00. Seniors: £7.50; Juniors: £3.00

The event will use SPORTident (SI) electronic punching, with control stations enabled for both normal punching and contactless (SIAC) punching.

**Please bring you SI card to registration, if you have one.**

You can hire an SI card at Registration. Contact SI cards are £1 (£30 replacement fee if lost); a limited number of SIAC cards are also available to hire at £2 each - first come, first served.

Loose control descriptions will be distributed at registration.

Competitors who are under 16 on 12/11/17 may only enter Courses 6 and 7.

**Shadowing of Junior Competitors:** Anyone wishing to remain competitive in the EM Urban League must have completed their own course before shadowing a junior competitor. Maps must not be shown to a competitor still to run their course.

**Start times:** Course 6 start times are from 11:30 to 12:30 only. This is to limit the time period when road crossing marshals are required.

All other start times: 11:05 to 12:30.

The start is 250 m from assembly. Followed the taped route.

**Terrain:** Open areas and streets of Shepshed. The start and finish are within the Grounds of Iveshead School.

Course 7 (M/W12-) stays within Iveshead School and surrounding cul-de-sacs.

Course 6 (M/W16-) crosses Field Street – a 1-minute timed-out, manned pelican crossing will be used (in both directions).

**Safety:** All competitors take part at their own risk. Competitors are advised to carry whistles. A waterproof jacket with a hood may be required in severe weather. If a decision is taken to require a waterproof, this will be posted at registration

There is potentially fast-moving traffic throughout the area. Please take care crossing roads. Course 6 has two timed-out crossings of up to one minute, and these crossing points must be used by competitors on this course.

There will be slow-moving traffic in the school grounds – parents please supervise young children. Competitors should follow taped routes to the start / from the finish, which are mostly on pavements.

Members of the public will be present throughout the competition area, including in the school. Please be courteous, run wide around corners and remember that we do not have a right of way.

Courses close at 14:00. You must report to download by this time, even if it means abandoning the rest of your run, to avoid instigating a needless search. Controls will be collected at this time.

There are some limited areas of brambles/nettles and denser vegetation, but these are not extensive and can be avoided through route choice. Shorts may be worn.

Paved / grassy areas may be slippery, particularly if it is a wet or frosty morning.

**Dogs:** Sorry, no dogs.

#### Courses:

Course	Classes	Length	Climb
1	Men's Open (M18 - 35)	9.4 km	130m
2	Vet Men (M40+), Women's Open (W18 - 35)	6.8 km	90m
3	Super Vet Men (M55+), Vet Women (W40+)	5.6 km	90m
4	Ultra Vet Men (M65+), Super Vet Women (W55+)	4.8 km	80m
5	Ultra Vet Women (W65+)	3.7 km	50m
6	Junior Men/Women (M/W 16-)	4.5 km	80m
7	Young Junior Men/Women (M/W 12-)	2.3 km	45m

**String course:** There will not be a string course.

**Map:**

Course 7 (M/W 12-) is an A4 map, scale 1:4000

All other courses are SRA3 (a bit larger than A3), scale 1:5000.

Please take note of the symbols for out of bounds areas.

**Finish:** The finish is 150 m from assembly. Follow the taped route to download.

**Results:** will be posted on the LEI website <http://www.leioc.org.uk/> ASAP after the event. See <https://eastmidlandsurbanleague.wordpress.com/> for East Midlands Urban League standings.

**Officials:**

Organiser: Liz Heaton (LEI) - [lizharvey1@gmail.com](mailto:lizharvey1@gmail.com)

Planner: Ursula Williamson (LEI)

Controller: Roger Philips (LEI)